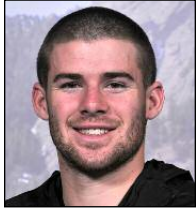


TYLER BAKER



Sprints/Hurdles
Junior/Senior, 1L/2L
Santa Rosa, Calif.
(Maria Carrillo)

PERSONAL BESTS

INDOOR

200 Meters: 22.53 (2013)

400 Meters: 48.92 (2013)

600 Yards: 1:16.37 (2012)

OUTDOOR

400 Meters: 50.09 (2010)

400 Meter-Hurdles: 52.76 (2012)

MPSF SCORING

2013 4x400 Meter Relay, 7th (3:15.37)

PAC-12 SCORING

2012 400-Meter Hurdles, 8th (52.76)

2013 4x400-Meter Relay, 4th (3:09.84)

2013: Indoor: Baker focused on the 400 during the indoor season. He started the year off by placing first at the Air Force All-Comers Meet (1/12) in 49.55. Baker placed second at the Air Force Invite two weeks later, finishing in 49.74. He saved his best for last when he recorded a personal best of 48.92 at the MPSF Championships (2/23) and placed 16th. Baker was also part of the 4x400 relay, placing seventh at MPSFs in 3:15.37.

Outdoor: Baker started the season by winning the 400-hurdles at the CU Invite (4/13), crossing the finish in a season-best time of 53.17. At the Pac-12 Championships, he placed 10th in the prelims of the 400-hurdles, but did help the Buffs to a fourth-place finish in the 4x400-meter relay (3:09.84). The relay went on to compete at the NCAA West Preliminary Championships and took 24th overall (3:12.82).

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 time 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 and 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 (4/10/10), he was part of the 4x100-meter relay that recorded a time of 44.21. He

earned 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
Junior/Senior, VR/1L
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)

PAC-12 SCORING

2013 4x400-Meter Relay, 4th (3:09.84)

2013: Indoor: Did not compete.

Outdoor: Berens ran the 200 and 400 and was part of the 4x400-meter relay team. Berens raced a season-best time of 49.41 in the 400 at the Fum McGraw Quadrangular (3/30), which was good for third overall. A month later, he recorded another season-best, this time in the 200 (21.88), at the Jack Christiansen Invite (4/27). Berens raced the 200 at the Pac-12 Championships and placed 20th in the preliminary round (22.16). As a member of the 4x400 relay, he earned his first letter as he helped the team to a fourth-place finish (3:09.84). The relay went on to place 24th at the NCAA West Preliminary Championships (3:12.82).

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 also 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.

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.

2013: *Indoor:* Did not compete.

Outdoor: Did not compete.

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 at 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), finishing 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 only 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 lineup at NCAAs and earned his second All-American honor with a 24th-place finish. Bosshard was also named to the All-Pac-12 First Team. (2010) Bosshard led CU in four of its five varsity races. He won the Rocky Mountain Shootout with the sixth fastest time in course history (24:44). Bosshard earned all-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 graduated with degrees in finance and accounting, and also earned a GPA greater than 3.00. He was a member of the Big 12 Commissioner's Honor Roll and was named to the Academic All-Big 12 second team in 2011.

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

JASON DeWITT



**Combined Events/
Jumps**
Senior, 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: 39-10.75/12.16m (2013)
High Jump: 6-09/2.06m (2012)
60-Meter Hurdles: 8.40 (2013)
Pole Vault: 14-09/4.50m (2012)
1,000 Meters: 2:52.86 (2012)

OUTDOOR

Decathlon: 6,671 (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)

2013: *Indoor:* DeWitt tied or recorded a personal best in three events during the indoor campaign. He tied his best high jump at 6-9 at the Air Force All-Comers Meet (1/12) to start the season. The mark was also the second best at the meet. The following week at the Potts Invite (1/19), DeWitt had PRs in the shot put and the 60-meter hurdles. He threw the shot put 39-10.75, and then raced to a time of 8.40 on the 60-hurdles.

Outdoor: DeWitt suffered an injury in his first decathlon of the season, withdrawing after the sixth event. He finished the Jim Click Combined Events (4/5-6) with 3,866 points.

2012: *Indoor:* DeWitt became 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 2009 Ralston Valley High School Male Athlete of the Year. DeWitt owns school records in the high jump (6-6) and the long jump (22-11.50). While at RVHS, he earned eight letters and was named the track MVP as a senior.

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

IN THE CLASSROOM: DeWitt is majoring in international affairs and Spanish for the professions.

PERSONAL: Jason Kelly DeWitt was born on June 25, 1991 in Wheat Ridge, 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
Senior/Junior, VR/2L
Petaluma, Calif.
(Petaluma)

PERSONAL BESTS

INDOOR

Mile: 4:06.57 (2012)

3,000 Meters: 9:02.52 (2011)

OUTDOOR

Steeplechase: 8:50.75 (2013)

1,500 Meters: 3:47.89 (2012)

PAC-12 SCORING

2012 Steeplechase, 4th (8:56.19)

2013 Steeplechase, 4th (8:50.75)

2013: *Indoor:* Dowdy raced the mile run three times. He recorded a time of 4:27.19 at the Air Force Invite (1/26) for fourth place to start the season. Dowdy followed up that performance with a 4:09.18 finish at the Husky Classic (2/9). Two weeks later, Dowdy placed 15th overall with a season best of 4:07.08 at the MSPF Championships.

