

INDOOR

December 12	Black and Gold Intra-Squad	Balch Fieldhouse	Boulder, Colo.
January 18-19	Potts Indoor Invitational	Balch Fieldhouse	Boulder, Colo.
January 24-26	Air Force Invitational	Cadet Field House	USAFA, Colo.
January 25-26	UW Invitational	Dempsey Indoor	Seattle, Wash.
February 8-9	Tyson Invitational	Randal Tyson Track Center	Fayetteville, Ark.
February 8-9	Husky Classic	Dempsey Indoor	Seattle, Wash.
February 9	Air Force Team Challenge	Cadet Field House	USAFA, Colo.
February 22-23	Mountain Pacific Sports Federation Championships	Dempsey Indoor	Seattle, Wash.
March 1-2	Last Chance Qualifiers	TBA	TBA
March 8-9	NCAA Indoor Championships	Randal Tyson Track Center	Fayetteville, Ark.

OUTDOOR

March 15-16	Jerry Quiller Classic	Potts Field	Boulder, Colo.
March 29-30	Stanford Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
March 30	Fum McGraw Quadrangular	Jack Christiansen Track	Fort Collins, Colo.
April 4-6	Air Force Relays	Cadet Outdoor Track & Field Complex	USAFA, Colo.
April 12-13	CU Invitational	Potts Field	Boulder, Colo.
April 18-20	Mt. Sac Relays	Hilmer Lodge Stadium	Walnut, Calif.
April 20	Beach Invitational	Jack Rose Stadium	Cerritos, Calif.
April 20	Bryan Clay Invitational	Cougar Athletic Stadium	Azusa, Calif.
April 25-26	Glenn Morris Combined Events	Jack Christiansen Track	Fort Collins, Colo.
April 26-27	Jack Christiansen Invitational	Jack Christiansen Track	Fort Collins, Colo.
April 28	Cardinal Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
May 3	Air Force Twilight	Cadet Outdoor Track & Field Complex	USAFA, Colo.
May 4-5	Pac-12 Combined Events Championships	Katherine B. Loker Stadium	Los Angeles, Calif.
May 11-12	Pac-12 Outdoor Championships	Katherine B. Loker Stadium	Los Angeles, Calif.
May 23-25	NCAA West Preliminary Championships	Mike A. Myers Track Stadium	Austin, Texas
June 5-8	NCAA Outdoor Championships	Hayward Field	Eugene, Ore.
June 19-23	USATF Outdoor Championships	Drake Stadium	Des Moines, Iowa

** Schedule is tentative and subject to change*

The start of the 2013 University of Colorado track and field season will once again kick off with the Buffs hosting the Potts Indoor Invitational, January 18-19, at Balch Fieldhouse. It will be CU's only home meet during the indoor season but CU will also host a pair of outdoor meets, the Jerry Quiller Classic, March 15-16, and the Colorado Invitational, April 12-13.

DISTANCE

Colorado continues to be one of the top distance programs in the country under the direction of head coach Mark Wetmore and associate head coach Heather Burroughs. The men's team is fresh off of a third-place finish at the NCAA Cross Country Championship and won its second straight Pac-12 title in 2012.

The men return two decorated athletes in seniors Joe Bosshard and Richard Medina. Bosshard redshirted the entire 2012 season, while Medina has only outdoor eligibility remaining. Bosshard is a five-time All-American, twice in cross country, twice in the 10k and once in the 5k. Medina returns for his sixth year after receiving a medical hardship last spring. He was a 2010 outdoor 5k All-American as well as a 2011 All-American in cross country. Both should make a big impact for the Buffs this season.

They aren't the only two, as the Buffs had three All-Americans on the cross country course last fall: junior Jake Hurysz, sophomore Blake Theroux and senior Aric Van Halen. Van Halen has also recorded All-American honors on the track. Last season he was 10th in the 3,000-meter steeplechase finals at NCAAs.

The depth runs very deep for the men. Hugh Dowdy and Martin Medina have scored for the Buffs at the conference level. Dowdy was fourth in the steeplechase at Pac-12s, while Medina placed eighth in the 10k at the same meet. This past fall Pierce Murphy recorded All-Pac-12 honors on the cross country course and will be one to watch.

