

TYLER BAKER

Sprints/Hurdles
Sophomore/Junior,
VR/1L
Santa Rosa, Calif.
(Maria Carrillo)

PERSONAL BESTS*INDOOR*

400 Meters: 50.02 (2012)

600 Yards: 1:16.37 (2012)

OUTDOOR

400 Meters: 50.09 (2010)

400 Meter-Hurdles: 52.76 (2012)

PAC-12 SCORING

2012 400-Meter Hurdles, 8th (52.76)

2012: *Indoor:* Baker competed in two events during the indoor season, clocking personal records in both. He recorded a time of 1:16.37 at the Potts Invite (1/21) in the 600-yard dash and finished the 400 in 50.02 at the Air Force Team Challenge (1/28).

Outdoor: Baker focused on the 400-meter hurdles during the outdoor season, recording runner-up honors three times. He clocked a finish of 52.79 at the Jack Christiansen Invite (4/28), which was his season best at the time. Baker earned a spot on the Pac-12 Championships roster advanced to the finals in the 400 hurdles after placing eighth (53.59) in the prelims. The following day he finished eighth again with a personal best of 52.76.

2011: *Indoor:* Did not compete.

Outdoor: Baker competed in the 400-meter hurdles for CU four times. He set a then-PR of 53.65 at the CU Invite (4/11) and placed third overall. He also took third in the 'B' second 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 majoring in communications. 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
Sophomore/Junior,
VR/VR
Loveland, Colo.
(Loveland)

PERSONAL BESTS*INDOOR*

60 Meters: 7.10 (2012)

200 Meters: 22.66 (2012)

400 Meters: 52.54 (2012)

OUTDOOR

100 Meters: 11.10 (2011)

200 Meters: 21.62 (2012)

400 Meters: 48.61 (2012)

2012: *Indoor:* Berens competed in three events during his redshirt freshman season. He raced to an eighth-place finish in the 60-meter dash at the Potts Invite (1/21) with a time of 7.10. A week later at the Air Force Team Challenge (1/28) Berens recorded season best times in the 200 (22.66) and the 400 (54.54).

Outdoor: Berens raced the 200 and 400 during his second season with the Buffs. He clocked personal bests in both events at the Jack Christiansen Invite (4/28). Berens placed second in the 200, finishing in 21.62, and was fourth in the 400, crossing the line in 48.61. Berens raced both events at the Pac-12 Championships. He was 14th in the 400 (49.48) and 19th in the 200 (21.93).

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. He was a member of the honor roll in high school.

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

IN THE CLASSROOM: Berens is majoring in architectural engineering.

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
Senior, VR/VR
Broomfield, Colo.
(Broomfield)

PERSONAL BESTS*INDOOR*

800-Meters: 1:53.21 (2012)

1,000-Meters: 2:27.23 (2010)

Mile: 4:04.66 (2012)

OUTDOOR

800-Meters: 1:50.60 (2012)

1,500-Meters: 3:46.45 (2012)

ACADEMIC HONORS

Academic All-Big 12 (2010, 11)

MPSF All-Academic (2012)

Pac-12 All-Academic Second Team (2012)

2012: *Indoor:* Biegner competed three times during the indoor season. He started off by recording a personal best in the 800 at the Air Force Team Challenge (1/28), clocking a time of 1:53.21 for second place. Biegner ran the mile twice during the season. His best time of 4:04.66 earned him a sixth-place finish at the Mountain Pacific Sports Federation Championships (2/25) and was also the fastest time by a Buff during the campaign.

Outdoor: Biegner focused on the 1,500, but did run the best 800-meter run time for the Buffs during the season. He recorded a time of 1:50.60 at Mt. SAC Relays (4/20), a personal best. The rest of the season was geared towards the 1,500. Biegner PR'd at the Stanford Invitation (4/14), winning his section in 3:46.45. He advanced to the Pac-12 Championship finals in the 1,500 (3:47.59), placing 10th. The following day Biegner just missed scoring for CU, placing ninth in 3:49.64. He went on to compete at the NCAA West Preliminary Championships and placed 26th (3:52.58).

2011: *Indoor:* Did not compete.

Outdoor: Biegner focused on the 800-meter run during the outdoor season. He clocked a time of 1:51.16 at the Oregon Twilight (5/6) and placed sixth. That time was the fourth fastest by a Buff during the 2011 outdoor season. 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 was the 16th best in CU history and 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). The time earned him a fourth-place finish. Biegner's top time in the 1500 was at the Mt. SAC Relays (4/16). He clocked 3:51.76

and was 41st in the university/open division. Biegner ran in both the 800 and 1500 at the Big 12 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: (2012) Biegner ran in three races for the Buffs in his final season, starting with a 12th-place finish at the Rocky Mountain Shootout. He ran the open race at the NCAA Pre-National Invitational and placed fourth before recording a 36th-place finish at the Pac-12 Championships; helping the Buffs to their second straight team title. (2011) Biegner ran in three races for the Buffs as a junior. He was 15th overall at the Rocky Mountain Shootout. Biegner led the Buffs at the Santa Clara Bronco Invite, crossing 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. (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, unattached. 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. In high school he was a member of the honor roll and National Honor Society.

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 finance and political science. 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. In 2012 he was named to the All-MPSF Academic Team and the Pac-12 All-Academic second team.

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
Senior, 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 HONORS

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 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.

2012: *Indoor:* Did not compete.

Outdoor: Did not compete.

2011: *Indoor:* Bosshard recorded the top two 5k times by a Buff as a sophomore. 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, 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 just two days later. 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). His 5k time made him the sixth fastest performer in CU history and ranked 10th overall. 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. Bosshard was named CU Athlete of the Week three times during the season.

2010: *Indoor:* Did not compete.

Outdoor: Bosshard had a breakout freshman campaign and debuted in the 5k at the Mt. SAC Relays where 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 Championships, Bosshard gave another strong performance, running a time of 28:59.87 to place sixth overall for his first career All-America honor. The time was the fastest by a Buff during the 2010 season.

2009: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Did not compete. (2011) Bosshard ran in two meets for the Buffs, but he made it 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 NAAs 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-conference 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.

ACADEMICS: Bosshard is majoring in finance and marketing at Colorado and has been a member of the Big 12 Commissioner's Honor Roll. He was named to the Academic All-Big 12 second team in 2011. Bosshard owns a GPA greater than 3.00.

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.

JASON DeWITT



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

PERSONAL BESTS

INDOOR

Heptathlon: 5,035 (2012)
60 Meters: 7.36 (2012)
Long Jump: 22-02.25/6.77m (2011)
Shot Put: 39-02.50/11.95m (2012)
High Jump: 6-09/2.06m (2012)
60-Meter Hurdles: 8.47 (2012)
Pole Vault: 14-09/4.50m (2012)
1,000 Meters: 2:52.86 (2012)

OUTDOOR

Decathlon: 6,687 (2012)
100 Meters: 11.44 (2012)
Long Jump: 20-10.75/6.37m (2012)
Shot Put: 40-09.75/12.44m (2012)
High Jump: 6-08/2.03m (2012)
400 Meters: 52.29 (2012)
110-Meter Hurdles: 15.23 (2011)
Discus: 115-04/35.16m (2012)
Pole Vault: 14-05.25/4.40m (2012)
Javelin: 161-03/49.14m (2012)
1,500 Meters: 4:56.01 (2012)
Triple Jump: 45-01 (2009)

2012: *Indoor:* DeWitt became just the fifth Buff in CU history to record 5,000 points or more in the heptathlon when he reached 5,035 at the Mountain Pacific Sports Federation Championships, placing 11th overall. DeWitt won the high jump portion of the event with a jump of 6-08.25; the third best in CU combined events history. He ran to a personal best time of 2:52.86 in the 1,000 at the meet as well. DeWitt etched his name in other portions of the

record book during the season. He had the fifth best throw in the shot put (39-02.50) at the ISU Classic (2/9). DeWitt owns three of the top five high jumps, including the second best in Buffs' history. He jumped 6-09 at the ISU Classic, winning the event. He ranks fourth on the 60-meter hurdles list (8.47) and eighth in the pole vault (14-09).

Outdoor: DeWitt had a breakout redshirt sophomore season, totaling a season best mark of 6,671 points at the Jim Click Shootout (3/30-31) for seventh place. He also placed 13th at the Pac-12 Championships (6,588). DeWitt recorded personal bests in five of the 10 events, four of those happened at the conference meet. He recorded the fourth best throw in CU decathlon history (40-09.75), jumped the fourth best mark in school history in the high jump (6-08), recorded a jump of 20-10.75 in the long jump and ran 4:56.01 in the 1,500. DeWitt also cleared the 10th best mark in the pole vault at 14-05.25 at the Jim Click Shootout.

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 Spanish for the professions.

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
Junior/Sophomore,
VR/1L
Petaluma, Calif.
(Petaluma)**

PERSONAL BESTS

INDOOR

Mile: 4:06.57 (2012)
3,000 Meters: 9:02.52 (2011)

OUTDOOR

Steeplechase: 8:56.19 (2012)
1,500 Meters: 3:47.89 (2012)

PAC-12 SCORING

2012 Steeplechase, 4th (8:56.19)

2012: *Indoor:* Dowdy focused on the mile during his second year with the team. He raced a pair of meets at sea-level, both in Seattle. Dowdy finished the Husky Classic mile in 4:12.99 and improved that time by over six seconds just two weeks later at the Mountain Pacific Sports Federation Championships when he clocked a personal best at 4:06.57. The time was 12th overall.

Outdoor: Dowdy concentrated on the middle distances during his first outdoor season. He ran a season best of 3:47.89 in the 1,500 at the Payton Jordan Cardinal Invite (4/29). Dowdy raced four times in the steeplechase and ran his personal best of 8:56.19 at the Pac-12 Championships, finishing fourth overall. He was 27th (9:11.12) at the NCAA West Preliminary.

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: (2012) Dowdy earned a spot on the varsity roster as a redshirt sophomore. He started the year out with a sixth-place finish at the Rocky Mountain Shootout, crossing as CU's No. 5 runner. At NCAA Pre-Nationals, Dowdy placed 12th overall as the third CU harrier. Once again he was CU's No. 3 at the Pac-12 Championships, crossing the finish line ninth. He did not score in the final two meets, but was 53rd at regionals and 205th at nationals. He was named to the All-Pac-12 Second Team and helped the Buffs win their second straight team conference title. (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.

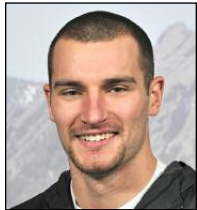
HIGH SCHOOL: Dowdy helped his cross country team to the Sonoma County League Championships in his sophomore, junior and senior years, and the North Coast Championships in his sophomore and senior years. He also helped his team to a second-place finish his sophomore year and a third-place finish his junior 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 and physics.

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)

2012: *Indoor:* Emory's indoor season was cut short due to injury. At the Potts Invite (1/19-20) he finished seventh in the heptathlon with a score of 3,692 points despite not recording a mark in the long jump.

Outdoor: Did not compete.

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 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.

ERIK GAYTAN



Sprints
Freshman, HS
Littleton, Colo.
(Chatfield)

PERSONAL BESTS

100-Meters: 10.7
 200-Meters: 21.6
 400-Meters: 47.95

HIGH SCHOOL: Gaytan was a two-time Colorado State High School Champion, winning the 400-meter dash (47.95) in 2011 and the 4x200-meter relay in 2009. He was named all-state as a junior and freshman and earned all-conference accolades his freshman through senior seasons. Gaytan was also recruited by Colorado State, Wyoming and New Mexico.

HIGH SCHOOL BESTS: 100-Meters: 10.7; 200-Meters: 21.6; 400-Meters: 47.9.

IN THE CLASSROOM: Gaytan is undecided on a major.

PERSONAL: Erik Jovan Gaytan was born on October 19, 1993 in Denver. He is the son of Alan and Sandi Mullica of Littleton, Colo. and has one older brother, Jordan.

SHAW GIFFORD



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

PERSONAL BESTS

INDOOR

60 Meters: 6.89 (2012)
 200 Meters: 21.32 (2011)

MPSF SCORING

2012 4x400-Meter Relay, 7th (3:15.50)

2012: *Indoor:* Gifford competed in the 60, 200 and sprint relays for the Buffs as a sophomore. He placed third at the Potts Invite (1/21) in the 60, finishing in 6.89. Gifford advanced to the finals after placing fourth with a time of 6.95 in the prelims. At the Mountain Pacific Sports Federation Championships he competed in both the 60 and 200. He was 16th in the 60 (6.94) and 10th in the 200 (21.84). Gifford anchored the 4x400-meter relay for the Buffs who placed seventh at MPSFs with a time of 3:15.50. *Outdoor:* Did not compete.

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

PERSONAL BESTS

INDOOR

3,000 Meters: 9:03.02 (2011)

2012: *Indoor:* Did not compete.

Outdoor: Did not compete.

2011: *Indoor:* Goodger ran in one race for the Buffs. He placed fifth in the 5,000-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 mile 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 did volunteer work with Habitat for Humanity and the Arthritis Foundation Walk.

JAKE HURYSZ



Middle Distance
Junior, TR
Mebane, N.C.
(Eastern Alamance/UNC)

PERSONAL BESTS

OUTDOOR

1,500-Meters: 3:42.89 (2012)
 3,000-Meters: 8:01.97 (2011)
 5,000-Meters: 13:38:58 (2012)

2012: Redshirt. Did not compete.

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: (2012) Hurysz quickly became the top runner on the team after winning the Rocky Mountain Shootout in 24:34; the fourth best time ever in course history. He followed up that performance with a fourth-place finish at the NCAA Pre-Nationals, helping the Buffs win their section of the race. Hurysz placed eighth at the Pac-12 Championships two weeks later; helping the Buffs win their second straight team title in as many years. It was the only race he did not lead the Buffs as he was the second Buff across the finish. Hurysz placed sixth at regionals and then recorded his first All-American honor with a 32nd-place finish as the Buffs placed third at nationals. He also earned All-Pac-12 Second Team and All-Mountain Region honors.

CROSS COUNTRY (AT UNC): 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 BESTS: 800-Meters: 1:52.60; Mile: 4:06.18; 3,200-Meters: 8:49.76.

IN THE CLASSROOM: Hurysz is a communications major and currently has a GPA greater than 3.00.

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.