Outdoor: Dowdy ran the 1,500 and the 3,000-meter steeplechase. He ran his season-best in the 1,500 at the Payton Jordan Cardinal Invite (4/28), which placed eighth in the fifth section. Dowdy recorded a personal-record in the steeplechase at the Pac-12 Championships, clocking in at 8:50.75 for fourth-place. He helped the Buffs pick up 22 points in the event as CU captured 1-3-4-8. Dowdy went on to compete at the NCAA West Preliminary Championships in the steeplechase, but finished 45th after a fall over a barrier.

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: (2013) Dowdy only raced once due to injury, finishing 15th overall at the Rocky Mountain Shootout. (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 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 mechanical engineering.

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.

DAVID EMMERT



Middle Distance
Freshman, HS/HS
Sycamore, Ill.
(Sycamore)

PERSONAL BESTS

800-meters: 1:55.68

1,600-meters: 4:32

CROSS COUNTRY: (2013) Emmert ran in a pair of races for the Buffs. He raced unattached at the Rocky Mountain Shootout, finishing 121st overall. At the Santa Clara Bronco Invitational, Emmert was 99th.

HIGH SCHOOL: Emmert earned first team all-state track honors as a senior and junior. During his senior season, he placed fifth in the 800-meter run at the state championships in 1:56.49. Emmert ran his personal best in the 800 earlier in the season at the Illinois Big 12 Boys Conference Championships, finishing in 1:55.68.

HIGH SCHOOL BESTS: 800-meters: 1:55.68. 1,600-meters: 4:32.

IN THE CLASSROOM: Emmert intends to major in aerospace engineering.

PERSONAL: David Mitchel Emmert was born on November 29, 1994 in Sycamore, Ill. He is the son of David and Sheri Emmert and has three siblings, Dani, Claire and Caden. Emmert enjoys playing the guitar, golfing and longboarding. His volunteer work includes: Feed My Starving Children, Give Kids the World, LIFE Missions Team and Youth Engaged in Philanthropy.

BROCK EMORY



**Combined Events/
Jumps**
Senior, VR/1L
Colorado Springs, Colo.
(Fountain Fort Carson)

PERSONAL BESTS

INDOOR

Heptathlon: 4,990 (2013)
60-Meters: 7.30 (2013)
Long Jump: 21-3.50/6.49m (2013)
Shot Put: 39-7.25/12.07m (2013)
High Jump: 6-6.25/1.99m (2011)
60-Meter Hurdles: 8.52 (2013)
Pole Vault: 13-5.25/4.10m (2013)
1,000-Meters: 2:51.64 (2013)

OUTDOOR

Decathlon: 6,927 (2013)
100-Meters: 11.11 (2013)
Long Jump: 20-10.75/6.37m (2013)
Shot Put: 41-9.75/12.74m (2013)
High Jump: 6-6.25/1.99m (2013)
400-Meters: 51.35 (2013)
110-Meter Hurdles: 14.75 (2013)
Discus: 139-8/42.58m (2013)
Pole Vault: 13-4.25/4.07m (2013)
Javelin: 157-5/47.98m (2013)
1,500 Meters: 4:52.58 (2013)

PAC-12 SCORING

2013 Decathlon, 8th (6,927)

2013: *Indoor:* Emory became the sixth best heptathlon performer in CU history when he recorded 4,990 points at the MPSF Championships. He just missed scoring at the meet, taking ninth overall. At the meet, he earned five season-bests. Emory clocked 7.30 in the 60 meters, jumped 21-3.50 in the long jump and 6-4.25 in the high jump and 13-5.25 in the pole vault. His personal best of 39-7.25 in the shot put ranks fifth on CU's all-time heptathlon list. Emory also competed in one other heptathlon and finished 13th overall with 4,217 points at the UW Invite. (He did not record a mark in the pole vault at that meet.)

Outdoor: Emory had an outstanding outdoor campaign, recording personal-bests in all 10 decathlon events. He recorded his best performance at the Pac-12 Championships, placing eighth overall with 6,927 points. The total placed his sixth on CU's performers' list and was 11th overall. During the meet, he clocked a time of 11.11 in the 100, eighth on CU's decathlon list. Emory also posted a mark of 41-9.75 in the shot put, which ranked third at CU. On the second day of the decathlon, he recorded a time of 15.01 in the 100-hurdles, tying for seventh in CU history. Emory's discus throw of 129-11 is sixth and his javelin throw (157-5) was 13th overall. During the year, he also tied the eighth best high jump (6-6.25), threw the fourth best discus mark (131-2) and the 14th best throw in the javelin (156-5).

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 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 PR'd 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 (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.

PADEN GATLIN



Throws
Freshman, HS/HS
Lancaster, Texas
(Jesuit Dallas)

PERSONAL BESTS

Discus: 176-0/53.64m (2013)

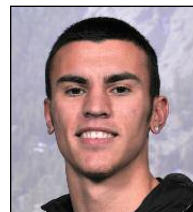
HIGH SCHOOL: Gatlin earned three letters as a member of the track and field team for the Rangers and recorded a personal best when he threw the discus 176-0 his senior year.

HIGH SCHOOL BESTS: Discus: 176-0

IN THE CLASSROOM: Gatlin intends to major in communication.

PERSONAL: Paden Earl Gatlin was born on February 21, 1995 in Lancaster, Texas. He is the son of Ed and Lisa Gatlin and has two siblings, Tyler and Shelbi.