CU's women have the nation's top 1-2 punch in the steeplechase, returning a pair of Olympians in seniors Emma Coburn and Shalaya Kipp. Coburn redshirted the entire 2012 season to prepare for the Olympic Games where she would place ninth in the finals as the top American, and Kipp competed in the prelims. Coburn won the 2011 NCAA steeplechase title and Kipp took the crown in 2012. They are not just steeplechasers. Coburn is one of the nation's top milers and will be one of the best collegiate runners this season. Kipp has been very

successful in the longer distances during the indoor season, typically leaning towards the 3k or 5k.

There are several other women who will look to help CU in the team score. Senior Camille Logan has scored in the 10k, but has also shown talent in the 1,500. Redshirt freshman Rachel Baptista did well for CU during the 2011 cross country season and should add some points for the Buffs.

MIDDLE DISTANCE

Coaches Wetmore and Burroughs have a talented group of middle distance runners as well. Matthew Biegner, a senior, has been improving as his career advances. He currently ranks ninth on CU's indoor 800-meter run performers list. Bieger placed sixth for the Buffs at the MPSF Championships in the 800 last season and just missed scoring at the Pac-12 Championships with a ninth-place finish. Sophomore Connor Winter will be in the mix as well and looks to play in important part in CU's success in the middle distances. Hurysz will be able to do double-duty, running both distance and middle distances. Freshman Joe Mitchem will join the group and should be in the mix come conference meet time.

The women also look quite strong in the middle distances. Senior Elizabeth Tremblay will once again lead CU as she ranks second on CU's indoor 800-meter performers list and is third on the outdoor 800 list. Senior Staci Foster will be looking to contribute to the team; she scored for the Buffs two years ago at the indoor conference meet. Sophomore Catrina McAlister has been showing steady improvement and looks to add points to the Buffs' score this year. Colorado also has a pair of newcomers that should make an immediate impact. Freshman Carrie Verdon was a decorated miler out of high school and sophomore Jenny DeSouchet, a transfer from Columbia University, also had a solid high school background. Both won several state championships and will be valuable additions.

JUMPS/COMBINED EVENTS

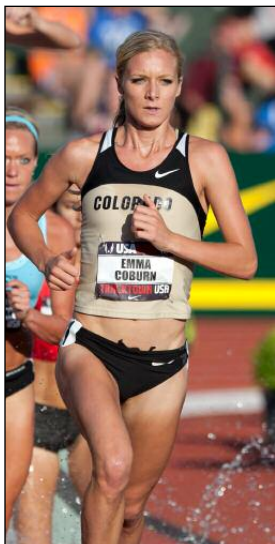
Assistant coach Lindsey Malone is in her sixth year at the helm of the combined events and jumps program and has a very talented and experienced group of athletes this year. The men's side has a pair of juniors to lead the way. Jason DeWitt and Brock Emory have each redshirted a season and in their fourth year at CU look to make an impact in the team scores. DeWitt was very close to scoring points for



Brianne Beemer



Matthew Biegner



Emma Coburn



Jason DeWitt



Eileen Gehring

CU in 2012 as he was 11th at MSPFs and 13th at Pac-12s. Sophomore Mark Jones focused last season on the high jump and earned a spot quickly in CU's record books. Indoors, he ranks fifth all time and in the outdoor book, he is seventh.

The women's team has a great deal of depth, starting with three seniors: Brianne Beemer, Alyssa Frank and Holly Odneal. Beemer has seen a great deal of success for the Buffs; she was third at MPSFs in the pentathlon and took fourth at Pac-12s in the heptathlon. Junior Genny Mayden led CU in the heptathlon at Pac-12s last season by placing third overall and sophomore Brittany Lewis added points to the team score at MSPFs in the pentathlon with a seventh-place finish.

Frank advanced to the NCAA West Preliminary Championships last season in the high jump and tied for fourth at Pac-12s. Sophomore Kelsey English was just out of scoring for CU in the high jump at 11th and also competed at the preliminary championships.

SPRINTS/HURDLES

Assistant coach Drew Morano is in his fourth season at the helm of the Buffalo sprinters. Two-time All-American Joe Morris will enter his senior season as the top sprinter. He also owns the CU record in the 60-meter dash. Morris scored for the Buffs at MSPFs in the 60, 200 and the 4x400-meter relay and also picked up points at the Pac-12 Championships in the 100 and 200. His teammates senior Kyle MacIntosh, juniors Tyler Baker, Blake Berens, Shaw Gifford and Blake Reimer and Erik Gayton will help the event area pick up additional points for the team.