CAMERON HUTCHINS



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

PERSONAL BESTS

INDOOR

Weight Throw: 53-04.50/16.27m (2012)

OUTDOOR

Discus: 131-00/39.92m (2010)
 Hammer Throw: 176-07/53.83m (2012)
 Javelin: 140-01/42.70m (2012)

ACADEMIC HONORS

MPSF All-Academic (2012)
 Pac-12 All-Academic honorable mention (2012)

2012: *Indoor:* Hutchins continued to excel in the weight throw as a junior, recording a personal record of 53-04.50 at the Husky Classic (2/11). All four of his throws during the campaign were over 50 feet. Hutchins' top placing came at the Potts Invite (1/21) where he was third with a throw of 52-10.75.

Outdoor: Hutchins threw the hammer and javelin during the outdoor campaign and recorded personal bests in both events. His PR in the javelin came at the CU Invite (4/14) where he placed seventh overall with a mark of 140-01. Two weeks later at the Jack Christiansen Invite (4/28) he threw the hammer 176-07 for sixth. Hutchins competed at the Pac-12 Championships in the hammer and took 11th with a mark of 169-00.

2011: *Indoor:* Hutchins focused on the weight throw during the indoor season. He recorded a season best mark of 48-02 for seventh place at the Colorado School of Mines Twilight (2/18).

Outdoor: Hutchins only threw the hammer during the outdoor season. His best toss of the season was at the last meet, the Front Range Classic (5/1) where he recorded a throw of 148-11 for 14th place.

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 season best mark 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.

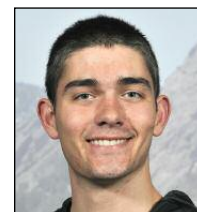
HIGH SCHOOL: Hutchins was a member of the Arapahoe High School track and field team which won the state championship in 2008. He qualified for the meet in the discus. Hutchins earned three letters at AHS.

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. Hutchins was named to the All-MPSF Academic and Pac-12 All-Academic honorable mention teams in 2012.

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.

MARK JONES



Combined
Events/Jumps
Sophomore, VR/VR
Summit, N.J.
(Summit)

PERSONAL BESTS

INDOOR

High Jump: 7-00.50/2.15m (2012)

OUTDOOR

High Jump: 6-11.00/2.11 (2012)

CAREER UPDATE: Jones ranks fifth overall on the all-time indoor high jump CU performers list after his first season of competition. His personal best of 7-00.50 is also the seventh best overall jump by a Buff. Jones added his list to the outdoor list as well, becoming the seventh best high jump performer after clearing 6-11 twice.

2012: *Indoor:* Jones quickly made a name for himself in the high jump at CU when he won the Potts Invite (1/21) with a jump of 6-11, tying for 13th in CU history. The following week at the Air Force Team Challenge (1/28), Jones cleared 7-00.50, a personal best. That mark made him the fifth best CU performer and ranks seventh overall in school history.

Outdoor: Jones became the seventh best high jump performer in CU history with a mark of 6-11, which he cleared twice. He did it first at the CU Invite (4/14) and then again at the Jack Christiansen Invite (4/28); both times winning the meet. Jones tied for 12th at the Pac-12 Championships with a height of 6-09. At the NCAA West Preliminary, Jones tied for 31st (6-08).

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 2011 and also won the state 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 major.

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 duo to jump over seven feet in high school. Jones enjoys climbing and wood working.

DAVID KILGORE



Distance
Freshman, RS/RS
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

2012: Indoor: Redshirt. Did not compete.
Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Kilgore ran in a pair of races for the Buffs as a redshirt freshman. He started the year by placing 23rd at the Rocky Mountain Shootout. Kilgore ended his season leading CU with a 10th-place finish at the Santa Clara Bronco Invite.

HIGH SCHOOL: Kilgore was a 5,000-meter run All-American at New Balance Indoor Nationals in 2011. 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. On the cross country course Kilgore also shined. 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 integrative physiology.

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. He has one older brother, Chris, who is in the army. Kilgore enjoys mountain biking, hiking and camping.

ALEXANDRE KIZIRIAN



Throws
Junior, 1L/1L
Westminster, Colo.
(Mountain Range)

PERSONAL BESTS

- INDOOR**
- Shot Put: 50-11/15.52m (2012)
- Weight Throw: 62-01/18.92m (2012)
- OUTDOOR**
- Discus: 159-00/48.52m (2012)
- Shot Put: 50-09.25/15.47m (2012)
- Hammer Throw: 196-11/60.03m (2012)

MPSF SCORING

2012 Weight Throw, 6th (60-10.50)

PAC-12 SCORING

2012 Hammer Throw, 6th (191-03)

CAREER UPDATE: Kizirian is the second-best weight thrower in CU history after recording a mark of 62-01. He has the fourth best (62-01) and ninth best throws all-time (61-10.50) and became just the third Buffalo to crack the 60-foot mark. Kizirian had success outdoors in the hammer throw. He is the second best performer in school history with a throw of 196-11, which is also the fifth best toss in CU history.

2012: Indoor: Kizirian continued to excel in the shot put and weight throws for the Buffs. He started the season off winning both events at the Potts Invite (1/21), doing so with PRs at that time. Kizirian continued to improve and at the Husky Classic (2/10) and tossed the weight 62-01 to place second overall. The mark made him the second best performer in school history and ranks fourth on the all-time list. Two weeks later, Kizirian became the first Buff to score at the Mountain Pacific Sports Federation Championships, placing sixth at the meet with a throw of 60-10.50, the ninth best in CU history. At the league championships, he finished the shot put on a high note with a personal best throw of 50-11 for 13th place.

Outdoor: Once again Kizirian threw the shot put, hammer throw and discus, recording PR's in all three. His PR in the discus came at the CU Invite (4/14). He threw the discus 159-02, which took sixth overall. At the Air Force Relays (4/7), Kizirian had PR's in both the shot put and hammer throw. His shot put mark of 50-09.25 placed third at the meet, while his mark of 196-11 won the meet in the hammer throw. That throw was the fifth best in school history and made him the second best performer in the event. He came close to that mark at the Pac-12 Championships, throwing 191-03 for sixth place. At the NCAA West Prelims he threw 187-05, placing 34th.

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 and 54-05 at the Colorado School of Mines Twilight (2/18).

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. He had a season best throw of 175-09 for fourth place at the Front Range Classic (5/1). His second best performance was at the USATF Junior Championships (6/24) where Kizirian finished 17th with a throw of 172-09. He placed 14th at the Big 12 Championships after launching the hammer 150-10. Kizirian recorded season 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. Kizirian was a member of the honor roll in high school and graduated in the top five percent of his class.

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

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

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
Senior, 1L/2L
Littleton, Colo.
(Littleton)

PERSONAL BESTS

- INDOOR**
- 60-Meters: 7.21 (2010)
- 200-Meters: 21.92 (2012)
- 400-Meters: 48.59 (2012)
- 60-Meter Hurdles: 8.39 (2012)
- OUTDOOR**
- 200-Meters: 21.74
- 400-Meters: 48.06
- 400-Meter Hurdles: 52.20 (2012)
- BIG 12 SCORING**
- 2010 (0) 4x100-Meter Relay, 5th (40.46)
- MPSF SCORING**
- 2012 4x400-Meter Relay, 7th (3:15.50)
- PAC-12 SCORING**
- 2012 4x400-Meter Relay, 4th (3:09.64)
- 2012 400-Meter Hurdles, 6th (52.38)

2012: Indoor: MacIntosh led CU in the 400 during the indoor season, notching the top two times. He placed second at the Air Force Team Challenge (1/28), crossing in 48.59. MacIntosh was fifth at the Husky Classic (2/11) two weeks later with a time of 48.70. At the indoor league championships, he was 21st in the 400 (49.40) and helped the 4x400-meter relay to a seventh place finish (3:15.50).

Outdoor: MacIntosh ran the 400-meter hurdles and the

4x400-meter relay for the Buffs. He ran a personal best time of 52.20 at Mt. SAC Relays, placing eighth in his section. At the Pac-12 Championships he advanced to the finals in the 400-hurdles after placing seventh in 52.60. MacIntosh picked up a sixth-place finish in the finals, crossing in 52.38. He also ran the event at the NCAA West Prelims, placing 37th (53.20). MacIntosh helped the Buffs to a fourth-place and season best finish in the 4x400-relay at the Pac-12 Championships (3:09.64). At the west prelims, the relay took 18th overall (3:10.95).

2011: *Indoor:* MacIntosh raced in just the 400-meter dash and was the lead off leg of the 4x400 relay for the Buffs. He clocked a season best time in the 400 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, placing 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 and 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 the semifinals at nationals. At NCAAs, the team ran 40.35 but did not advance to the finals. 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. He was a member of the all-state academic team and honor roll at LHS.

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 communications.

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, VR/1L
Grand Junction, Colo.
(Grand Junction)

PERSONAL BESTS

Indoor

Mile: 4:34.84 (2010)
3,000-Meters: 8:23.04 (2012)
5,000-Meters: 14:33.38 (2012)

Outdoor

1,500-Meters: 4:01.71 (2012)
5,000-Meters: 14:14.51 (2012)
10,000-Meters: 29:21.57 (2012)

PAC-12 SCORING

2012 (0) 10,000-Meters, 8th (30:12.72)

2012: *Indoor:* Medina ran three times during the indoor campaign. He started off by winning the 3,000-meter run at the Air Force Team Challenge (1/28), crossing the finish in a then-personal best of 8:53.95. At the Mountain Pacific Sports Federation Championships Medina smashed his PR by 30 seconds, finishing in 8:23.04 for 26th overall. He also ran one 5k, recording a PR of 14:33.38 at the Husky Classic (2/10).

Outdoor: Medina excelled in the 10k during his junior season. He raced to a PR of 29:21.57 at the Stanford Invite (4/6), becoming the 17th best CU performer in the event. At the Pac-12 Championships, he placed eighth for the Buffs, finishing in 30:12.72, earning his first points for CU's team score. Medina went onto the NCAA West Prelims and placed 37th overall (31:45.31). Medina also PR'd in the 1,500 and 5k during the season. He ran 4:01.71 in the 1,500 at the Fum McGraw Quadrangular (3/31) and 14:14.51 in the 5k at the Mt. SAC Relays (4/20).

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 season best 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 finished 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: (2012) Medina had a great final season for the Buffs, helping them to their second straight Pac-12 team title and a third-place finish at nationals. He started the season with a third-place finish at the Rocky Mountain Shootout; his best finish ever at the meet. Medina followed

that up by taking 23rd at pre-nationals. He earned All-Pac-12 Second Team honors by placing 13th at the conference meet, scoring the final points to secure the Buffs second team title. Medina went on to place seventh at regionals, earning all-region honors and then placed 228th at NCAAs due to an injury he suffered during the race. (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-place 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 and ethnic studies.

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 was an All-American on the CU cross country team and is a sixth-year senior on the track & field team. His younger siblings are Stephanie and Charlie.

RICHARD MEDINA



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

PERSONAL BESTS

INDOOR

3,000-Meters: 7:53.02 (2012)

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)

MPSF SCORING

2012 (I) 3,000-Meters, 3rd (7:52.03)

HONORS

Seven-time All-Big 12 Performer

2010 All-American (Outdoor 5k)

ACADEMIC HONORS

Academic All-Big 12 (2010, 11)

CAREER UPDATE: Richard Medina became the second fastest CU performer in the indoor 3k in 2012. He also 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 qualified for the NCAA Outdoor Championships twice in the 5k, earning his first All-America honor in 2010 when he finished ninth.

2012: *Indoor:* Medina only raced once during the indoor campaign, but he made it count as he became the second fastest 3,000-meter runner in CU history. Medina raced the 3k at the Mountain Pacific Sports Federation Championships, finishing in 7:52.03 for third place. It was the fastest time by a Buff since 1998, only behind Olympian Adam Goucher. Medina improved his PR by almost 30 seconds as his previous best was 8:23.74.

Outdoor: Did not compete.

2011: *Indoor:* Medina recorded the then-third fastest 5k time for a Buff during the season when he finished the Husky Classic (2/11) in 13:57.20. At the Big 12 Championships, Medina scored for CU in the 5k, placing sixth 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 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 time 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 raced the 5 and 10k, just two days apart. He placed fifth in the 10k with a time of 29:28.18. Medina dug deep during the 5k, looking to win it all, but was passed in the final 200 meters to finish second with a time of 14:07.23. Medina advanced to the NCAA West Preliminary finals in the 5k 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). 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) Redshirt. 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 last 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 and economics. He is a member of the Big 12 Commissioner's Honor Roll and has a greater than 3.00 GPA. 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 MITCHEM



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

PERSONAL BESTS

800-meters: 1:55

1,600-meters: 4:19

5,000-meters: 16:25

HIGH SCHOOL: Mitchem was a member of the Broomfield High School cross country and track and field teams. He earned a pair of letters in cross country and four letters as a member of the track team. Mitchem ran the middle distance events (800, 1,600) during the track season.

HIGH SCHOOL BESTS: 800-meters: 1:55; 1,600-meters: 4:19; 5,000-meters: 16:25.

IN THE CLASSROOM: Mitchem intends to major in engineering.

PERSONAL: Joseph William Mitchem was born on April 25, 1994 in Boulder, Colo. He is the son of Jeff and Randi Mitchem of Broomfield, Colo. Mitchem has three younger siblings, Jacob, Emily and Katelyn.

JOE MORRIS

Sprints
Senior, 1L/1L
Golden, Colo.
(Golden/ Tennessee)

PERSONAL BESTS**INDOOR**

60-Meters: 6.63 (2011, school record)

200-Meters: 21.09 (2009)

OUTDOOR

100-Meters: 10.31 (2012)

200-Meters: 20.77 (2012)

400-Meters: 47.17 (2012)

MPSF SCORING

2012 60 Meters, 4th (6.80)

2012 200 Meters, 6th (21.53)

2012 4x400-Meter Relay, 7th (3:15.50)

PAC-12 SCORING

2012 100 Meters, 8th (10.47)

2012 200 Meters, 6th (20.92)

2012 4x400-Meter Relay, 4th (3:09.64)

HONORS

2011 60-Meter Dash Honorable Mention All-American

2012 60-Meter Dash All-American Second Team

CAREER UPDATE: Morris stormed onto the scene at CU, breaking the 60-meter dash record in his first meet for the black and gold (6.63). He has the top five 60 times in school history. Morris is also the third fastest performer in school history in the indoor 200 (21.09). He is fifth in the 100 (10.31) and is sixth in the 200 (20.77).