ERIK GAYTAN



Sprints
Freshman, RS
Littleton, Colo.
(Chatfield)

PERSONAL BESTS

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

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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 an open major and carries a GPA greater than 3.00.

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
Senior/Junior, 2L/1L
Littleton, Colo.
(Chatfield/Arizona)

PERSONAL BESTS

INDOOR

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

OUTDOOR

100 Meters: 10.79
 200 Meters: 21.32
 400 Meters: 48.20 (2013)

MPSF SCORING

2012 4x400-Meter Relay, 7th (3:15.50)
 2013 4x400-Meter Relay, 7th (3:15.37)

PAC-12 SCORING

2013 4x400-Meter Relay, 4th (3:09.84)

2013: Indoor: Gifford raced the 60 and 200 during his junior season. He started the year off by placing third in the 200 at the Air Force All-Comers Meet (1/12) with a time of 21.97. The following week, Gifford took fourth in the 60 at the Potts Invite (1/19). Gifford competed in both events at the MPSF Championships. He was 18th in the 60 (6.91) and took 13th in the 200 (21.99). Gifford helped the Buffs pick up a couple of points in the 4x400 relay at MPSFs. The relay finished seventh overall in 3:15.37.

Outdoor: Gifford raced the 200, 400 and 4x400-relay for the Buffs. He ran a season-best time in the 200 at the Mt. SAC Relays (4/19), crossing the finish in 21.52. Gifford's top time in the 400 was 48.20 at the Fum McGraw Quadrangular (3/30). At the Pac-12 Championships, he placed 16th in the 200, finishing in 21.61. Gifford earned his first outdoor letter for the Buffs as a member of the 4x400, which took fourth overall in 3:09.84. The relay went on to place 24th at the NCAA West Preliminary Championships (3:12.82).

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.

AT ARIZONA: Gifford competed at the University of Arizona during the 2010-11 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.

JOE HOLVEY



Distance
Sophomore, TR/TR
Eugene, Ore.
(South Eugene/Oregon)

PERSONAL BESTS

1,500-Meters: 3:58.53 (2012)
 2,000-meter steeplechase: 6:01 (2012)

AT OREGON: Holvey competed one season for the Ducks. During the cross country season, he competed in two meets for the Ducks, finishing 24th at the Pier Park Invitational with a time of 19:21.31 and crossing the line in 26:49.00 at the Bill Dellinger Invitational to place 95th. On the track, Holvey focused on the 3,000-meter steeplechase and the 1,500. His best performance in the 1,500 was at the OSU High Performance Meet when he ran a time of 4:01.46.

HIGH SCHOOL: Holvey competed in cross country and in track and field for the Axemen and earned three letters. In 2011, he helped his team to the Oregon State Championships in cross country. Individually, he finished second in the 2,000-meter steeplechase at the Border Duel Track Classic (6:01). Holvey placed fourth at the Oregon State Athletic Association Outdoor 6A State Championships in the 1,500, finishing with a time of 3:58.53.

HIGH SCHOOL BESTS: 1,500-meter: 3:58.53; 2,000-meter steeplechase: 6:01.

IN THE CLASSROOM: Holvey intends to major in political science and is also interested in education.

PERSONAL: Joseph Mark Jerome Holvey was born February 28, 1994 in Eugene, Ore. He is the son of Joe, who played baseball at San Diego State, and Kathi Holvey and has one younger sister, Annie. Holvey enjoys playing basketball and swimming. He has also volunteered for Food for Lane County and the Oregon Track Club All-Comer's Meets.

JAKE HURYSZ



Middle Distance
Junior, VR/1L
Mebane, N.C.
(Eastern Alamance/UNC)

PERSONAL BESTS

OUTDOOR

800-Meters: 1:51.91 (2013)
 1,500-Meters: 3:40.63 (2013)
 3,000-Meters: 8:01.97 (2011)
 5,000-Meters: 13:38:58 (2012)

PAC-12 SCORING

2013 1,500-Meters, 5th (3:42.36)
 2013 5,000-Meters, 8th (14:16.71)

2013: Indoor: Did not compete.

Outdoor: Hurysz debuted on the track for CU during the outdoor campaign and immediately made an impact. He recorded a personal best (1:51.91) in the 800 at the CU Invite (4/13), which placed second overall. After that race, Hurysz shifted gears to his main event, the 1,500. At the Payton Jordan Cardinal Invite (4/28), he cruised to a fifth-place finish with the third fastest time ever at CU, clocking in at 3:40.63. He went on to place fifth in the 1,500 at the Pac-12 Championships, this time running 3:42.36. Hurysz returned to the track later that same day at the championships in the 5,000 and once again picked up points for the Buffs with an eighth-place finish (14:16.71). Hurysz focused on the 1,500 at the NCAA West Preliminary Championships and finished his season 14th (3:47.41).

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: (2013) Did not compete. (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-

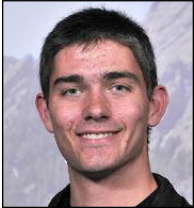
mile in N.C. state history. He won the 2010 indoor state title in the 3,200. Hurysz was named the 2009 N.C. Gatorade Cross Country Runner of the Year. He won the NCHSAA 3A title and placed sixth at the Footlocker National Championships.

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.