The women are young, but very talented. Sophomore Eileen Gehring made an immediate impact on the team, setting the CU outdoor 400-meter record in 54.21 second. She is right on the cusp of picking up points for CU. Joining Gehring in the sprints are fellow sophomores Lindsay Mattson and Bridget Sweeney, along with junior Lindsey Hubbard. Freshman Mia Holland will also be in the mix for the Buffs.

THROWS

Two-time Olympian and two-time U.S. Discus Champion Casey Malone will lead the Buff throwers for the 13th season. His men's team is small, but the quality of his team will speak volumes. Senior Cameron Hutchins has been making large strides and is on the verge of scoring for the Buffs in a competitive throwing conference as he took 11th in the hammer throw at Pac-12s. Junior Alex Kizirian had a breakout

season in 2012 and now ranks second all-time for the Buffs in the weight throw. He earned a sixth-place finish in the event at the MPSF Championships and also picked up points for the Buffs outdoors in the hammer throw, also sixth. Brady Rutt, a sophomore, led the Buffs last season in the discus, placing fifth for CU in the event at Pac-12s. Senior Brian Owens will rejoin the team during the outdoor season in the javelin.

The women will be led by senior Emily Hunsucker, who is the second best CU performer in the hammer throw and the fourth best CU performer in the weight throw. Juniors Kajsa Bank and Kellie Lind and sophomore Sophie Hallam-Eames will add a lot of depth to the women's side.

THE MEET SCHEDULE

CU officially kicks off the indoor season at the Potts Indoor Invitational and will stay on the Front Range for most of the indoor season. A group of athletes will compete at a pair of meets at the University of Washington and some will compete at the New Mexico Classic.

Washington will host the 2013 Mountain Pacific Sports Federation Championships in Seattle, Wash., February 22-23. The following weekend CU will send athletes to a variety of last chance meets to qualify for the NCAA Indoor Championship, March 8-9, in Fayetteville, Ark.

As soon as the indoor season is over, the Buffs will switch gears to the outdoor campaign, hosting their first of two meets at Potts Field, CU will host the Jerry Quiller Classic, formerly known as the Potts Invitational, March 15-16. The second home meet is the Colorado Invitational, set for April 12-13.

As usual, CU will compete at several meets along the Front Range in Fort Collins, Colo. and at the Air Force Academy. The Buffs won't just stay regional as several athletes will have the opportunity to compete at a pair of meets at Stanford and the prestigious Mt. SAC Relays.

USC will host the Pac-12 Outdoor Track & Field Championships. The combined events portion of the meet will be contested May 4-5, while all other event areas will compete May 11-12. Texas will host the NCAA West Preliminary Championships, May 23-25, at Mike A. Myers Stadium. The 2013 NCAA Outdoor Championship is June 5-8 in Eugene, Ore. and the U.S. Track & Field Championships will be June 19-23 in Des Moines, Iowa.