2012: *Indoor:* Morris continued to win on the track, only finishing out of the top four once in the 60-meter dash. He started off the season winning the Air Force Team Challenge (1/28) with a time of 6.77. Two weeks later at the Husky Classic (2/11), Morris again placed first (6.76). At the Mountain Pacific Sports Federation Championships, he scored in three events for the Buffs. He was fourth in the 60, sixth in the 200 and helped the 4x400-meter relay team to seventh-place. The following week Morris competed at the Arkansas Final Qualifier, looking for a chance advance to nationals. He raced to a season best time of 6.64, his fastest non-elevation time and the second best time in CU history, earning himself a spot at NCAAs. At the NCAA Championships, Morris finished the preliminary round 15th overall (6.66), earning USTFCCCA All-American Second Team honors.

Outdoor: Morris continued to lead CU during his junior outdoor campaign. He became the fifth fastest CU performer in the 100 and the sixth fastest in the 200. Morris clocked his PR in the 100 (10.31) in the prelims of the NCAA West Prelims, placing 13th. The following day he finished the race in 10.44 for 20th overall. Morris raced the 200 at the meet as well, finishing the prelims in 20.82 (20th) and the following round in 21.04 (20th). He was an important contributor to CU's team score at the inaugural Pac-12 Championships. Morris was sixth in the 200 (20.92) and eighth in the 100 (20.40). He added points as part of the 4x400-meter relay with placed fourth (3:09.64). Morris' time in the 100 (10.31) is the seventh best by at Buffalo and his top 200 time (20.77) ranks 18th all-time.

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 to win the Potts Invite (1/22), surpassing the 6.67 time set by Jonathan Prather in 1999. 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 mention All-American status. Morris ran the 200 (21.29) at the Husker Invite (2/5) and placed second overall after finishing third in the prelims (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. He finished the 100 in 10.32 at the LSU Alumni Gold meet in the 'B' section. Morris won the Potts Invite (3/19) to start the season in 10.53. 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 advanced 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 also was 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 track during his junior year.

AMMAR MOUSSA

Distance
Freshman, RS/RS
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

2012: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Redshirt. Did not compete.

(2011) 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 where he placed 19th as CU's No. 3 finisher. 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-region honors during the season.

HIGH SCHOOL: Moussa was 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.

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, VR/RS
Hanalei, Hawai'i
(Island)

PERSONAL BESTS

INDOOR
 Mile: 4:30.92
OUTDOOR
 800-meters: 2:00.67
 1,600-meters: 4:29.53
 3,200-meters: 9:14.09
 5,000-meters: 16:26.00

2012: *Indoor:* Murphy raced once during the indoor season. He ran the mile in 4:30.92 at the Air Force Team Challenge (1/28).

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Murphy had an outstanding redshirt freshman season and was CU's No. 4 runner in four of the five varsity meets. He started the season with a fourth-place finish at the Rocky Mountain Shootout. Two weeks later at pre-nats, he placed 22nd overall. Murphy helped the Buffs win their second straight Pac-12 team title, placing 14th overall. It was the only meet he did not score for the Buffs as he was the sixth harrier to finish the race. Two weeks later he scored again for the Buffs, this time with a 19th-place finish at regionals. Murphy ended the season at nationals placing 45th. The Buffs were third overall as a team. He earned All-Pac-12 Second Team and all-region honors during the season.

HIGH SCHOOL: Murphy was a standout at Island School in Lihue, Hawai'i. He set a pair of state records en route to winning 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.

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 integrative physiology.

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
Junior, 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).

2012: Did not compete.

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.

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 CLASS ROOM: Owens is majoring in environmental studies at Colorado. 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.

MORGAN PEARSON



Distance
Sophomore, TR/TR
New Vernon, N.J.
(Morristown/Duke)

PERSONAL BESTS

Indoor
 3,000-Meters: 8:06.44
Outdoor
 1,500-Meters: 3:55.19
 5,000-Meters: 14:03.53

CROSS COUNTRY: (2012) Pearson became a member of the varsity team in his first season at CU. He ran unattached at the Rocky Mountain Shootout and took 10th overall. At the NCAA Pre-National Invitational, he ran in the open race and was 11th. Pearson did well at the Pac-12 Championships, finishing 18th as CU's seventh runner to help the Buffs take the Pac-12 team title for the second straight year. He raced to a 34th-place finish at regionals and was the alternate at nationals.

AT DUKE: Pearson competed one season at Duke on the cross country team and two seasons on the track & field team. He led the Blue Devils at the N.C. Central Dual Meet, finishing first and also earned top honors at the James Madison Invitational. Pearson was the second Duke harrier to cross the finish at the prestigious Roy Griak Invitational, placing 44th overall. At the ACC Championships, he was the fifth Blue Devil to finish, crossing the line 36th overall. Pearson was 50th overall at the NCAA Southeast Regional Championships, once again as Duke's final scorer. Pearson ran the second best indoor 3k time for the Blue Devils in 2012, finishing fourth in 8:06.44 at the ACC Championships. During the outdoor season he placed sixth at the Duke Invitational in the 5k in 14:03.53; the third fastest time of the season for Duke.

HIGH SCHOOL: Pearson earned four letters at Delbarton and Morristown High School. He was the New Jersey state champion in the 3,200 as a senior and earned All-American honors in the outdoor two-mile run. He won the Penn Relays 3,000-meter run, which he lists as the biggest moment of his high school career. Pearson placed fourth in the Northeast Region at Nike Cross Nationals his junior season and was second in the FootLocker regionals as a senior.

IN THE CLASSROOM: Pearson is undecided on a major.

PERSONAL: Morgan Cadwell Pearson was born on Sept. 22, 1993. He is the son of Mike and Christine Pearson and has three brothers, Andrew, Parker and Trevor. His grandfather played lacrosse at Syracuse. Pearson has dual citizenship with Canada. He was a swimmer in high school and also enjoys surfing and playing basketball.

MICHAEL REESE



Distance
Freshman, HS/HS
Louisville, Colo.
(Monarch)

PERSONAL BESTS

1,600-Meters: 4:46
 3,200-Meters: 10:27

HIGH SCHOOL: Reese ran two seasons for the Monarch High School cross country program. As a senior he placed ninth at the state high school championships to earn all-state recognition. In the process, Reese helped his team to a third-place finish. He also competed on the swim team for the Coyotes. Academically he did quite well and earned several awards which included AP Scholar with Distinction, National Honors Society, Spanish Honors Society and he graduated magna cum laude.

HIGH SCHOOL BESTS: 1,600-Meters: 4:46; 3,200-Meters: 10:27.

IN THE CLASSROOM: Reese intends to major in molecular, cellular and developmental biology. He is also interested in math and physics.

PERSONAL: Michael David Reese was born on November 6, 1993 in Denver, Colo. He is the son of Dan and Sharon Reese of Louisville, Colo. and has two younger siblings. Reese comes from a family of Buffs as his father and uncles were members of the CU cross country and track and field teams in the 1980's.

BLAKE REIMER



Sprints
Junior, 1L/1L
Fort Collins, Colo.
(Fort Collins)

PERSONAL BESTS

INDOOR
 200 Meters: 22.45 (2012)
 400 Meters: 49.02 (2011)
 600 Yards: 1:14.31 (2011)

OUTDOOR
 200 Meters: 21.74 (2011)
 400 Meters: 47.83 (2011)

MPSF SCORING

2012 4x400-Meter Relay, 7th (3:15.50)

PAC-12 SCORING

2012 4x400-Meter Relay, 4th (3:09.64)

2012: Indoor: Reimer focused on the 400 during the indoor season. He ran his best time of the season at the Mountain Pacific Sports Federation Championships, placing 14th in the prelims. Reimer helped the 4x400-meter relay team pick up a seventh-place finish at the championship as the relay finished in 3:15.50. Earlier in the season, Reimer won the 400 at Potts Invite (1/21) with a time of 50.52.

Outdoor: Reimer raced the 200, 400 and was a member of the 4x400-meter relay. He ran a season best time of 21.99 in the 200 at the Fum McGraw Quadrangular (3/31). Reimer clocked his season best in the 400 at the Mt. SAC Relays (4/20), finishing in 48.49. At the Pac-12 Championships, he placed 13th in the prelims of the 400 (48.54). Reimer did help CU score at the conference meet in the 4x400 relay, which placed fourth in 3:09.64. The relay went on to compete at the NCAA West Prelim and took 18th overall (3:10.95).

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. The second fastest time was 49.23 at the Don Barrett Duals (1/29) where he placed sixth. 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
Sophomore, VR/1L
Hastings, Neb.
(Hastings)

PERSONAL BESTS

INDOOR
 Shot Put: 47-06.25 (2012)
 Weight Throw: 53-05 (2012)

OUTDOOR
 Discus: 168-04/51.31m (2012)
 Shot put: 46-10.25/14.28m (2012)
 Hammer Throw: 156-07/47.72m (2012)

PAC-12 SCORING

2012 Discus, 5th (168-04)

2012: Indoor: Rutt had a solid start to his collegiate career and was second in the shot put and weight throw for the Buffs in 2012. Rutt recorded a season best mark of 53-05 at the Air Force Team Challenge (1/28), which was ninth

overall. Rutt also competed in the shot put and saved his best for last as he PR'd in the event at the Mountain Pacific Sports Federation Championships with a toss of 47-06.25. He placed 16th overall.

Outdoor: Rutt was CU's top discus thrower during his freshman campaign, recording the top six marks. His personal best of 168-04 came at the Pac-12 Championships, which placed him fifth at the meet. Rutt also had PR's in the hammer throw and shot put. He recorded an eighth-place finish in the shot put (46-10.25) at the Fum McGraw Quadrangular (3/31) and placed ninth in the hammer throw at the Potts Invite (3/17) with a toss of 156-07.

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 with 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 and all-state honorable mention honors.

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

IN THE CLASSROOM: Rutt is majoring in psychology.

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.

RYAN SAVERCOOL



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

PERSONAL BESTS

INDOOR
 Mile: 4:28.63 (2012)
 3,000-Meters: 8:57.65 (2012)
 5,000-Meters: 14:48.57 (2012)

OUTDOOR
 1,500-Meters: 4:08.91 (2011)
 3,000-Meters: 8:58.80 (2012)
 5,000-Meters: 15:10.43 (2011)
 10,000-Meters: 31:59.64 (2012)

ACADEMIC HONORS

Academic All-Big 12 (2011)
 MPSF All-Academic (2012)

2012: Indoor: Savercool competed three times for CU and each time he ran personal records. He started off with a PR in the mile run (4:28.63) at the Potts Invite (1/21). Just one week later at the Air Force Team Challenge (1/28), Savercool took second in the 3k (8:57.65). He finished his season by running the 5k at the Husky Classic (2/10), clocking a time of 14:55.47.

Outdoor: Savercool recorded a personal record in the 3k at the CU Invite (4/14), finishing in 14:10.23. The following week Savercool finished the 10k in 31:59.64 at Mt. SAC Relays (4/19).

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 while placing 10th. 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: (2012) Savercool raced twice for the Buffs, starting with a 35th-place finish at the Rocky Mountain Shootout. He also ran at the Santa Clara Bronco Invite and placed 77th overall. (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 and philosophy major. He owns a GPA greater than 3.00 and was a member of the Big 12 Commissioner's Honor Roll. Savercool earned All-MPSF Academic honors in 2012.

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

PERSONAL BESTS

INDOOR

Mile: 4:35.81 (2012)
3,000-Meters: 9:03.42 (2012)
5,000-Meters: 14:48.57 (2012)

OUTDOOR

1,500-Meters: 4:10.23 (2012)
3,000-Meters: 8:46.24 (2012)
5,000-Meters: 14:41.77 (2012)

2012: *Indoor:* Shije started the season at the Potts Invite (1/21), finishing the mile in 4:35.81 for ninth place. He ran the following week at the Air Force Team Challenge, this time in the 3k where he placed third overall (9:03.42). Shije's final meet of the season was the Husky Classic (2/10). He ran the 5k in 14:48.57.

Outdoor: Shije participated in three meets for the Buffs; recording personal bests in all three. He started off the season at the Potts Invite (3/17), running the 3k in 8:46.24 for second place. Shije followed up that performance at the CU Invite (4/14), placing 19th in the 3k (8:46.24). His final race of the season was the 5k at the Azusa Pacific Bryan Clay Invite. He was the runner-up with a time of 14:41.77.

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). There he was fifth with a 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: (2012) Shije raced twice for the Buffs, starting with a 24th-place finish at the Rocky Mountain Shootout. He finished the season at the Santa Clara Bronco Invite with a 25th-place finish. (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. Shije was the second CU harrier to cross the finish at the Santa Clara Bronco Invitational, placing 30th. His final meet of the season 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. He was an all-district all-academic team member in high school.

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

IN THE CLASSROOM: Shije is majoring in integrative physiology.

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

PERSONAL BESTS

Indoor

Mile: 4:17.21 (2009)
3,000-Meters: 8:21.46 (2012)

Outdoor

1,500-Meters: 3:56.54 (2012)
Steeplechase: 9:07.86 (2012)

BIG 12 SCORING

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

2012: *Indoor:* Stevens ran a pair of races for the Buffs. He started the season running the mile at the Air Force Team Challenge (1/28), clocking a time of 4:25.21. Two weeks later at the Husky Classic (2/11), Stevens recorded a time of 8:21.46 in the 3,000.

Outdoor: Stevens focused on the steeplechase during his junior campaign, but raced the 1,500 once for a PR of 3:56.54 at the CU Invite (4/14). He won the steeplechase at the Fum McGraw Quadrangular (3/31), clocking a time of 9:36.91. Stevens took second in the steeplechase at the Potts Invite (3/17), finishing in 9:42.42. His PR came at Mt. SAC Relays where he finished in 9:07.86.

2011: *Indoor:* Did not compete.

Outdoor: Stevens competed in both the 1,500 and steeplechase. He recorded a season 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 ran his fastest steeplechase time of the year 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.

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) for fifth overall. He ran a time of 8:27.39 in the 3k at the Big 12 Championship which placed 23rd.

Outdoor: Did not compete.

2009: *Indoor:* Stevens mostly competed in the mile during the indoor campaign. He ran a time 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: (2012) Stevens ran in three meets during his final season. He was 14th overall at the Rocky Mountain Shootout, crossing as the ninth Buffalo. Stevens raced in the open section at pre-nats and came away with a 14th-place finish. He ran his final meet at the Pac-12 Championships, taking 41st as the Buffs captured their second straight team title. (2011) Stevens earned a spot on the varsity roster, racing in four meets for CU. He started

the season with an eighth-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. He was named an AP Scholar his senior year and was a member of the honor roll all four years.

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

ACADEMICS: Stevens is majoring in marketing and English.

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 played 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.