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

MARK JONES



**Combined Events/
Jumps**
Junior, 1L/1L
Summit, N.J.
(Summit)

PERSONAL BESTS

INDOOR

High Jump: 7-2.25/2.19m (2013)

OUTDOOR

High Jump: 7-2.50/2.20m (2013)

MPSF SCORING

2013 High Jump, 6th (6-11)

PAC-12 SCORING

2013 High Jump, 2nd (7-2.50/2.20m)

ACADEMIC HONORS

MPSF All-Academic (2013)

Pac-12 All-Academic honorable mention (2013)

CAREER UPDATE: Jones ranks third overall on the all-time indoor high jump CU performers list. His personal best of 7-2.25 is also the third best overall jump by a Buff. Jones added his name to the outdoor list as well, becoming the third best high jump performer after clearing 7-2.50 at the Pac-12 Championships. He went on to compete at the NCAA Championships, the first Buff since 1990 in the high jump.

2013: *Indoor:* Jones tied for first in the high jump at two meets (Potts Invite and UW Invite) during his sophomore season. He recorded a sixth-place finish at the MPSF Championships after clearing 6-11. Jones saved the best for last when he jumped 7-2.25 at the USA Indoor Championship, placing sixth overall. The mark put him third on CU's all-time list and was just 1.25 inches from tying the 24-year-old record.

Outdoor: Jones continued to show improvement during his sophomore season, moving up to third on CU's all-time list after clearing 7-2.50 at the Pac-12 Championships, which was good for second place. He had one other jump over 7-0 during the season; that one came at the Beach Invitational where he placed first after jumping 7-00.25. Jones tied for 11th with two others at the NCAA West Preliminary Championships (6-11.50) to earn a spot to the NCAA Championships after winning one of two spots in a

jump-off. Jones became the first Buff since 1990 to compete at nationals in the high jump, and he finished tied for 21st.

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 was 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).

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

IN THE CLASSROOM: Jones is majoring in geology.

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

DAVID KILGORE



Distance
Sophomore, VR/VR
Palm Bay, Fla.
(Holy Trinity)

PERSONAL BESTS

INDOOR

3,000 Meters: 8:23.08 (2013)

OUTDOOR

800 Meters: 1:59

3,000 Meters: 8:48.46

5,000 Meters: 14:27.98 (2013)

10,000 Meters: 30:55.84 (2013)

2013: *Indoor:* Kilgore raced a pair of 3,000-meter runs for the Buffs. He started the season with a time of 9:20.24 at

the Air Force Invite (1/26), good for 15th overall. Kilgore followed up that performance at the MPSF Championships and shaved almost a full minute of his time, finishing in 8:23.08. He placed 25th.

Outdoor: Kilgore focused on the long distances for the Buffs during his redshirt freshman season. He ran a pair of 5,000-meter runs and clocked a personal best of 14:27.98 at Mt. SAC Relays, placing seventh in the open 'C' section of the meet. Kilgore raced the 5k and 10k at the Pac-12 Championships. He was 14th in the 10k (30:55.84) and placed 25th in the 5k (14:50.03).

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Kilgore competed in three races as a sophomore. He started the season with a 12th-place finish at the Rocky Mountain Shootout and following it up with an eighth-place finish in the open race at NCAA Pre-Nationals. Kilgore made the varsity roster for Pac-12 Championships and took 46th place. (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. Kilgore also shined on the cross country course. He was the runner-up in 2009 at the state championship and went on to win the meet his senior year (2010). Kilgore's high school team won the state championship when he was a sophomore.

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
Thornton, 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.

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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 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 collegiate career 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).

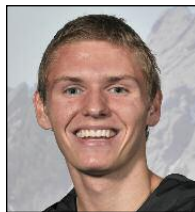
HIGH SCHOOL: Kizirian earned two letters as a member of the track & field team at MRHS. He owns school records in the shot put (50-09) and the discus (156-11). Kizirian placed in both events at the state championship in 2010. He was second in the discus at the Front Range League championship. He also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

GARRETT LOSTY



Sprints/Hurdles
Freshman, HS/HS
Williamsburg, Va.
(Lafayette)

PERSONAL BESTS

400-meters: 49.75 (2012)

400-meter hurdles: 54.2 (2013)

HIGH SCHOOL: Losty focused on the 200 and 400-meters and 400-meter hurdles, and made history in his one year on the track with the Rams. He ran with the 4x400 championship team, which finished first at the Penn Relays and broke the school record with a time of 3:23.42. Individually, Losty recorded the best indoor 400 in Spire Post Graduate history with a time of 49.75 on November 2012, a record that still stands today. He earned many accolades during his senior year, including indoor and outdoor first team all-state, and his most prized honor was being selected as Athlete of the Year. Losty was also part of the National Honor Society and was president of Model UN.

HIGH SCHOOL BESTS: 400-meters: 49.75; 400-meter hurdles: 54.2.

IN THE CLASSROOM: Losty intends to major in economics and is also interested in international affairs and finance.

PERSONAL: Garrett Fellin Losty was born on May 11, 1994 in Richmond, Va. He is the son of Edward and Gretchen Losty and has three brothers, Peter, Kyle and Bryce. Losty is interested in adventuring, being outdoors and being part of sporting events. He has volunteered as a youth group leader and went on two mission trips.