Emily Hunsucker



Cameron Hutchins



Richard Medina



Joe Morris



Elizabeth Tremblay

2013 Track And Field Rosters

MEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Tyler Baker	5-11	So./Jr.	VR/1L	Hurdles	Santa Rosa, Calif. (Maria Carrillo)
Blake Berens	5-11	So./Jr.	VR/VR	Sprints	Loveland, Colo. (Loveland)
Matthew Biegner	6-4	Sr.	VR/VR	Middle Distance	Broomfield, Colo. (Broomfield)
Joe Bosshard	6-0	Sr.	1L/2L	Distance	Crested Butte, Colo. (Crested Butte Academy)
Jason DeWitt	6-3	Jr.	VR/VR	Combined Events	Arvada, Colo. (Ralston Valley)
Hugh Dowdy	6-1	So.	VR/1L	Distance	Petaluma, Calif. (Petaluma)
Brock Emory	6-4	Jr.	RS/RS	Combined Events	Colorado Springs, Colo. (Fountain Fort Carson)
Erik Gaytan	5-8	Fr.	HS/HS	Sprints	Littleton, Colo. (Chatfield)
Shaw Gifford	6-1	Jr./So.	1L/VR	Sprints	Littleton, Colo. (Chatfield/Arizona)
Michael Goodger	5-11	So.	VR/VR	Distance	Carlsbad, Calif. (Carlsbad)
Jake Hurysz	5-10	So.	TR/TR	Middle Distance	Mebane, N.C. (Eastern Alamance/UNC)
Cameron Hutchins	6-6	Sr.	VR/VR	Throws	Centennial, Colo. (Arapahoe)
Mark Jones	6-8	So.	VR/VR	Combined Events/Jumps	Summit, N.J. (Summit)
David Kilgore	5-8	Fr.	RS/RS	Distance	Palm Bay, Fla. (Holy Trinity)
Alexandre Kizirian	6-2	Jr.	1L/1L	Throws	Thornton, Colo. (Mountain Range)
Kyle MacIntosh	6-2	Sr.	1L/2L	Sprints	Littleton, Colo. (Littleton)
Martin Medina	5-6	Sr.	VR/1L	Distance	Grand Junction, Colo. (Grand Junction)
Richard Medina	5-5	Sr.	3L/3L	Distance	Grand Junction, Colo. (Grand Junction)
Joe Mitchem	6-2	Fr.	HS/HS	Middle Distance	Broomfield, Colo. (Broomfield)
Joe Morris	5-11	Sr.	1L/1L	Sprints	Golden, Colo. (Golden/Tennessee)
Ammar Moussa	5-7	Fr.	RS/RS	Distance	Arcadia, Calif. (Arcadia)
Pierce Murphy	5-8	So./Fr.	VR/HS	Distance	Hanalei, Hawai'i (Island)
Brian Owens	6-4	Jr.	VR/1L	Javelin	Elmer, N.J. (Woodstown)
Morgan Pearson	5-11	So.	TR/TR	Distance	New Vernon, N.J. (Morristown/Duke)
Blake Reimer	6-0	Jr.	1L/1L	Sprints	Fort Collins, Colo. (Fort Collins)
Blake Reimer	6-0	Jr.	1L/VR	Sprints	Fort Collins, Colo. (Fort Collins)
Brady Rutt	6-1	So.	VR/1L	Throws	Hastings, Neb. (Hastings)
Ryan Savercool	5-11	Jr.	VR/VR	Distance	Chester, N.J. (Mendham)
Dillon Shije	5-8	Jr.	VR/VR	Distance	Zia Pueblo, N.M. (Sandia Preparatory)
Jonny Stevens	6-3	Sr.	1L/VR	Distance	Vail, Colo. (Battle Mountain)
Blake Theroux	5-8	So.	VR/VR	Distance	Chesapeake, Va. (Western Branch)
Aric Van Halen	5-11	Sr.	RS/2L	Distance	Los Angeles, Calif. (Oakwood)
Connor Winter	5-11	So./Fr.	VR/RS	Middle Distance	Centennial, Colo. (Arapahoe)

HEAD COACH: Mark Wetmore

ASSISTANT MIDDLE AND LONG DISTANCE COACH: Heather Burroughs

ASSISTANT SPRINTS COACH: Drew Morano

ASSISTANT THROWS COACH: Casey Malone

ASSISTANT COMBINED EVENTS AND JUMPS COACH: Lindsey Malone

PRONUNCIATION GUIDE

Matt BIEGNER.....big-ner	Ammar MOUSSAMOO-sah
Joe BOSSHARDboss-HARD	Blake REIMERRIE-merh
Michael GOODGERGOOD-ger	Dillon SHIJESHE-hay
Jake HURYSZ.....HERS	Blake THEROUXTHER-row
Alexandre KIZIRIANKEH-zeer-E-ian	ARIC Van Halen.....Eric