BLAKE THEROUX



Distance
Junior/Sophomore,
VR/VR
Chesapeake, Va.
(Western Branch)

PERSONAL BESTS

INDOOR

Mile: 4:30.15 (2012)
3,000 Meters: 8:11.43 (2012)

OUTDOOR

1,500-Meters: 3:45.33 (2012)
5,000-Meters: 14:55.21 (2012)
3,000-Meter Steeplechase: 9:06.76 (2012)

ACADEMIC HONORS

MPSF All-Academic (2012)
Pac-12 All-Academic honorable mention (2012)

2012: *Indoor:* Theroux raced in the mile and 3k runs during his second season with the Buffs. He started the year running the mile in 4:30.15 at the Air Force Team Challenge

(1/28) before switching to the 5k for a pair of races. Theroux ran his first 3k at the Husky Classic (2/11), finishing in 8:18.07 for 14th place in the open section. Two weeks later on the same track, he recorded a season best time of 8:11.43 at the Mountain Pacific Sports Federation Championships.

Outdoor: Theroux had a great outdoor season, competing in three different events. He ran the top 1,500-meter time of the season for the Buffs (3:45.33) at the Payton Jordan Cardinal Invite (4/29), winning the third section in the process. He competed in both the steeplechase and the 5k at the Pac-12 Championships. He was 13th in the steeplechase, finishing in 9:12.59, and took 21st in the 5k with a time of 14:55.21. Theroux advanced to the NCAA West Prelims in the 1,500 and finished 36th in 3:58.33.

2011: *Indoor:* Theroux ran once during his freshman season. He 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: (2012) Theroux had a great season, finishing in the top three for CU in all five varsity meets. He started by placing second at the Rocky Mountain Shootout behind teammate Jake Huryz. At pre-nats, he finished 11th again as CU's No. 2 runner. Theroux's best performance of the season came at the Pac-12 Championships where he led the Buffs to their second straight team title with a seventh-place finish. He went on to take 14th at regionals and then helped CU place third at nationals with a 39th-place performance; both as CU's No. 3 scorer. Theroux earned All-Pac-12 First Team honors as well as all-region and All-American status during the year. (2011) Theroux earned a spot on the varsity as a redshirt freshman and competed in five varsity 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.

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.

ARIC VAN HALEN



Distance
Senior, VR/2L
Los Angeles, Calif.
(Oakwood)

PERSONAL BESTS

INDOOR

Mile: 4:19.93 (2010)
3,000-Meters: 8:18.07 (2010)

OUTDOOR

1,500-Meters: 3:48.74 (2012)
Steeplechase: 8:37.45 (2012)
5,000-Meters: 14:01.91 (2012)

BIG 12 SCORING

2011 (0) Steeplechase, 4th (8:57.16)

PAC-12 SCORING

2012 Steeplechase, 2nd (8:50.09)

HONORS

2012 Steeplechase All-American Second Team

2012: *Indoor:* Redshirt. Did not compete.

Outdoor: Van Halen led CU in the steeplechase during the outdoor campaign, although he recorded personal bests in the 1,500 (3:48.74) and 5,000-meter runs (14:01.91). Van Halen started the season in the steeplechase with a then-personal best of 8:42.79 at Mt. SAC Relays (4/20), placing third in the Olympic Development section. At the Pac-12 Championships, he placed was the runner-up, finishing the race in 8:50.09. Van Halen went on to win his section of the steeplechase at the NCAA West Prelims and had the third best time overall at 8:53.94. He improved his best time of the season during the semis at the NCAA Championships, finishing 13th overall in 8:42.55. The time made him the sixth-fastest CU performer of all-time. Two days later in the finals, Van Halen placed 10th (8:50.64) to earn second team All-America honors.

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), placing 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 a season best 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, but 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. Earlier in the season

he recorded a time of 3:59.16 in the 1,500 for third place at the Fum McGraw Open (5/8).

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: (2012) Van Halen earned his spot back on the varsity roster during his final season, starting with a ninth-place finish at the Rocky Mountain Shootout. He followed up that performance with a 27th-place finish at pre-nats. Van Halen scored in his first meet of the season at the Pac-12 Championships, helping CU take its second straight team title with a 12th-place finish. He was 23rd at regionals and finished the year with a 36th-place finish as CU's No. 2 runner at NCAAs; helping CU to a third-place team finish. Van Halen was named to the All-Pac-12 Second Team, all-region team and notched his first cross country All-American honor during the season. (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.

IN THE CLASSROOM: Van Halen is a film major.

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.

CONNOR WINTER



**Middle Distance
Sophomore/Freshman,
VR/RS
Centennial, Colo.
(Arapahoe)**

PERSONAL BESTS
INDOOR
 800 Meters: 1:56.49 (2012)
 Mile: 4:10.33 (2012)
OUTDOOR
 800-meters: 1:52.56
 1,600-meters: 4:22.40
 3,200-meters: 9:09.04
 5,000-meters: 15:21.60

2012: Indoor: Winter made his CU debut at the Air Force Team Challenge (1/28); running the 800. He placed sixth overall with a time of 1:56.49. Winter finished the season with a pair of mile runs. His first was at the Husky Classic (2/11), where he finished in 4:13.47. Two weeks later, he returned to the same track at the Mountain Pacific Sports Federation Championships and improved on his previous time. Winter crossed the finish in 4:10.33 and was 16th overall.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Winter had a great redshirt freshman season, breaking out with a seventh-place finish at the Rocky Mountain Shootout to earn a spot on the varsity squad. He went on to place 35th at pre-nationals to seal his spot on the team. Winter helped the Buffs win their second straight Pac-12 team title; finishing 21st overall as CU's No. 8 finisher. He served as the alternate at regionals and scored for the Buffs at nationals, placed 65th as CU's No. 5 harrier.

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 as well 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.

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).

MADELINE ALM



**Middle Distance
Freshman, HS/HS
Louisville, Colo.
(Arapahoe)**

PERSONAL BESTS
 800-meters: 2:18
 5,000-meters: 18:08

HIGH SCHOOL: Alm was a member of the then-Monarch High School record setting 4x800-meter relay in 2010 which ran a time of 9:28 at the state championships. She earned two letters in cross country and two on the track and field team with the Coyotes. In 2010 her cross country team qualified for Nike Cross Nationals in Oregon and placed 15th overall. Alm was an all-state academic selection as a junior and senior and earned the student merit award as a sophomore.

HIGH SCHOOL BESTS: 800-meters: 2:18; 4x800-relay: 9:28; 5,000-meters: 18:08.

IN THE CLASSROOM: Alm is majoring in integrative physiology.

PERSONAL: Madeline Rachael Alm was born on January 9, 1993 in Louisville, Colo. She is the daughter of Ronald and Michelle Alm and has one younger brother, Landon. Her grandfather played basketball at Iowa. Alm enjoys hiking and spending time with her family. During her fourth, fifth and sixth grade years she qualified for the junior Olympics in jump roping.

KAJSA BANK



**Throws
Junior, 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: 135-07/41.32m (2012)
 Javelin: 89.17/27.30m (2011)
 Shot Put: 36-02.75/11.04m (2012)

2012: Indoor: Bank competed in both the shot put and weight throw as a sophomore. She recorded her season best shot put mark at the Air Force Invite (2/11) with a toss of 37-02.25. Banks' best throw for the year in the weight throw came at the following meet, the CSM Twilight (2/17); there she recorded a toss of 41-03.75.

Outdoor: Bank threw personal bests in both the hammer throw and shot put during the outdoor campaign. She started the season with a PR in the hammer, launching the

implement 135-07 to place 10th overall at the Potts Invite (3/17). Her best throw in the shot put was 36-02.75, which she recorded at the Jack Christiansen Invite (4/28)

2011: Indoor: Bank started her CU career throwing the shot put and weight throws. She recorded then-personal bests at the Colorado School of Mines Twilight (2/18) in both. 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 season-highs 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). 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 and sociology.

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 to visit family that still lives there.

RACHEL BAPTISTA



Distance
Freshman, RS
Austin, Texas
(Austin)

PERSONAL BESTS

1,600-meters: 4:55
3,200-meters: 10:40.44
5,000-meters: 15:21.60

HONORS

2012 CU Female Freshman of the Year

2012: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Redshirt. Did not compete. (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. 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 open major but is interested in medicine. She owns a GPA greater than 3.20.

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
Senior, 2L/3L
Loveland, Colo.
(Mountain View)

PERSONAL BESTS

Indoor

Pentathlon: 3,960 (2012)
60-Meter Hurdles: 8.96 (2012)
High Jump: 5-07/1.70m (2012)
Shot Put: 36-09.75/11.22m (2012)
Long Jump: 17-09/5.41m (2012)
800-Meters: 2:11.71 (2012)
400-Meters: 56.92 (2010)

Outdoor

Heptathlon: 5,339 (2012)
100-Meter Hurdles: 14.38 (2012)
High Jump: 5-05.25/1.66m (2012)
Shot Put: 33-07.50/10.25m (2012)
200-Meters: 25.10 (2012)
Long Jump: 17-11.75/5.48m (2012)
Javelin: 113-02/34.49m (2012)
800-Meters: 2:09.24 (2012)
400-Meter Hurdles: 59.90 (2012)

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)

MPSF SCORING

2012 Pentathlon, 3rd (3,771)
2012 4x400-Meter Relay, 6th (3:45.11 – school record)

PAC-12 SCORING

2012 Heptathlon, 4th (4,680)

HONORS

Four-time All-Big 12 honoree
CU Athlete of the Week

ACADEMIC HONORS

Academic All-Big 12 (2010)
MPSF All-Academic (2012)
Pac-12 All-Academic honorable mention (2012)

CAREER UPDATE: Beemer has become one of the best combined events athletes at CU. After her junior season, she ranks second on the all-time pentathlon list and is fifth in the heptathlon. In the pentathlon, she ranks fourth in the 60-meter hurdles (8.96) and 11th in the high jump (5-07). Her premiere event has been the 800 as she owns the best time in CU history. Beemer clocked a time of 2:11.71 at the 2012 USA Indoor Combined Events Championships and also owns the next four best times in CU combined events history. As a junior, Beemer raced the top two times in the 800 (2:09.24 and 2:12.36). Her time of 2:09.24 put her sixth all-time on the CU performers list.

2012: Indoor: Beemer saved the best for last during her redshirt junior season, recording a lifetime best performance of 3,960 points to place sixth at the USA Indoor Combined Events Championships which ranks second on CU's pentathlon list since 1985. Beemer recorded four personal bests at USAs. She clocked a time of 8.96,

the fourth best by a pentathlete, in the 60-meter hurdles, threw the shot put 36-09.75, jumped 17-09 in the long jump and raced the best 800 time in the event at 2:11.71, taking first overall. Beemer's 800 time also made her the third best performer in CU overall history. Earlier in the season Beemer tied for ninth in Buffs' history in the high jump, clearing 5-7. She also picked up six points for Colorado at the Mountain Pacific Sports Federation Indoor Championships with a third-place finish (3,771 points). She added to CU's team score as a member of the 4x400-meter relay team which placed sixth in school record time 3:45.11.

Outdoor: Beemer competed in two heptathlons during the outdoor season. Her best performance came at the Pac-12 Championships where she registered 5,339 points to rank 14th overall (fifth on the performers list) in CU history. Beemer recorded four personal bests at the meet in the 100-meter hurdles (14.38), shot put (33-07.50), javelin (113-02) and 800 (2:09.24). The 2:09.24 is the top time ever by a CU heptathlete and is sixth on CU's all-time performers list. Beemer placed fourth at the Pac-12 Championships and also competed in the 400-hurdles where she was 10th in the prelims with a PR of 59.90. Beemer went on to compete in the 400-hurdles at the NCAA West Prelims and placed 32nd overall (1:00.79).

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 continues to impress in the combined events area, as well as single events. She recorded her season best pentathlon performance with 3,635 points at the New Mexico Classic (2/5). Beemer recorded four season bests 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 final event, the 800-meter run, as she set the CU pentathlon 800 record with a time of 2:13.99. The second honor came after she helped the distance medley relay team to a fifth-place finish with the second-fastest time in school history at 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 time 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 season-high 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. After the conference meet, Beemer advanced to the NCAA West Preliminaries in the 400-hurdles due to her time of 1:00.96, a personal record she clocked 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 season best in the 60-hurdles (9.44 seconds) and shot put (29-2). She had a good showing for CU at the indoor conference championship in the pentathlon. Beemer took 12th, but finished strong in the final event, the 800, after running a time of 2:15.39.

Outdoor: Beemer shone in the heptathlon as well as the 400-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 season bests in the 100-hurdles (15.43) and 200 (26.31). Beemer qualified for the USA Junior Championships and bettered her then-PR by 292 points. She scored 4,707 points and placed sixth overall with five season bests in the high jump (5-03.00), shot put (31-04), long jump (16-10.50), javelin (99-10) and 800 (2:14.81).

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.

ACADEMICS: Beemer is a double major in business and linguistics and hearing sciences, and owns a GPA better than a 3.20. 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. Beemer was a 2012 MPSF All-Academic and Pac-12 All-Academic honorable mention selection as well.

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
Junior/Senior, VR/VR
Estes Park, Colo.
(Estes Park)

PERSONAL BESTS

INDOOR

Mile: 5:15.21 (2012)
 3,000-Meters: 9:45.04 (2012)

OUTDOOR

800-Meters: 2:26.26 (2010)
 1,500-Meters: 4:38.44 (2012)
 Steeplechase: 10:30.06 (2012)

HONORS

Academic All-Big 12 (2011)
 MPSF All-Academic (2012)
 Pac-12 All-Academic honorable mention (2012)

2012: Indoor: Bouchet competed in the mile and 3,000, recording personal bests in both. She raced to a fifth-place finish in the mile at the Air Force Team Challenge (1/28), clocking a time of 5:15.21. Bouchet's best time in the 3k came at the Husky Classic (2/11). She was sixth in the open section with a time of 9:45.04. She also competed at the Mountain Pacific Sports Federation Indoor Championships in the 5k; placing 29th with a time of 9:56.01.

Outdoor: Bouchet focused on the steeplechase in the spring and won a pair of local meets. She took top honors in the Potts Invite (3/17) as well as the Jack Christiansen Invite (4/28). Bouchet was also second at the Fum McGraw Quadrangular (3/31). She broke the 11 minute mark for the first time in her career at the Mt. SAC Relays, finishing fourth in the 'C' section in 10:42.32. Bouchet came close to scoring for the Buffs at the Pac-12 Championships, crossing the finish 10th overall with her personal best of 10:30.06. She went on to compete at the NCAA West Prelims and placed 25th in 10:43.23 to finish her season.