KYLE MACINTOSH



Sprints
Senior, 2L/1L
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)

2013 4x400-Meter Relay, 7th (3:15.37)

PAC-12 SCORING

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

2012 400-Meter Hurdles, 6th (52.38)

2013: *Indoor:* MacIntosh competed at three meets during his senior season, focusing mainly on the 400. He recorded his season-best time of 49.77 in the 400 at the Tyson Invite (2/8), placing 44th overall. At the MPSF Championships, MacIntosh finished 28th in the 400 with a time of 50.00. He also helped the 4x400 relay to a seventh-place finish in 3:15.37.

Outdoor: Redshirt. Did not compete.

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.

JAYLYN MARS



Sprints
Freshman, HS/HS
Aurora, Colo.
(Cherokee Trail)

PERSONAL BESTS
 200-meters: 21.55

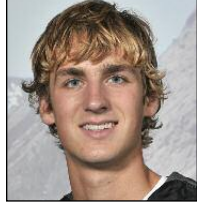
HIGH SCHOOL: Mars, the MVP of the Cherokee Trail Cougars track and field team in 2013, helped the Cougars win the 2013 5A Colorado State Championship. He holds a school record in the 200-meters with a time of 21.55.

HIGH SCHOOL BESTS: 100-meters: 10.61; 200-meters: 21.55; 400-meters: 47.88.

IN THE CLASSROOM: Mars intends to major in English and is also interested in sociology.

PERSONAL: Jaylyn Elijah Mars was born on November 1, 1994 in Aurora, Colo. He is the son of Kristina Mars and Lavell Hamilton and has one sister, Shyla. He enjoys playing Xbox and riding his bike, and he is the first in his family to go to college.

JOE MITCHEM



Middle Distance
Sophomore/Freshman,
VR/RS
Broomfield, Colo.
(Broomfield)

PERSONAL BESTS
INDOOR
 Mile: 4:22.71 (2013)
OUTDOOR
 800-meters: 1:55
 1,600-meters: 4:19
 5,000-meters: 16:25

2013: Indoor: Mitchem raced twice for the Buffs, both times in the mile. He started off by racing to a sixth-place finish at the Air Force Invite (1/26), crossing in 4:31.47. Two weeks later, Mitchem ran a season best time of 4:22.71 at the Husky Classic (2/9).

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Mitchem raced twice for the Buffs, starting at the Rocky Mountain Shootout where he took 75th overall. He also competed at the Santa Clara Bronco Invitational and led CU with a 29th-place finish.

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 is majoring in environmental design.

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.

AUSTIN MITSCH



Sprints
Freshman, HS/HS
Sacramento, Calif.
(Jesuit)

PERSONAL BESTS
 100-meter: 10.63 (2013)
 200-meters: 21.3 (2013)

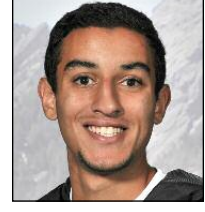
HIGH SCHOOL: Mitsch competed as a sprinter for Jesuit High School and earned all-conference and all-league honors his sophomore, junior and senior years. His team won the California State Championship in 2010, and individually, he placed third in the 200 and sixth in the 100. Mitsch was also recruited by Arizona, Boise State and Washington.

HIGH SCHOOL BESTS: 100-meter: 10.63. 200-meters: 21.3.

IN THE CLASSROOM: Mitsch intends to major in communication and is also interested in business.

PERSONAL: Austin William Mitsch was born on November 15, 1994 in Sacramento, Calif.. He is the son of Bob and Toni Ann Mitsch and has one sister, Aubrey. He enjoys surfing, playing guitar and hunting. He was awarded the outstanding service award for his work with an MDA camp and helping with basketball.

AMMAR MOUSSA



Distance
Sophomore, VR/VR
Arcadia, Calif.
(Arcadia)

PERSONAL BESTS
 800-meters: 1:53.21
 1,500-meters: 3:47.01 (2013)
 5,000-meters: 13:57.96 (2013)

2013: Indoor: Moussa debuted on the track for CU in the mile at the Air Force Invite (1/26) and placed third in an elevation time of 4:22.38. He moved on to compete in the 3,000 for his final two races during the indoor season.

Moussa recorded a 10th-place finish in the 3k at the MPSF Championships in 8:11.20.

Outdoor: Moussa started the outdoor campaign by winning the 1,500 at the Jerry Quiller Classic (3/16) in 3:58.75. One month later at the Mt. SAC Relays, he slashed over 10 seconds off his time by running 3:47.01 at sea-level. Moussa mainly focused on the 5,000 though and ran a season-best 13:57.96 at the Payton Jordan Cardinal Invite (4/29), which was 13th overall in the second section. Moussa recorded a time of 14:27.90 at the Pac-12 Championships (11th overall) and ended the season at the NCAA West Preliminary Championships with a 35th-place finish in 14:45.12.

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

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Moussa raced in the final four varsity meets of the season, starting with NCAA Pre-Nationals where he placed 54th overall as CU's No. 6 runner. Moussa turned it up a gear at the Pac-12 Championships, coming in ninth overall (CU's No. 5), helping the Buffs to their third straight Pac-12 team title while picking up All-Pac-12 Second Team honors. He was 27th at regionals and placed 95th at the NCAA Championships, rounding out CU's top five as the Buffs captured the NCAA team title. (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.

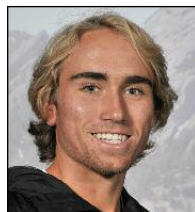
HIGH SCHOOL: Moussa was a two-time California State cross country champion, winning the title as a junior and senior. Both years he was named the Gatorade Cross Country Player of the Year. Moussa was sixth at the 2011 USA Junior Cross Country Championship and went on to place 32nd at the IAAF World Championships. 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.