2013 Track And Field Rosters

WOMEN	Ht.	Yr.	In/Out	Event(s)	Hometown (High School/Previous College)
Madeline Alm	5-3	Fr.	HS/HS	Middle Distance	Louisville, Colo. (Monarch)
Kajsa Bank	5-8	Jr.	VR/VR	Throws	Louisville, Colo. (Monarch)
Rachel Baptista	5-4	Fr.	RS/RS	Distance	Austin, Texas (Austin)
Brianne Beemer	5-7	Jr.	2L/3L	Combined Events	Loveland, Colo. (Mountain View)
Courtney Bouchet	5-4	Jr./Sr.	VR/VR	Distance	Estes Park, Colo. (Estes Park)
Emma Coburn	5-8	Sr.	2L/3L	Distance	Crested Butte, Colo. (Crested Butte)
Sophia Cole	5-10	Fr.	HS/HS	Combined Events	Yuma, Ariz. (Gila Ridge)
Jenny DeSouchet	5-6	So.	VR/VR	Middle Distance	Alamosa, Colo. (Alamosa/Columbia)
Kelsey English	6-2	So.	VR/VR	Jumps	Colorado Springs, Colo. (Doherty)
Staci Foster	5-6	Jr.	VR/1L	Middle Distance	Anaheim Hills, Calif. (Orange Lutheran)
Alyssa Frank	5-9	Sr.	VR/VR	Combined Events	Union, Ky. (Ryle)
Eileen Gehring	5-6	So.	1L/1L	Sprints	Madison, Wis. (Edgewood)
Diana George	5-9	Jr.	VR/VR	Distance	Livermore, Calif. (Livermore)
Sophie Hallam-Eames	6-3	So./Fr.	VR/RS	Throws	Seattle, Wash. (Nathan Hale)
Mia Holland	5-4	Fr.	HS/HS	Sprints	Aurora, Colo. (Regis Jesuit)
Lindsey Hubbard	5-5	Jr./So.	VR/VR	Sprints/Hurdles	LaSalle, Colo. (Valley)
Emily Hunsucker	5-6	Sr./Jr.	VR/RS	Throws	Arvada, Colo. (Pomona)
Shalaya Kipp	5-7	Sr.	1L/3L	Distance	Salt Lake City, Utah (Skyline)
Makenzie Kline	5-11	Fr.	HS/HS	Throws	Reno, Nev. (Galena)
Margaux Krahe	5-8	So.	VR/VR	Throws	Bethel Park, Pa. (Bethel Park)
Brittany Lewis	5-8	So.	1L/RS	Combined Events	Aurora, Colo. (George Washington)
Kellie Lind	5-8	Jr.	VR/VR	Throws	Gig Harbor, Wash. (Gig Harbor)
Camille Logan	5-6	Sr.	VR/1L	Distance	Littleton, Colo. (Littleton)
Nikki Look	5-2	Sr.	VR/VR	Middle Distance	Castle Rock, Colo. (Douglas County)
Lindsay Mattson	5-9	So.	1L/1L	Sprints	Grand Rapids, Minn. (Grand Rapids)
Genny Mayden	5-9	Jr.	VR/1L	Combined Events	Nashville, Tenn. (Ensworth)
Catrina McAlister	5-3	So.	VR/VR	Distance	San Clemente, Calif. (Arcadia)
Allie McLaughlin	4-10	Jr.	VR/VR	Distance	Colorado Springs, Colo. (Air Academy)
Lainey Nash	5-8	Fr.	RS/RS	Middle Distance	Beaverton, Ore. (Southridge)
Holly Odneal	5-10	Sr.	VR/VR	Combined Events	Palisade, Calif. (Palisade)
Ewelina Pena	5-8	Fr.	HS/HS	Combined Events	Lakewood, Colo. (Lakewood)
Gwen Ricco	5-10	Sr.	VR/VR	Combined Events	Dallas, Texas (Highland Park/Wake Forest)
Jana Stolting	5-7	Jr.	VR/VR	Distance	Tallahassee, Fla. (MacClay/San Francisco)
Bridget Sweeney	5-7	So.	1L/1L	Sprints	Hopkins, Minn. (Hopkins)
Abrianna Torres	5-7	Fr.	RS/RS	Combined Events	San Luis Obispo, Calif. (San Luis Obispo)
Elizabeth Tremblay	5-7	Sr.	2L/1L	Middle Distance	Loveland, Colo. (Thompson Valley)
Carrie Verdon	5-2	Fr.	HS/HS	Middle Distance	Moraga, Calif. (Campolindo)
Rachel Viger	5-5	So.	VR/VR	Distance	Fort Collins, Colo. (Fort Collins)

PRONUNCIATION GUIDE

KAJSA Bank.....KI (like high)-sa	MARGAEX KraheMargo
Brianne BEEMERBEAM-er	GENNY MaydenJenny
Courtney BOUCHETBOO-shay	Holly ODNEALODD-kneel
Jenny DESOUCHETDE-Sioux-shay	EWELINA Pena.....EVH-alina
Eileen GEHRINGGARE-ring	Rachel VIGERVEE-jay
SHALAYA KippSHA-lay-a	