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 also 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 recorded a season best time of 4:55.12 in the 1,500 at the Potts Invite (4/9) and placed fifth in the process. Bouchet 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: (2012) Bouchet earned a spot on the varsity roster as a junior. She started the season placing 11th at the Rocky Mountain Shootout and then was 94th at

pre-nationals. Bouchet recorded a 64th-place finish at the Pac-12 Championships and then improved to 40th overall at regionals. She finished the year 194th at nationals. (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. Bouchet was a member of the honor roll in high school as well as an academic all-state honoree.

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 3.40 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 and in 2012 she was named MPSF All-Academic and Pac-12 All-Academic honorable mention.

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



**Middle Distance/
Steeplechase
Senior, 21/31
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: 4:09.42 (2012)

Steeplechase: 9:23.56 (2012)

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 (2009-10, 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)

Big 12 Athlete of the Week (4/20/11)

USATF Athlete of the Week (5/3/11)

2011 USATF Steeplechase Champion (9:44.11)

2011 IAAF World Championships participant

2011 Mile High Sports Magazine Collegiate Athlete of the Year

2012 U.S. Olympic Trials Steeplechase Champion

2012 Olympian (steeplechase)

ACADEMIC HONORS

Academic All-Big 12 (2010, 11)

CAREER UPDATE: Coburn became just the third student-athlete with eligibility remaining to qualify for the Olympic Summer Games in 2012 after winning the U.S. Olympic Team Trials in the steeplechase (her teammate Shalaya Kipp is the fourth as she also qualified in the steeplechase). Coburn ran the fastest American time on U.S. soil at the Nike Prefontaine Classic in June of 2012, finishing fifth (9:25.28). The Crested Butte, Colo. native is leaving her mark on CU's record book. Indoors, she currently is the second-best CU performer in the mile (4:36.08) and sixth in

the 3,000 (9:17.46). Coburn ran the anchor leg in the CU record-setting distance medley relay than placed fourth at the 2011 Big 12 Championship with a time of 11:22.87. On the outdoor track, she is the second fastest performer in the steeplechase (9:23:54), fourth in the 1,500 (4:09.42) and sixth fastest in the 800 (2:09.81). Coburn was 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).

2012: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete for the Buffs. Coburn competed unattached in preparation for the 2012 U.S. Olympic Team Trials. Her first race of the season was on May 18 at the Occidental College High Performance meet. She raced the 1,500 and finished with a PR of 4:09.42. Coburn switched gears to her main event, the steeplechase, and placed fifth at the prestigious Nike Prefontaine Classic on June 3. Her time of 9:25.28 was the fastest ever ran by an American on U.S. soil and if she wasn't redshirting it would have been the collegiate record. Coburn entered the trials as the favorite and easily won in 9:32.78 to become the third current CU student-athlete with eligibility remaining to compete at an Olympic Summer Games. At the Games, she advanced to the finals by placing third in the second section (9:27.51). Coburn ended her year with a ninth-place finish and was the highest placing American in the finals with a personal best time of 9:23.54.

2011: *Indoor:* Coburn had another season to remember, focusing mainly in 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, competing in the 3,000 and distance medley relay. She captured the indoor 3k title with the ninth-best time in CU history (9:17.46), running in the unseeded section. Coburn also ran the anchor leg for the DMR, leading the Buffs to a fourth-place finish with a school record time (11:22.87), breaking a 12-year-old record of 11:23.87. 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, she won her preliminary section in 10:00.43, which was second overall. Two days later Coburn won her first NCAA Individual Championship and second All-American honor in the steeplechase. She crossed the finish in 9:41.14, 6.15 seconds ahead of the runner-up (Virginia's Stephanie Garcia). 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). Coburn had an exciting final and just edged the 2010 NCAA Champion, Bridget Franek, by 0.79 seconds to win the USA title (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, Brianna Beemer and Coburn) ran a time of 11:34.32, the fourth fastest ever at CU.

Outdoor: Coburn continued to lead the Buffs during the outdoor season. She started the season by running the 800 at the CU Invite (4/10). Coburn finished first and in the process became the seventh fastest CU female in the event. She followed up that performance when she 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 to finish fifth in the second section to become the seventh fastest performer in the event at Colorado. Coburn was the high points scorer for the Buff once again at the Big 12 Championship when she recorded 13 points. She qualified for the finals in the 800 after running the 12th best time in CU history (2:09.81). Coburn came back in the finals to run 2:12.44 and secure a sixth-place finish. It also made her the fourth fastest performer ever in the event. Just prior to scoring for the Buffs in the 800, Coburn won her first Big 12 title, setting a conference record of 9:56.53. She 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). The semis were also a breeze for the sophomore as she finished second overall (9:59.69). Coburn had a strong finish to her season when she placed second in the finals. Penn State's Bridget Franek won the race in 9:38.86, but Coburn crossed the finish in 9:51.86, the 18th fastest time at CU. 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 at nationals. 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 (139th). 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.

ACADEMICS: Coburn is majoring in marketing at Colorado and was a member of the Big 12 Commissioner's Honor Roll. She owns a greater than 3.20 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.

SOPHIA COLE



Combined Events
Freshman, HS
Yuma, Ariz.
(Gila Ridge)

PERSONAL BESTS

100-Meter Hurdles: 14.8
300-Meter Hurdles: 45.8
High Jump: 5-06

HIGH SCHOOL: Cole owns three records at Gila Ridge High School. She recorded a time of 14.8 seconds in the 100-meter hurdles, 45.8 in the 300-meter hurdles and jumped 5-06 in the high jump. As just a freshman she was the region hurdle champions, a title she would win every year until graduation. Cole was nominated for the GRHS Athlete of the Year as a senior. She also earned two letters as a member of the soccer team. Cole also recorded academic honors her freshman through senior years.

HIGH SCHOOL BESTS: 100-Meter Hurdles: 14.8; 300-Meter Hurdles: 45.8; High Jump: 5-06.

IN THE CLASSROOM: Cole intends to major in international affairs and is also interested in French.

PERSONAL: Sophia Caroline Cole was born on October 24, 1994 in Boulder. She is the daughter of Brian and Maria Cole of Yuma, Ariz. Cole enjoys reading and dancing.

JENNY DeSOUCHE



Middle Distance
Sophomore, TR/TR
Alamosa, Colo.
(Alamosa/Columbia)

PERSONAL BESTS

800-meters: 2:12.98

AT COLUMBIA: DeSouchet was a member of the Columbia track and field team.

HIGH SCHOOL: DeSouchet earned 11 all-state honors while attending Alamosa High School. As a sophomore in 2010 she won the state 1,600-meter championships and took second in the 800. Her 4x800-meter relay team placed fourth and the 4x400 relay earned all-state honors that same year. DeSouchet was named the school's Freshman, Sophomore and Senior Track Athlete of the Year and her senior year she was the she also earned cross country

league MVP honors. In 2008, she helped the 4x800 relay capture the state title. She owns a pair of AHS records after clocking a time of 2:12.98 in the 800 and 9:28 in the 4x800 (she was the anchor). DeSouchet also succeeded in the classroom, earning academic letters all four years as well as graduating in the top-five of her class. She was the editor-in-chief at her high school paper, a three-time class president and was the National Honor Society Vice-President.

HIGH SCHOOL BESTS: 800-meters: 2:12.98.

IN THE CLASSROOM: DeSouchet is majoring in English and is also interested in biology.

PERSONAL: Jennifer Rose 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, Nicki, as well as three older siblings, Aimee DeSouchet, Jason Bartlett and Chris Bartlett.

KELSEY ENGLISH



Jumps
Sophomore, VR
Colorado Springs,
Colo.
(Doherty)

PERSONAL BESTS

INDOOR

High Jump: 5-07/1.70m (2012)

OUTDOOR

High Jump: 5-10/1.78m (2012)

2012: Indoor: English only competed in three meets for the Buffs, but found success in her limited opportunities. She started the season by clearing 5-05 at the Air Force Invite (2/11), tying for seventh. The following week, she reached her season best height of 5-07, placing third; the mark also made her the ninth best performer at CU in the high jump. She competed at the Mountain Pacific Sports Federation Indoor Championships, clearing 5-06 to tie for 14th.

Outdoor: English recorded a personal best of 5-10 to win the Fum McGraw Quadrangular (3/31). She tied for 11th at the Pac-12 Championships (5-04.50) and went on to tie for 23rd at the NCAA West Prelims (5-07.25). English competed at junior nationals and tied for ninth (5-07).

VOLLEYBALL: (2012) English continued to shine for the Buffs on the volleyball court, starting in all 32 matches as a middle blocker. She led the Buffs with a .316 hitting percentage and ranked fourth on the team with 218 kills and second with 92 blocks. English hammered a career-high 15 kills against UMBC (9/7) and posted a personal best eight blocks against Utah (9/19). English etched her name in the record book after hitting an amazing .765 (13 kills, no errors and 17 attacks) which ranks 12th for the Buffs. She also tied for ninth in the record book with five aces, which she served up against Utah (11/23) and included four aces in a row. English averaged 1.88 kills, 0.79 blocks and 2.45 points per set as a sophomore.

(2011) English made an immediate impact in her first season and started 26 of 29 matches on the right side. She recorded double-digit kills in six different matches and had

a career-high twelve kills in the win over Albany (9/4). In this same match, she hit .435, and added five digs and six blocks. English made several big contributions as she had eight kills and seven digs against UCLA (10/21), helping CU to win its first Pac-12 set. English finished the season with a total of 191 kills, ranking third on the team. She also recorded 60 digs, 43 blocks and 225.5 points.

HIGH SCHOOL: English was a 6-2 middle blocker from Doherty High School. She recorded 294 kills on 589 attacks while adding 41 aces and 90 blocks as the Spartans finished the season with a 22-8 record. English was a first team all-league selection in 2011. As a junior she recorded 201 kills and 102 digs and DHS finished with a 23-7 overall record. DHS advanced to the semi-finals in the CHSAA 5A championship before falling to Highlands Ranch High School in five sets. English was named second team all-state that year. She has a jump reach of 10-6 that she demonstrated by winning the 2009 and 2011 CHSAA 5A state high jump championship. English set the DHS record in the high jump at 5-9 on May 20, 2011. She was a member of the honor roll every semester of high school and is also a member of the National Honor Society and DECA. English was an Academic All-State first team selection her sophomore, junior and senior seasons.

HIGH SCHOOL BESTS: High Jump: 5-09.

IN THE CLASSROOM: English is majoring in integrative physiology and owns a GPA greater than 3.00. She was named to the Pac-12 Volleyball All-Academic honorable mention team in 2012.

PERSONAL: Kelsey English was born on May 20, 1993 in Aurora, Colo. She is the daughter of Kevin, who played basketball at Wisconsin, and Jeanne English of Colorado Springs, Colo. and has one younger brother, Sean. English enjoys cooking, snowboarding, swimming, horseback riding, rock climbing, writing, shopping and yoga.

STACI FOSTER



Distance
Junior, 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)

2012: Indoor: Redshirt. Did not compete.

Outdoor: Foster raced three times during the outdoor campaign. She ran 2:20.67 in the 800 at the CU Invite (4/14) and days later she ran a season best of 4:33.99 in the 1,500 at the Mt. SAC Relays. Foster's third race was in the 1,500 at the Jack Christiansen Invite (4/28).

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. She placed seventh in the finals crossing the finish in 4:55.70.

Outdoor: Foster mainly raced the 1,500 during the outdoor season. She was 11th 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: (2012) Foster raced twice for the Buffs. She was 17th at the Rocky Mountain Shootout and placed 26th overall at the Santa Clara Bronco Invite. (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. Foster had an outstanding senior season. 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. She was the Trinity League Champion in the 800, 1,600, 3,200 and 4x400 meter relay.

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**
Senior, VR
Union, Ky.
(Larry A. Ryle)

PERSONAL BESTS

INDOOR

Pentathlon: 3,547 (2012)
60-Meter Hurdles: 9.25 (2012)
High Jump: 5-07/1.70m (2010)
Shot Put: 35-04.50/10.78m (2012)
Long Jump: 16-10/5.13m (2010)
800-Meters: 2:27.90 (2012)
60-Meters: 8.39 (2012)
400-Meters: 1:04.29 (2009)

OUTDOOR

Heptathlon: 4,925 (2012)
100-Meter Hurdles: 14.97 (2012)
High Jump: 5-08.50/1.74m (2012)
Shot Put: 36-02.75/11.04m (2012)
200-Meters: 26.78 (2012)
Long Jump: 17-02.75/5.25m (2012)
Javelin: 105-10/32.26m (2012)
800-Meters: 2:23.41 (2012)

ACADEMIC HONORS

MPSF All-Academic (2012)
Pac-12 All-Academic second team (2012)

2012: *Indoor:* Frank became the eighth best pentathlete in CU history when she recorded 3,547 points at the ISU Classic (2/9). She placed eighth overall at the meet and had all five season best there; three of which were lifetime bests. Frank raced to a PR of 9.25 in the 60-meter hurdles, 2:27.90 in the 800 and threw the shot put 35-04.50. She did well in the other two pentathlons. Frank placed sixth at the Potts Invite (1/20) with 3,327 points and was 16th at the Mountain Pacific Sports Federation Indoor Championships with 3,468 points. Frank also competed in the high jump at the MPSF Championships; tying for 16th overall (5-04.25). *Outdoor:* Frank has a successful junior outing in the heptathlon as she became the ninth best performer in CU history at the Pac-12 Championships with 4,925 points to place 10th at the meet. Frank recorded a then-PR of 5-07.25 in the high jump, as well as three more PRs in the shot put (36-02.75), long jump (17-02.75) and the 800 (2:23.41). Frank came back a week later to compete in the high jump and jumped a life-time best of 5-08.50, tying for fourth overall at the Pac-12 Championship. The mark put her ninth on CU's performers list in the high jump and was the second best by a Buff during the 2012 season. She went on to compete in the high jump at the NCAA West Prelims and tied for 30th (5-07.25).

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).

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 then-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 and notched 3,996 points.

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. 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.

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.

ACADEMICS: 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 and in 2012 she was named MPSF All-Academic and Pac-12 All-Academic second team.