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 international affairs.

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
Sophomore, VR/1L
Hanalei, Hawai'i
(Island)

PERSONAL BESTS

INDOOR

Mile: 4:30.92

OUTDOOR

800-Meters: 2:00.67

3,000-Meters: 8:35.56 (2013)

5,000-Meters: 14:04.21 (2013)

10,000-Meters: 29:36.48 (2013)

PAC-12 SCORING

2013 10,000 Meters, 3rd (29:36.48)

2013: *Indoor:* Did not compete.

Outdoor: Murphy started the season winning the 3,000 at the Jerry Quiller Classic (3/16), crossing the finish in 8:35.56. For the rest of the season, Murphy focused on the longer distances. He recorded a season-best time of 14:04.21 in the 5,000 at Mt. SAC Relays, finishing seventh in the 'A' section. Murphy's PR in the 10k came at the Pac-12 Championships where he placed third overall in 29:36.48; running just over a second faster than his previous best of 29:37.71, which he recorded at the Nike Stanford Invite (3/29). He ended his redshirt freshman season with a 30th-place finish at the NCAA West Preliminary Championships.

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: (2013) Murphy had another great season, scoring in all five varsity meets. He started the season placing fourth at the Rocky Mountain Shootout as CU's No. 2 harrier. The next two meets, Murphy came across the line fourth for CU. He was 24th at pre-nationals and was seventh at the Pac-12 Championships, helping CU to its third straight Pac-12 team Championship. Murphy led the Buffs for the first time at regionals with a fifth-place finish and rounded out his season by placing 39th at NCAAs, helping the Buffs win the NCAA title. During the season, he was named to the All-Pac-12 Second Team, All-Mountain Region and All-America teams. (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 film studies.

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.

MORGAN PEARSON



Distance
Junior, RS/RS
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

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Pearson started the season with a seventh-place finish at the Rocky Mountain Shootout, although he ran that meet unattached. He put on the CU uniform in the following meet, NCAA Pre-Nationals, and led the Buffs with a seventh-place finish. Pearson was 18th overall at the Pac-12 Championships and although he didn't score as CU's sixth runner, he did help the Buffs to their third straight Pac-12 Championship. He placed 16th at regionals and finished the season by claiming All-America honors at NCAAs with a 17th-place finish, helping the Buffs to the NCAA team title. (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 majoring in economics and integrative physiology.

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.

ZACH PERRIN



Distance
Freshman, HS/HS
Kalispell, Mont.
(Flathead)

PERSONAL BESTS

800-meters: 1:54
1,600-meters: 4:09
3,200-meters: 8:55

CROSS COUNTRY: (2013) Perrin quickly earned a position on the varsity roster as a true freshman, running fifth overall (unattached) at the Rocky Mountain Shootout. His first varsity race in uniform for the Buffs was NCAA Pre-Nationals where he finished 114th overall. Perrin's next race was Pac-12 Championships, where he helped CU claim its third straight team title. Perrin placed 37th overall as CU's No. 8 runner. He served as the alternate at regionals, but was back in action at NCAAs where he took 107th (CU's No. 6 scorer), helping CU win the team championship.

HIGH SCHOOL: Perrin won four Montana State High School Championships. He won the 2012 cross country championship after a runner-up finish his junior year. Perrin raced in the Foot Locker West Regional and took eighth overall before placing 10th at the Foot Locker Nationals in 2012. On the track, Perrin brought home three state championships in the 1,600 and 3,200-meter runs. He won the 1,600 and 3,200 as a senior and the 3,200 as a freshman. During his sophomore season, Perrin was second in both the 1,600 and 3,200. He also ran the best time by a

Montana high school runner in 2012 in the 3,200 at the Arcadia Invite (8:55). Perrin earned a top-20 national cross country ranking in 2012. He was also recruited by Oregon, Northern Arizona, Oklahoma State, Wisconsin and Alabama.

HIGH SCHOOL BESTS: 800-meters: 1:54; 1,600-meters: 4:09; 3,200-meters: 8:55.

IN THE CLASSROOM: Perrin is majoring in integrative physiology and is also interested in environmental studies.

PERSONAL: Zachary Michael Perrin was born on January 25, 1995 in San Diego, Calif. He is the son of Mike and Lisa Perrin of Lakeside, Mont. He also has three siblings, Jake, Ben and Hannah. Perrin enjoys playing the guitar, rock-climbing and kayaking.

ADAM PETERMAN



Distance
Freshman, HS/HS
Missoula, Mont.
(Hellgate)

PERSONAL BESTS

800-meters: 1:58
1,600-meters: 4:17
3,200-meters: 8:57

CROSS COUNTRY: (2013) Peterman ran one race unattached, finishing 18th overall at the Rocky Mountain Shootout.

HIGH SCHOOL: Peterman placed second to current CU teammate Zach Perrin at the 2012 Montana State High School Cross Country Championship. After the state championship, he placed second at the Nike Cross National Northwest Regional before running to a 23rd-place finish at the Foot Locker West Regional. Peterman placed third at the state cross country championship his junior and sophomore seasons. At the state track and field championship, Peterman won the 3,200-meter run with an all-class record of 9:12, which also doubles as the HHS record. He also earned a pair of fourth-place finishes in the 1,600 and 3,200 as a junior. In 2011, he took fourth in the 3,200 and fifth in the 1,600. Peterman earned a top-20 national cross country ranking in 2012. He was also recruited by Montana State, Northern Arizona, Portland and Oklahoma State.