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
Sophomore, 1L/1L
Madison, Wis.
(Edgewood)

PERSONAL BESTS

INDOOR

60 Meters: 7.80 (2012)
200 Meters: 24.65 (2012)
400 Meters: 55.31 (2012)

OUTDOOR

100-meters: 12.11
200-meters: 24.21 (2012)
400-meters: 54.21 (2012 – school record)

MPSF SCORING

2012 4x400 Meter Relay, 6th (3:45.11 – school record)

PAC-12 CONFERENCE SCORING

2012 4x400 Meter Relay, 5th (3:40.30)

CAREER UPDATE: Gehring quickly became one of the top sprinters in CU history as a freshman, setting the school's outdoor 400-meter record at 54.21. Gehring also ranks sixth on the outdoor 200 performers list (24.21). She became the fifth best performer in the indoor 200 and the third in the indoor 400. Gehring was a member of the school record setting 4x400-meter relay team which ran 3:45.11 for sixth place at the Mountain Pacific Sports Federation Indoor Championships.

2012: *Indoor:* Gehring led the Buffs as a freshman in the 60, 200 and 400-meter dashes. She placed first in the 60 at the Potts Invite (1/21), finishing in 7.80. Gehring's top times in the 200 and 400 came at the MPSF Indoor Championships. She was 11th in the 200, finishing in 24.65, and became the fifth best CU performer in the event. Gehring followed in up with an 11th-place finish in the 400, crossing the line in 55.31. Her 400 time made her the third best CU performer all-time. Gehring also helped the Buffs to a sixth-place finish in the 4x400-meter relay at MPSFs (3:45.11), which broke the CU record.

Outdoor: Gehring broke an 18-year-old 400-meter CU record on April 20 at the Mt. SAC Relays when she crossed the finish in 54.21. She ran the third best time in school history (54.41) at the Sun Angel Classic (4/6) two weeks prior to her record setting performance. Gehring is the sixth best performer in the 200 as she ran 24.21 at the Jack Christiansen Invite (4/28). At the Pac-12 Championships, Gehring competed in the 400 and the 4x400-meter relay. She clocked a time of 55.37 in the prelims of the 400 and helped the Buffs to a fifth-place finish in the 4x400 (3:40.30).

HIGH SCHOOL: Gehring has recorded three school records, two of which came in the finals at the 2010 state meet. She recorded a time of 12.11 in the 100-meter dash and 56.72 in the 400 on June 5, 2010 en route to winning both state titles. Her record in the 200 is 25.64. Gehring was an all-state and all-conference selection her freshman, sophomore and junior years.

HIGH SCHOOL BESTS: 100-meters: 12.11; 200-meters: 25.64; 400-meters: 56.72

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

DIANA GEORGE



Distance
Junior, VR
Livermore, Calif.
(Livermore)

PERSONAL BESTS

INDOOR

Mile: 5:18.89 (2012)
 3,000 Meters: 9:58.12 (2012)

OUTDOOR

1,500 Meters: 4:54.49 (2012)
 Steeplechase: 10:41.04 (2012)

ACADEMIC HONORS

MPSF All-Academic (2012)
 Pac-12 All-Academic second team (2012)

2012: *Indoor:* George raced three times during the indoor season. Her first race was the 3k at the Potts Invite (1/21), where she finished third overall in 10:55.89. The following week, George competed in the mile at the Air Force Team Challenge (1/28) and was ninth overall in 5:18.89. She ended the season running the 3k at the Husky Classic. George finished with a season best time of 9:58.12.

Outdoor: George focused on the steeplechase during the outdoor season. She won the Fum McGraw Quadrangular in 11:08.99. In the next race, George ran at sea-level and improved her PR by over 25 seconds, finishing in 10:42.79 at the Mt. SAC Relays (4/20). Her final race of the year was at the Pac-12 Championships where she was 14th overall with another PR of 10:41.04.

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. 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.

HIGH SCHOOL BESTS: 800-Meters: 2:15.09; 1,600-

Meters: 4:52; 3,200-Meters: 10:35.

CROSS COUNTRY: (2012) George ran in a pair of races. She led CU at the Santa Clara Bronco Invite placing 13th overall. George also ran at the Pac-12 Championships, finishing 63rd. (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. (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 3.794 GPA and was a member of the Big 12 Commissioner's Honor Roll. George was named MPSF All-Academic and Pac-12 All-Academic second team.

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
Sophomore/Freshman,
VR/RS
Seattle, Wash.
(Nathan Hale)

PERSONAL BESTS

INDOOR

Weight Throw: 47-09/14.40m (2012)

2012: *Indoor:* Hallam-Eames focused on the weight throw during her freshman campaign. She got her season off to a good start, throwing 44-11.50 at the Potts Invite (1/21), good for sixth overall. Hallam-Eames recorded her season best throw the following week at the Air Force Team Challenge (1/28). She notched a toss of 47-03, which was the sixth best by a Buff in 2012. Hallam-Eames competed at the Mountain Pacific Sports Federation Indoor Championships and placed 19th with a throw of 44-07.

Outdoor: Redshirt. Did not compete.

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. Hallam-Eames won the Marine Corps Athletic Award and was a Washington Scholar.

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

IN THE CLASSROOM: Hallam-Eames is a civil engineering major.

PERSONAL: Sophie Antonia Hallam-Eames was born on

March 27, 1993 in Seattle, Wash. She is the daughter of Matthew Hallam-Eames and Sheryl and Scott Huston. She has two siblings, Winston Hallam-Eames and Abby Huston.

MIA HOLLAND



Sprints
Freshman, HS
Centennial, Colo.
(Regis Jesuit)

PERSONAL BESTS

60-Meters: 8.17
 100-Meters: 12.22
 200-Meters: 25.23

HIGH SCHOOL: Holland was a member of the 2011 Colorado 5A State Champion 800-meter sprint medley relay team. She is a member of the Regis Jesuit High School record setting 4x100, 4x200, sprint and mile-medley relay teams. Individually she was the 2012 Continental League Champion in the 100 and 200. During her senior season, Holland served as a captain and was named the RJHS Most Outstanding Sprinter and Most Outstanding Track Athlete. Her junior year also saw her receive honors as she was named to the *Aurora Sentinel* All-City Track & Field Team and *Denver Post* All-Class 5A and All-Colorado Track & Field Team. She also lettered in basketball as a freshman at Cherokee Trail High School. Holland was also recruited by Wyoming, Colorado State and Northern Colorado.

HIGH SCHOOL BESTS: 60-Meters: 8.17; 100-Meters: 12.22; 200-Meters: 25.23.

IN THE CLASSROOM: Holland intends to major in integrative physiology and is also interested in psychology. She was an honor student her junior and senior years at RJHS.

PERSONAL: Mia Jewell Holland was born on July 15, 1993 in Omaha, Neb. She is the daughter of Jeffrey and Barbara Holland of Centennial, Colo. And has two sisters, Ana and Symonne, and one brother, Blaize.

LINDSEY HUBBARD



Sprints/Hurdles
Junior/Sophomore,
VR/VR
Gilcrest, Colo.
(Valley)

PERSONAL BESTS

INDOOR

200 Meters: 26.48 (2011)

400 Meters: 59.74 (2011)

600 Yards: 1:27.44 (2011)

OUTDOOR

400-Meter Hurdles: 1:03.45 (2012)

2012: *Indoor:* Hubbard raced twice for the Buffs as a sophomore. She recorded a season best finish in the 400 with a time of 1:01.88 at the Air Force Team Challenge (1/28). Hubbard placed second at the Potts Invite (1/21) in the 400, crossing the finish in 1:02.08.

Outdoor: Hubbard solely competed in the 400-meter hurdles. She clocked a personal best of 1:03.45, which was good for third-place, at the Fum McGraw Quadrangular (3/31). Hubbard placed 22nd in the prelims of the Pac-12 Championships (1:05.01).

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. She was the class valedictorian and earned the Boettcher Scholarship which gave her a full scholarship to any university in Colorado.

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 3.00 GPA.

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
Senior/Junior, VR/RS
Arvada, Colo.
(Pomona)

PERSONAL BESTS

INDOOR

Shot Put: 49-11/15.23m (2011)

Weight Throw: 55-01/16.79m (2012)

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)

Academic All-MPSF (2012)

2012: *Indoor:* Hunsucker got the season off to a great start at the Potts Invite (1/21), placing first in the weight throw and second in the shot put. She became just the fourth Buff to throw over 55 feet in the weight throw with a toss of 55-01. In the shot put, she notched a mark of 41-08. Hunsucker was the top Buff in both events all season. Her recorded a season best throw of 44-09 at the Air Force Team Challenge (1/28) to finish seventh. At the Mountain Pacific Sports Federation Indoor Championships, Hunsucker took 11th in the weight throw (52-10) and was 16th in the shot put (41-08.50).

Outdoor: Redshirt. Did not compete.

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 at the first meet of the season, the Potts Invite (1/22). 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). Hunsucker placed third overall as she became the third best CU performer in the shot put.

Outdoor: Hunsucker continued to do well during the outdoor campaign and 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.

2010: *Indoor:* Hunsucker has a successful start to her CU career, throwing both the shot put and weight in the winter. She recorded a season best of 44-03.25 in the weight throw

at the Air Force Invite (2/12). 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).

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 season best throw of 154-11 came at the Big 12 Championship and 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) to place 13th.

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. 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.

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. She earned MPSF All-Academic honors in 2012.

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.

SHALAYA KIPP



Distance
Senior, 1L/3L
Salt Lake City, Utah
(Skyline)

PERSONAL BESTS**INDOOR**

Mile: 5:13.93 (2010)
 3,000-Meters: 9:18.03 (2012)
 5,000-Meters: 16:28.56 (2011)

OUTDOOR

1,500-Meters: 4:27.35 (2012)
 5,000-Meters: 16:00.50 (2012)
 Steeplechase: 9:35.73 (2012)

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)

PAC-12 SCORING

2012 (O) Steeplechase, 1st (9:57.39)
 2012 (O) 5,000-Meters, 5th (16:23.32)

NCAA CHAMPIONSHIP SCORING

2010 (O) Steeplechase, 5th (9:59.37)
 2011 (O) Steeplechase, 3rd (9:56.37)
 2012 (O) Steeplechase, 1st (9:49.02)

HONORS

2010, 11, 12 Steeplechase All-American
 2012 NCAA Steeplechase Champion
 Three-time All-Big 12 honoree
 Pac-12 Steeplechase Champion (2012)
 Placed ninth at the 2011 USATF Championships in the steeplechase
 USTFCCA Mountain Region Female Track Athlete of the Year (2012)
 Placed third at the 2012 U.S. Olympic Team Trials (9:35.73)
 2012 Olympian (steeplechase)

CAREER UPDATE: Kipp made a name for herself, becoming the third CU female to win an NCAA Steeplechase Crown in 2012. Prior to the NCAA title, she became the first CU athlete, male or female, to win an individual Pac-12 title as she captured the steeplechase crown on May 12, 2012. Kipp added Olympian to her list as she qualified for the 2012 Olympic Summer Games in London by finishing third at the U.S. Olympic Team Trials in June. Kipp ranks third on CU's performer list (9:35.73), 18th overall. She also ranks 10th on CU's 5,000-meter run performers list (16:00.50).

2012: *Indoor:* Kipp raced the 3,000-meter run twice during the indoor season. She first ran at the Husky Classic (2/11), finishing 11th in the elite section with a then-personal-record of 9:18.28. Two weeks later, Kipp improved her time in the 3k to 9:18.03 at the Mountain Pacific Sports Federation Indoor Championships. The time was ninth overall, but made her the seventh best CU performer in the event.

Outdoor: Kipp had a season to remember in 2012, winning a conference title and going on to compete on the world stage. Kipp's primary focus was the steeplechase and she

wouldn't lose a single collegiate race all season. She started the year off by running the fastest collegiate time (9:43.09) as she won the elite section at the Payton Jordan Cardinal Invite (4/29). Kipp became the first CU athlete to win an individual Pac-12 title on May 12 as she took home the steeplechase crown in 9:57.39. She came back the following day to score points for the Buffs in the 5k, finishing fifth in 16:23.32. Kipp went on to win the NCAA West Prelims (9:58.38) to advance to the NCAA Championships and was named the USTFCCA Mountain Region Track Athlete of the Year. There she easily made it past the semis and won a very close race against Florida's Genevieve LaCaze, crossing the finish in 9:49.02 to become the third Buff in seven years to win the event. (CU won five of those seven titles.) Her season didn't end there as she went on to compete at the U.S. Olympic Team Trials, advancing to the finals and placing third overall with the Olympic Games 'A' Standard and lifetime best of 9:35.73. Her teammate, Emma Coburn, won the event and the pair became just the third and fourth CU student-athletes to participate in a summer Olympic Games with eligibility remaining. Kipp ran the semis in 9:48.33 at the Games to finish her season.

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 season best of 16:28.56. At the Big 12 Championships Kipp scored for the Buffs in the 5k, placing sixth in 16:33.09. She also competed in the 3k, finishing 12th overall (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 where she placed second with a time of 4:29.63. The following week at Mt. SAC Relays (4/15) she won the 'B' section in the 5k in 16:01.26. Kipp competed in the 5k at the Big 12 Championships, placing fifth (16:23.01). After the conference meet she 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 overall with a time of 10:00.03 to advance to the NCAA Championships. Kipp finished the prelims third (10:02.09) and placed third in the finals with a season best (9:56.37) to earn her second straight All-American honor on the track. Kipp extended her season as she went on to compete at the USATF Outdoor Championships and placed ninth (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), winning the race in 5:13.93. She followed 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 (9:45.2) at the Big 12 Championship, placing 16th.

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). At this time, Kipp started to focus on the steeplechase,

winning her debut at the Fum McGraw Open (5/8) in 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 to place second and earned a spot in the finals. She became just the third Buff to ever finish the event in less than 10 minutes with the performance. Kipp capped off her season in the finals by placing fifth overall to earn her first All-American honor. She ran the 25th-best time for a Buff as she finished the race in 9:59.37.

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: (2012) Kipp once again led the Buffs but sat out the Rocky Mountain Shootout to recover from her long track season which included competing at the Olympics. She debuted at pre-nationals, finishing 21st overall. Kipp recorded an 11th-place finish two weeks later at the Pac-12 Championships before earning a runner-up finish at regionals. She ended the year with an 18th-place finish to record her third straight All-American cross country honor. Kipp also was named to all-region and All-Pac-12 Second Team during the season. (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. 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. Kipp was named the CU Female Athlete of the Year for her season. (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 psychology. She 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.

MAKENZIE KLINE



Throws
Freshman, HS
Reno, Nev.
(Galena)

PERSONAL BESTS

Discus: 109-09
 Shot Put: 31-01

HIGH SCHOOL: Kline ranks second in school history with a throw of 109-09 in the discus. She was named the 2012 Female Athlete of the Year and was awarded the Galena High School Lifetime Award. Kline earned four letters as a member of the Grizzly's track and field team. She also earned letters in basketball and soccer. Kline earned four community service letters, was a member of the National Honors Society, Fellowship Christian Athletes and the debate team.