HIGH SCHOOL BESTS: 800-meters: 1:58; 1,600-meters: 4:17; 3,200-meters: 8:57.

IN THE CLASSROOM: Peterman intends to major in environmental science.

PERSONAL: Adam Walser Peterman was born on August 11, 1995 in Missoula, Mont. He is the son of Larry Peterman and Lisa Walser. He also has an older sister, Kila. Peterman enjoys mountain biking and has volunteered for Run Wild Missoula and the Missoula Marathon.

BRADY RUTT



Throws
Junior, VR/1L
Hastings, Neb.
(Hastings)

PERSONAL BESTS

INDOOR

Shot Put: 47-06.25 (2012)
Weight Throw: 53-06.25/16.31m (2012)

OUTDOOR

Discus: 169-3/51.58m (2013)
Shot put: 49-5.75/15.08m (2013)
Hammer Throw: 171-3/52.21m (2013)

PAC-12 SCORING

2012 Discus, 5th (168-04)

2013: Indoor: Rutt competed in the shot put and weight throws and earned a personal best in the weight at the Air Force All-Comers Meet (1/12) with a mark of 53-6.25 for seventh place. His season-best toss in the shot put was 46-6 at the Potts Invite (1/19) where he took eighth place. Rutt competed in the weight throw at the Mountain Pacific Sports Federation Championships and was 20th (50-2.50).

Outdoor: Rutt threw the shot put, discus and hammer during his sophomore season and picked up personal bests in all three areas. He recorded a mark of 49-05.75 in the shot put to place seventh at the CU Invite (4/13). Rutt's hammer throw of 171-3 came at the Cowpoke Open (5/3), which placed him ninth. He saved his best for last in the discus, recording a mark of 169-3 at the Pac-12 Championships, also taking ninth.

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 integrative physiology.

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.

BEN SAAREL



Middle Distance
Freshman, HS/HS
Park City, Utah.
(Park City)

PERSONAL BESTS

800-meters: 1:51
Mile: 4:02.72
1,600-meters: 4:07.95
3,200-meters: 8:49

CROSS COUNTRY: (2013) Saarel had an outstanding true freshman season for the Buffs, earning All-Pac-12 First Team, All-Mountain Region and All-America honors. He raced the Rocky Mountain Shootout unattached and took second to teammate Blake Theroux by just one second (25:35). Saarel's first race for the Buffs was NCAA Pre-Nationals, and he took ninth overall as CU's No. 2 scorer. In the following meet, the Pac-12 Championships, he was the fifth runner to cross the finish, CU's third harrier, and helped the Buffs win their third team championship. Saarel continued to shine and at regionals, he was seventh overall, but he saved the best for last at the NCAA Championships where he took eighth overall and led the Buffs to their fourth NCAA Championship since 2001. Saarel became CU's first true freshman since Billy Nelson in 2002 to record All-America honors. That year Nelson was 42nd overall.

HIGH SCHOOL: Saarel was named the 2012 Gatorade Utah Boys Cross Country Runner of the Year after winning the Utah State Class 3A Championships in 14:56.7, which was the second fastest time ever run on the course. In doing so he helped the Miners to a fourth-place team finish. Saarel placed second at the Nike Cross Nationals Southwest Regional championship before winning the Foot Locker West Regional. At the Foot Locker Championships, Saarel placed fourth in 15:13, just 14 seconds behind the winner. Saarel earned a top-20 national cross country ranking in 2012. On the track he won the 800 and 1,600 Utah state titles, both in school record time. Saarel recorded a time of 1:51.13 in the 800 and 4:07.95 in the 1,600. Saarel also won the Arcadia Invitational 3,200 (8:45.74) and the Adidas Dream Mile (4:02.72). At the 2013 Simplot Games, he won the 3,200-meters and broke the meet record with a 9:00.62 performance. Saarel won three state championships in 2012 (800, 1,600 and 3,200). He was also recruited by Michigan, Wisconsin, Princeton, Stanford and Oklahoma.

HIGH SCHOOL BESTS: 800-meters: 1:51; Mile: 4:02.72; 1,600-meters: 4:07.95; 3,200-meters: 8:49.

IN THE CLASSROOM: Saarel intends to major in engineering physics and is also interested in chemistry.

PERSONAL: Ben Saarel was born on March 8, 1995 in Cleveland, Ohio. He is the son of Doug, a former rower at Princeton, and Tess Saarell of Salt Lake City, Utah. He also has one sister, Emma, who runs at Swarthmore College. Saarel enjoys skiing and has volunteered with the Special Olympics.

DILLON SHIJE



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

PERSONAL BESTS

INDOOR

Mile: 4:35.81 (2012)
3,000-Meters: 9:1.19 (2013)
5,000-Meters: 14:48.57 (2012)

OUTDOOR

1,500-Meters: 4:10.23 (2012)
3,000-Meters: 8:43.53 (2012)
5,000-Meters: 14:41.77 (2012)
10,000-Meters: 30:11.65 (2013)

2013: *Indoor:* Shije raced once for the Buffs, placing second in the 3,000 at the Air Force Team Challenge (2/9) with a PR of 9:01.19.