HIGH SCHOOL BESTS: Discus: 109-09; Shot put: 31-01.

IN THE CLASSROOM: Kline intends to major in integrative physiology.

PERSONAL: Makenzie Taylor Kline was born on April 3, 1994 in Berkeley, Calif. She is the daughter of Ross and Lisa Kline of Reno, Nev. She has a sister, Casey, and a brother, Derek. Kline enjoys volunteering, playing sports and hanging out with friends. She has volunteered with the Special Olympics as well as many other organizations.

MARGAUX KRAHE



Throws
Sophomore, VR
Bethel Park, Pa.
(Bethel Park)

PERSONAL BESTS

INDOOR
 Shot Put: 39-07.75 (2012)
OUTDOOR
 Shot Put: 38-01.25/11.61m (2012)
 Javelin: 103-05/31.52m (2012)

2012: Indoor: Krahe focused on the shot put during her first season. She had a good start to her CU career at the Potts Invite (1/21), throwing 39-03 while placing third. Krahe's season best mark came in the last meet of the season, the CSM Twilight (2/18). She was second overall with a mark of 39-07.75.

Outdoor: Krahe threw the shot put and javelin. She had season bests in both events at the Fum McGraw Quadrangular (3/31). Krahe placed fourth in the javelin (103-05) and was eighth in the shot put (38-01.25).

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. Krahe 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.

HIGH SCHOOL BESTS: Discus: 107-5; Shot Put: 40-1.

IN THE CLASSROOM: Krahe is physics major.

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.

BRITTANY LEWIS



Combined Events/
Jumps
Sophomore, 1L/VR
Aurora, Colo.
(George Washington)

PERSONAL BESTS

INDOOR
 Pentathlon: 3,644 (2012)
 60-Meter Hurdles: 9.20 (2012)
 High Jump: 5-04/1.62m (2012)
 Shot Put: 36-04.25/11.08m (2012)
 Long Jump: 18-10/5.74m (2012)
 800-Meters: 2:21.63 (2012)
 60-Meters: 9.32
 200-Meters: 27.13
 400-Meters: 59.01
OUTDOOR
 Heptathlon: 4,977 (2012)
 100-Meter Hurdles: 15.10 (2012)
 High Jump: 5-05 (2012)
 Shot put: 34-03.5
 200-Meters: 25.5
 Long Jump: 19-07 (2012)
 Javelin: 113-11 (2012)
 100-Meters: 15.10 (2012)
 800-Meters: 2:20.55 (2012)
 400-Meters: 57.04
 400-Meter Hurdles: 1:03.26 (2012)
MPSF SCORING
 2012 Pentathlon, 7th (3,644)

2012: Indoor: Lewis became the sixth best pentathlete in CU history as a freshman when she recorded a score of 3,644 points at the Mountain Pacific Sports Federation Indoor Championships. Lewis also placed seventh for the Buffs, picking up two points for the team score. She had two season bests at the meet, finishing the 60-meter hurdles in 9.20 and jumping 18-09 in the long jump. Her mark of 18-09 ranks third on CU's pentathlon record list and was the second best jump at the MPSF meet.

Outdoor: Lewis had a great spring, winning the heptathlon at the Glenn Morris meet (4/26-27) to become the eighth-best heptathlete in CU history (4,977 points). At the meet she registered three personal bests. She jumped 5-05 in the high jump and ran 25.66 in the 200 and 2:20.55 in the 800. Lewis also did well in the long jump, winning the Beach

Invitational (4/21) with a leap of 19-07, which put her fourth on CU's all-time performers list. She ran the 400-meter hurdles at the Pac-12 Championships and placed 20th in the prelims (1:03.96). At the NCAA West Prelims, Lewis switched over to the long jump and placed 33rd with a jump of 19-01.25.

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 time 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. She was a member of the honor roll from 2007-10.

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 is majoring in integrative physiology.

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. Both of her parents ran track at Northern Colorado. She has a brother, Dashawn, and a sister, Dawnielle. Lewis enjoys singing and riding her bike.

KELLIE LIND



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

PERSONAL BESTS

INDOOR
 Weight Throw: 50-08/15.44m (2011)
OUTDOOR
 Hammer Throw: 157-02/47-90m (2012)

2012: Indoor: Lind threw the weight at four meets during her sophomore campaign. She had her best showing at the Potts Invite (1/21), placing fourth with a toss of 46-02. Lind had one other throw over 45 feet during that season; that came at the Air Force Team Challenge (1/28). She was 15th with a mark of 45-01.50.

Outdoor: Lind competed in seven meets for the Buffs. She launched a personal best of 157-02 at the Potts Invite

(3/17), which was good for eighth. She also competed at the Pac-12 Championships, throwing 144-01 to place 15th. **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 throw 55-08 for sixth-place.

Outdoor: Lind threw the hammer during the outdoor season. Her season best of 148-00 at the Front Range Classic (5/1) was the sixth best throw of the season for the Buffs and earned her 12th place 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 majoring in integrative physiology.

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
Senior, 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: 4:21.55 (2012)
3,000-Meters: 9:54.77 (2012)
5,000-Meters: 16:14.24 (2012)
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)

2012: Indoor: Redshirt. Did not compete.

Outdoor: Logan competed in a wide range of events during the outdoor season, ranging from the 1,500 to the 10k. She became the 13th best performer in CU history in the 5k after running 16:14.24 at the Mt. SAC Relays (4/20), which placed 12th in the 'A' section. A week later at the Payton Jordan Cardinal Invite, Logan recorded a personal best of 4:21.55 in the 1,500 to place second in the second section. The time placed her 11th on the performers list. Logan raced the 10k twice, once at the Stanford Invite (34:30.66) and at the Pac-12 Championships, clocking a time of 34:46.80, which was 12th overall. She switched gears again two weeks later at the NCAA West Prelims, running

the 1,500 again. Logan placed 32nd with a time of 4:34.58. **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 1,500, 5k and 10k races. She recorded a season best time of 4:23.66 at the Cardinal Invite (5/1), finishing 10th in the third section. Logan won the 1,500 at the CU Invite (4/9), finishing 4:25.96. Her main focus during the outdoor season was the distance events. She ran a season best in the 5k, becoming the 13th best 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, which made her the ninth fastest CU performer in the event. Logan was 18th overall in the 5k (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, 3k, 5k and 10k runs. She ran her first race of the season at the CU Invite (4/11), clocking a time of 10:33.85 for fifth place. Logan ran a time of 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 (36:24.92) and two days later she was 24th in the 5k (17:25.12).

CROSS COUNTRY: (2012) Logan started the season with a 12th-place finish at the Rocky Mountain Shootout, finishing as CU's final scorer. Logan placed 113th two weeks later at pre-nats. She was the 42nd finisher at the Pac-12 Championships and then placed 45th at regionals. Logan finished her season with a 190th-place finish at nationals. (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 was 26th at the inaugural Pac-12 Championships, crossing the finish sixth for the Buffs. She was the 19th overall finisher 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) Did not compete.

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. She was a member of the honor roll and was named to the highest honor roll in high school.

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

IN THE CLASSROOM: Logan is majoring in integrative physiology.

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
Junior, VR
Castle Rock, Colo.
(Douglas County)

PERSONAL BESTS

INDOOR

800-Meters: 2:24.34 (2012)

OUTDOOR

800-Meters: 2:20.70 (2012)
1,500-Meters: 4:38.82 (2012)

HONORS

Academic All-Big 12 (2011)
CoSIDA Academic All-District second team (2012)
MPSF All-Academic (2012)
Pac-12 All-Academic first team (2012)

2012: Indoor: Look competed in a pair of 800-meter runs for the Buffs during the indoor season. She earned a sixth-place finish at the Air Force Team Challenge (1/28), finishing in 2:25.68. Two weeks later at the Air Force Invite, Look bettered her time, this time finishing in 2:24.34 for 10th place.

Outdoor: Look ran the 800 and 1,500 and recorded personal bests in both events. She clocked a PR of 2:20.70 in the 800 at the Potts Invite (3/17), which placed third overall. In the 1,500, Look clocked a time of 4:38.82 at the Mt. SAC Relays (4/19).

2011: Indoor: Did not compete.

Outdoor: Look raced twice for the Buffs in the 1,500. She recorded a season best at the CU Invite (4/9), finishing the meet in 5:08.04.

2010: Did not compete.

CROSS COUNTRY: (2012) Look raced two times in her final season. She was 16th at the Rocky Mountain Shootout and took 32nd at the Santa Clara Bronco Invite. (2011) Did not compete. (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. 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.

IN THE CLASSROOM: Look is majoring in applied mathematics. She has recorded a 4.00 and was named to the Dean's List and Big 12 Commissioner's Honor Roll. In 2012 she was named MPSF All-Academic, Pac-12 All-Academic first team and CoSIDA Academic All-District first team.

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
Sophomore, 1L/1L
Grand Rapids, Minn.
(Grand Rapids)

PERSONAL BESTS

INDOOR

200 Meters: 25.37 (2012)
 400 Meters: 56.76 (2012)

OUTDOOR

200-meters: 24.90 (2012)
 400-meters: 55.18

MPSF SCORING

2012 4x400 Meter Relay, 6th (3:45.11 – school record)

PAC-12 CONFERENCE SCORING

2012 4x400 Meter Relay, 5th (3:40.30)

2012: Indoor: Mattson was one of CU's top sprinters as a freshman. She recorded season bests in the 200 and 400-meter dashes at the Husky Classic (2/11). She was sixth in the 400 (56.76) and 12th in the 200 (25.37). Mattson was also a member of the CU record setting 4x400-meter relay team at the Mountain Pacific Sports Federation Indoor Championships. The relay finished in 3:45.11 and placed sixth.

Outdoor: Mattson focused on the 200 and 400 during the

outdoor campaign. She set a personal best of 24.90 in the 200 at the Beach Invite (4/21). One week later Mattson recorded a season best time of 55.67 in the 400 at the Jack Christiansen Invite (4/28). She raced the 400 at the Pac-12 Championships and crossed the finish in 56.58 in the prelims. Mattson was a member of the 4x400-meter relay team that placed fifth at the conference meet (3:40.30).

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 a member of the National Honor Society.

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

IN THE CLASSROOM: Mattson is a communications major and has recorded a greater than 3.60 GPA.

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
Junior, VR/1L
Nashville, Tenn.
(Ensworth)

PERSONAL BESTS

INDOOR

Pentathlon: 3,545 (2012)
 60-Meter Hurdles: 9.20 (2011)
 High Jump: 5-03.25/1.61m (2012)
 Shot Put: 38-07/11.76m (2012)
 Long Jump: 17-08.75/5.39m (2011)
 800-Meters: 2:30.90 (2012)

OUTDOOR

Heptathlon: 5,362 (2012)
 100-Meter Hurdles: 14.97 (2012)
 High Jump: 5-06.50/1.69m (2012)
 Shot Put: 38-07/11.76m (2012)
 200 Meters: 25.42 (2012)
 Long Jump: 18-07.25/5.67m (2012)
 Javelin: 140-03/42.76m (2012)
 800 Meters: 2:22.50 (2012)

PAC-12 CONFERENCE SCORING

2012 Heptathlon, 3rd (5,362)

2012: Indoor: Mayden participated in a pair of pentathlons during her sophomore season and recorded a personal best total of 3,545 points at the Mountain Pacific Sports Federation Indoor Championships. The total made her the ninth best CU performer in the event. Mayden placed 13th overall at the MPSF Championships and had season best marks in four of the five events. She finished the 60-meter hurdles in 9.23 and the 800 in 2:30.90, while jumping 5-

03.25 in the high jump and throwing the shot put 38-07. Her shot put mark tied for eighth in CU's pentathlon record book. Mayden recorded a personal best in the long jump at the Air Force Team Challenge (1/28) with a leap of 17-08.

Outdoor: Mayden led CU in the heptathlon, registering a third-place finish at the Pac-12 Championships with 5,362 points, which ranks 12th all-time and is the fourth best by a CU athlete. At the conference meet, she recorded four personal bests in the 200 (25.42), long jump (18-07.25), javelin (140-03) and the 800 (2:22.50). Her throw in the javelin ranks second all-time for a CU heptathlete. Mayden also competed in the high jump and javelin throws at the Pac-12 Championships. She placed 16th in the javelin (119-11) and 17th in the high jump (5-04.50). Earlier in the year Mayden notched PR's in the high jump (5-06.50), shot put (38-07) and 100-meter hurdles (14.97). Her throw in the shot put ranks sixth on CU's heptathlete list.

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 season high of 3,364 points came at the Big 12 Championships where she tied for 11th overall. Mayden recorded a pair of season 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. 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 season 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.

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.

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

Distance
Sophomore, VR
San Clemente, Calif.
(Arcadia)

PERSONAL BESTS**INDOOR**

Mile: 5:10.15 (2012)
 3,000 Meters: 9:40.95 (2012)

OUTDOOR

800-meters: 2:18.99 (2012)
 1,500-meters: 4:30.31 (2012)
 5,000-meters: 17:59.90 (2012)

2012: *Indoor:* McAlister raced three times as a freshman. She started the season with a second-place finish in the mile (5:10.15) at the Air Force Team Challenge (1/28). Her other two races were 3k's. She recorded a time of 9:53.79 at the Husky Classic (2/11), but two weeks later McAlister improved on that time by running 9:40.95 at the Mountain Pacific Sports Federation Indoor Championships.

Outdoor: McAlister focused on the 1,500, racing it three times during the season. She clocked a personal best of 4:30.31 at Mt. SAC Relays (4/19). McAlister raced the 1,500 and the 5,000 at the Pac-12 Championships. In the prelims of the 1,500, she placed 18th in 4:37.80. McAlister came back the following day in the 5k, clocking a time of 17:59.90.

CROSS COUNTRY: (2012) McAlister earned a spot on the varsity roster as a redshirt freshman. Her first meet of the season was the Santa Clara Bronco Invite where she placed 41st overall. McAlister followed up that performance with a 70th-place finish at the Pac-12 Championships. She was the alternate at regionals and nationals.

HIGH SCHOOL: McAlister ran most of her high school 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.

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, Cocean and Caiya, twins. McAlister enjoys writing, surfing, photography, gardening and playing the guitar.

ALLIE McLAUGHLIN

Distance
Junior, VR
Colorado Springs,
Colo.
(Air Academy)

PERSONAL BESTS**INDOOR**

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

2012: *Indoor:* Did not compete.

Outdoor: Did not compete.

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 she raced 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. She also earned four letters as a member of the lacrosse team that won four conference championships and the state title in 2009. McLaughlin played hockey until her sophomore year of high school. 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.

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

IN THE CLASSROOM: McLaughlin is majoring in communications and psychology and owns a greater than 3.20 GPA.

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.

LAINY NASH

Middle Distance
Freshman, RS
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

2012: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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. Nash was all-state her freshman, sophomore and junior 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 evolutionary biology.

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
Senior, VR/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: 38-11/11.86m (2012)
 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: 37-11.50/11.57m (2012)
 200-Meters: 27.32 (2012)
 Long Jump: 17-02.00/5.23m (2011)
 Javelin: 113-03/34.53m (2010)
 800-Meters: 2:34.30 (2011)

ACADEMIC HONORS

Academic All-Big 12 (2011)
 MPSF All-Academic (2012)
 Pac-12 All-Academic honorable mention (2012)

2012: *Indoor:* Odneal competed in one pentathlon for the Buffs, finishing seventh overall at the Potts Invite (3/20) with 3,297 points. At the meet, she recorded the sixth-best shot put mark in CU pentathlon history (38-11), which took first at the meet. Odneal participated at the Mountain Pacific Sports Federation Indoor Championships in the high jump, clearing 5-02.25.

Outdoor: Odneal recorded 3,672 points in the heptathlon at the Jim Click Shootout (3/27), her only heptathlon of the season (she did not record a height in the high jump). She recorded a toss of 37-11.50 in the shot put, which ranks 11th on CU's combined events chart and placed sixth at the meet. At the CU Invite (4/14), Odneal set a PR of 27.32 in the 200, which placed 14th overall.

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 fourth-place finish with 3,380 points to rank eighth on the CU performers list. 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, tying for 11th overall. 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) and 800 (2:34.30) and recorded season best marks of 5-05.25 in the high jump, 36-10.25 in the shot put, 17-02 in the long jump and 27.55 in the 200.

2010: *Indoor:* Odneal competed in three pentathlons for the Buffs in her first season. She recorded a season-high (3,258 points) at the New Mexico Classic (2/5). Odneal also set season bests in the shot put (35-07.75) and long jump (16-04.25). Her mark in the shot put was the 10th best in CU combined events history at the time. 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).

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

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. She was named MSPF All-Academic and Pac-12 All-Academic honorable mention in 2012. Odneal currently owns a GPA greater than 3.60. 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.

EWELINA PENA



Combined Events
Freshman, HS
Lakewood, Colo.
(Lakewood)

PERSONAL BESTS

High Jump: 5-06

HIGH SCHOOL: Pena earned four letters as a member of the track and field team at Lakewood High School. The Tigers were the league champs from 2010-2012.

HIGH SCHOOL BESTS: High Jump: 5-06.

IN THE CLASSROOM: Pena is undecided on a major.

PERSONAL: Ewelina Maria Pena was born on June 8, 1994 in Lakewood, Colo. She is the daughter of Marek and Bronislawa Pena. She has three siblings, Iwona, Mateusz and Alina. Pena is fluent in Polish.

GWEN RICCO



Combined Events
Senior, VR/VR
Dallas, Texas
(Highland Park/Wake Forest)

PERSONAL BESTS

INDOOR

Pentathlon: 3,341
 60-Meter Hurdles: 8.93 (2010)
 200-Meter Dash: 25.05 (2010)
 300-Meter Dash: 39.08 (2010)
 600-Meter Run: 1:35.97 (2010)
 Shot Put: 35-05.75/10.81m (2011)
 Long Jump: 18-04.25

OUTDOOR

Heptathlon: 4,954
 100-Meter Hurdles: 14.41 (2010)
 200-Meters: 24.52/5.72m
 Long Jump: 18-09.25
 Shot Put: 35-05/11.10m (2010)
 Javelin: 110-04/33.64m (2012)
 800-Meter: 2:18.89 (2010)

2012: *Indoor:* Ricco competed in the pentathlon at the Potts Invite (1/20) and recorded season best marks in the high jump (4-9.50), shot put (34-10.25) and 800 (2:40.15). Her season best in the long jump came the following week at the Air Force Team Challenge (1/28) where she jumped 16-05.75.

Outdoor: Ricco placed 20th at the Jim Click Shootout (3/27) in the heptathlon with 4,493 points. At the Potts Invite (3/17), Ricco recorded a personal best mark of 110-04 in the javelin, seventh overall.

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 high school she was a member of the national honor society.

IN THE CLASSROOM: Ricco is majoring in anthropology and owns a greater than 3.30 GPA. She was a member of the ACC Academic Honor Roll (2010-11).

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

JANA STOLTING



Distance
Junior, VR
Tallahassee, Fla.
(Maclay/
San Francisco)

PERSONAL BESTS

INDOOR

3,000 Meters: 10:27.53 (2012)

5,000 Meters: 16:51.21 (2011)

OUTDOOR

1,500 Meters: 4:35.27 (2011)

5,000-Meters: 16:38.54 (2012)

10,000 Meters: 34:03.16 (2012)

2012: Indoor: Stolting raced twice for the Buffs. She debuted at the Air Force Team Challenge (1/28) and won the 3,000-meter run in 10:27.53. Stolting's second race was the 5k at the Mountain Pacific Sports Federation Indoor Championships. There she was 10th overall in 17:00.74.

Outdoor: Stolting raced three times during the outdoor season, one 5,000 and a pair of 10,000's. Her first race was a 10k at the Stanford Invite (4/6) and she finished in 34:03.16, which put her ninth on the CU performers list. Stolting switched gears to the 5k at the Mt. SAC Relays (4/20) and finished second in the 'C' section in 16:38.54. Her final 10k of the season was at the Pac-12 Championships. She just missed scoring for the Buffs as she was the ninth racer to cross the finish (35:16.35).

SAN FRANCISCO: Stolting ran one season at San Francisco. She led USF at the NCAA West Region Cross Country 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.

CROSS COUNTRY: (2012) Stolting ran in all five varsity meets and scored in four. She started out by placing seventh at the Rocky Mountain Shootout before placing 55th at pre-nationals. Stolting was the No. 5 runner at the Pac-12 Championships, finishing 41st. She ended the season with a 55th-place finish at regionals and was 151st at nationals.

HIGH SCHOOL: Stolting earned a trio of third place finishes at the Florida State Championship her senior year. She was third at 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 3.40 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
Sophomore, 1L/1L
Hopkins, Minn.
(Hopkins)

PERSONAL BESTS

INDOOR

200-meters: 25.42 (2012)

400-meters: 57.53 (2012)

OUTDOOR

200-meters: 25.06 (2012)

400-meters: 55.14

MPSF SCORING

2012 4x400 Meter Relay, 6th (3:45.11 – school record)

PAC-12 CONFERENCE SCORING

2012 4x400 Meter Relay, 5th (3:40.30)

2012: Indoor: Sweeney raced the 200 and 400-meter dashes and was a member of the sprint relays. She won the 200 at the Potts Invite (25.97) to start her season off on a great note. Sweeney had her best races in both events at the Husky Classic (2/11). She was eighth in the 400 (57.53) and took 13th in the 200 (25.42). At the Mountain Pacific Sports Federation Indoor Championships, Sweeney helped the 4x400 relay team to a sixth-place finish in school record time (3:45.11). She was 27th in the 400 (57.89).

Outdoor: Sweeney ran the 200 and 400 again in the outdoor season. She won the 200 at the CU Invite (4/14), finishing in a season best time of 25.06. She also had a second-place finish at the Potts Invite (3/17) in the 200, finishing in a then-PR of 25.28. Sweeney raced a season best time of 55.6 (hand-time) at the CSU-Pueblo Open (3/24), which was fourth overall. Her second-best time of the season came at

the prelims at the Pac-12 Championships. Sweeney finished in 56.02; 19th overall. She was also a member of the 4x400-meter relay which placed fifth at Pac-12s (3:40.30).

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 and both relays placed first 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 junior season. Sweeney is a member of the National Honor Society.

HIGH SCHOOL BESTS: 200-meters: 25.3; 400-meters: 55.14

IN THE CLASSROOM: Sweeney is an open major. She recorded a 3.844 GPA in her first year.

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.

ABRIANNA TORRES



Combined
Events/Jumps
Sophomore/Freshman,
VR/RS
San Luis Obispo, Calif.
(San Luis Obispo)

PERSONAL BESTS

INDOOR

Pentathlon: 3,406 (2012)

60-Meter Hurdles: 9.19 (2012)

High Jump: 5-02.25 (2012)

Shot Put: 38-07 (2012)

Long Jump: 18-09.75 (2012)

800 Meters: 2:48.30 (2012)

OUTDOOR

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

2012: Indoor: Torres was only able to compete in two meets for the Buffs as her season was cut short due to injury. She got off to a great start, finishing fifth overall in the pentathlon at the Potts Invite (1/20) with 3,406 points. The total made her the 11th best CU pentathlon performer. She excelled in the shot put, recording the eighth best toss in CU history at 38-07. Torres was a good long jumper as well. She had a season best mark of 18-09.75 for third place at the Air Force Team Challenge (1/28).

Outdoor: Redshirt. Did not compete.

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 with the Pac 7 League Championship in 2008, 09, 10 and 11, as well as the CIF DIII Championships in 2008 and 09. As an individual 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 a scholar athlete all throughout high school.

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.

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
Senior, 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)

ACADEMIC HONORS

Academic All-Big 12 (2011)
Academic All-MPSF (2012)
Pac-12 All-Academic honorable mention (2012)

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 2011 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.

2012: Indoor: Tremblay raced just once during the indoor season. At the Husky Classic (2/11), she finished seventh in the open section (2:10.45).

Outdoor: Tremblay led the Buffs in the 800, running the top four times of the season. She ran her season best time of 2:07.94 at the Mt. SAC Relays (4/20). Tremblay placed 24th in the prelims of the Pac-12 Championships (2:15:67). She went on to compete at the NCAA West Prelims and advanced to the second round after running 2:08.75. Tremblay finished the prelims 27th overall.

2011: Indoor: Tremblay became the second fastest CU performer in the 800. 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 finish with a time of 2:10.23. Tremblay picked up more points for CU as a member of the school record setting distance medley relay team. The DMR placed fourth overall, crossing the finish in 11:22.87 to break a 12-year-old record.

Outdoor: Tremblay's main focus was again the 800. During the season she recorded seven of the top 15 times in CU history while becoming the second fastest performer. 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 was third in the prelims (2:08.83) and was 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). Tremblay 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. 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. Tremblay also ran a pair of mile relays that rank fifth (3:54.82) and eighth (3:58.00) in Buffalo history, as well as a 4x400 relay that ran a mark of 3:49.49 for the second-best time in school history.

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). 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: (2012) Tremblay had an outstanding year and proved to be an important member of the team as a junior. She started the season by placing 14th at the Rocky Mountain Shootout and two weeks later she finished 16th in the open race at pre-nationals. At the Pac-12 Championships, Tremblay recorded a 31st-place finish and was CU's No. 4 harrier. She improved two weeks later at regionals, finished 27th as the Buffs third finisher. Tremblay ended the season 237th at nationals. (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. Tremblay was a member of the honor roll while at TVHS, as well as an academic all-state selection her junior and senior years.

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.

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. 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.

CARRIE VERDON



Middle Distance
Freshman, HS
Morago, Calif.
(Morago)

PERSONAL BESTS

1,600-meters: 4:51
 3,200-meters: 10:22

CROSS COUNTRY: (2012) Verdon made an immediate impact during her freshman campaign and was CU's No. 2 scorer in four of five races. The only race she didn't lead the Buffs in was at the Rocky Mountain Shootout where she was the team leader, crossing the finish third. Two weeks after that she recorded a 37th-place finish at pre-nats. Verdon continued to do well and took 16th at the Pac-12 Championships. She followed up the performance with a seventh-place run at regionals; earning her first all-region honor in the process. Verdon finished the campaign at nationals by placing 136th overall.

HIGH SCHOOL: Verdon was a two-time state champion in cross country as a junior and senior and helped her high school team to the state title in 2010, en route to one of her state titles. The Cougars also won the North Coast Section championships the same seasons. In 2010, Verdon place fourth at FootLocker West Regionals to earn a spot at nationals where she finished 19th overall. She was ninth at the state championships as a sophomore and in her freshman season she placed 11th. Verdon was also successful on the track, placing third in the 3,200-meter at the state meet with a Campolindo High School record (10:22.5).

HIGH SCHOOL BESTS: 1,600-meters: 4:51; 3,200-meters: 10:22.

IN THE CLASSROOM: Verdon intends to major in integrative physiology.

PERSONAL: Carrie Sophie Verdon was born on March 8, 1994 in Torrance, Calif. She is the daughter of Wayne and Lisa Verdon of Morago, Calif. and has one brother. She enjoys hiking and art and wants to pursue a career in physical therapy after graduation.

RACHEL VIGER



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

PERSONAL BESTS

INDOOR
 3,000 Meters: 10:41.57 (2012)
 5,000 Meters: 17:23.31 (2012)
OUTDOOR
 1,500 Meters: 4:51.58 (2012)
 5,000 Meters: 16:56.05 (2012)
 10,000 Meters: 35:06.26 (2012)

ACADEMIC HONORS

Academic All-MPSF (2012)
 Pac-12 All-Academic first team (2012)

2012: Indoor: Viger raced twice for the Buffs. She started the season at the Air Force Team Challenge (1/28), finishing third overall in 10:41.57. Her second race was the 5k at the Husky Classic (2/10); Viger finished in 17:23.31.

Outdoor: Viger focused on the 10,000 during her first outdoor campaign and clocked a personal best of 35:06.26 at the Stanford Invite (4/6). Viger went on to race at the Pac-12 Championships and placed 15th in the 10k (36:24.08). She qualified for the NCAA West Prelims in the 10k and finished 22nd overall with a time of 35:49.79.

2011: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2012) Viger had a great season, starting right off the bat with a fifth-place finish at the Rocky Mountain Shootout as CU's No. 3 harrier. She raced to a 66th-place finish at pre-nationals and followed that up by placing 27th at the Pac-12 Championships. She was the Buffs' No. 4 harrier in the final two meets of the season. Viger placed 31st at regionals and was 174th at nationals. (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 finished 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 and is a member of the Dean's List and Big 12 Commissioner's Honor Roll.

Viger also earned Academic All-MPSF and Pac-12 All-Academic honors in 2012.

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.