Outdoor: Shije competed in the 3,000 and 10,000-meter runs during the season. He recorded a season-best of 8:46.53 in the 3k at the CU Invite (4/13), placing third overall. Shije clocked a personal best in the 10k at the Mt. SAC Relays, finishing second in his section in 30:11.65. He also ran at the Pac-12 Championships and was 15th (31:58.76).

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 fin-

ished fourth in a time of 9:06.64.

Outdoor: Redshirt. Did not compete.

CROSS COUNTRY: (2013) Shije finished his collegiate eligibility as a member of the varsity roster. He started off running to a ninth-place finish at the Rocky Mountain Shootout. His next meet was NCAA Pre-Nationals and he recorded a third-place finish in the open race. Shije was the Buffs No. 7 runner in the next two meets, finishing 26th at the Pac-12 Championships, helping CU win its third consecutive team title, and was 75th at the regionals. He was the alternate at the NCAA Championships where CU won the team championship. (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.

PANOS SMYRNIOS



Middle Distance
Freshman, HS/HS
Littleton, Colo.
(Chatfield)

PERSONAL BESTS

400-meters: 50.76
 800-meters: 1:55
 1,600-meters: 4:33.35

CROSS COUNTRY: (2013) Smyrnios ran in one race for the Buffs as a freshman, placing 45th overall at the Santa Clara Bronco Invitational.

HIGH SCHOOL: Smyrnios raced to a time of 1:55.51 in the 800-meter run at the 2013 Colorado State Track and Field Championships, placing fifth overall. He was also the anchor of the 4x800 that placed third in 7:59. During Smyrnios' junior year, he won the 800 and was a part of the 4x400 and 4x800 relays which won the Jefferson Country League Championships. His 4x400 relay team set the school record of 3:20.29 in 2012 and later that summer he ran a personal best of 50.76 at the USATF Junior Outdoor Championships. Smyrnios earned three letters as a member of the track team and three on the cross country team. Prior to his junior year, Smyrnios also played soccer.

HIGH SCHOOL BESTS: 400-meters: 50.76; 800-meters: 1:55; 1,600-meters: 4:33.35.

IN THE CLASSROOM: Smyrnios intends to major in engineering physics and is also interested in chemistry.

PERSONAL: Panos Ernesto Smyrnios was born on December 12, 1994 in Dallas, Texas. He is the son of Angelo and Lisette Smyrnios of Littleton, Colo. He also has one sister, Angelica. Smyrnios enjoys fishing, backpacking, biking and skiing.

BLAKE THEROUX



Distance
Senior/Junior, 1L/1L
Chesapeake, Va.
(Western Branch)

PERSONAL BESTS

INDOOR
 Mile: 4:01.64 (2013)
 3,000 Meters: 8:11.43 (2012)
OUTDOOR
 1,500-Meters: 3:45.17 (2013)
 5,000-Meters: 14:55.08 (2013)
 3,000-Meter Steeplechase: 8:49.99 (2013)

MPSF SCORING

2013 Mile, 8th (4:01.64)

PAC-12 SCORING

2013 Steeplechase, 3rd (8:49.99)

ACADEMIC HONORS

MPSF All-Academic (2012, 13)
 Pac-12 All-Academic honorable mention (2012, 13)

2013: *Indoor:* Theroux ran in three races during the season, but really made an impact as he became the second fastest performer in CU history in the mile run. Theroux raced to a time of 4:01.64 in the mile at the Mountain Pacific Sports Federation Championships to finish eighth overall and record a point for the team score. The time also ranks fifth on CU's all-time chart. Just a few weeks before the MPSF Championships, Theroux ran 4:04.35 in the mile at the Husky Classic.

Outdoor: Theroux had another excellent season running middle distance events. He recorded a personal best in the 1,500 at the Payton Jordan Cardinal Invite, finishing in 3:45.17. His main event was once again the steeplechase. He ran 9:02.10 in his first attempt of the season, finishing sixth in the Olympic development section of the Mt. SAC Relays (4/18). A few weeks later, Theroux ran a personal record of 8:49.99 at the Pac-12 Championships, placing third overall. He helped the Buffs record 22 points in the race as CU went 1-3-4-8 in the event. At the NCAA West Preliminary Championships, Theroux finished his season with a 27th-place finish in 9:01.68.

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: (2013) Theroux had another outstanding season, leading CU twice during the season. He started off winning the Rocky Mountain Shootout, just one second in front of freshman teammate Ben Saarel (25:34). Theroux was CU's third scorer at NCAA Pre-Nationals, coming in 22nd overall. He returned to lead the Buffs in the next race, the Pac-12 Championship, and guided the team to its third straight team title with a third-place finish. Theroux placed 26th at regionals and then recorded the first All-America honor of his career with a 23rd-place finish as he helped the Buffs win the NCAA Championship. He also earned All-Pac-12 First Team and all-region honors during the season. (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 that performance with a 36th-place finish at pre-nationals. Theroux finished 28th at the inaugural Pac-12 Championship, helping the Buffs to the team title. He just missed all-region honors at the region championships with a 26th-place finish. Theroux finished the season strong, placing 183rd at the NCAA Championships. (2010) Redshirt. Did not compete.

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

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

IN THE CLASSROOM: Theroux is majoring in history. He is a two-time member of the MPSF All-Academic Team (2012, 13) and the Pac-12 All-Academic honorable mention team (2012, 13).

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.

JARON THOMAS



Sprints/Hurdles
Freshman, HS/HS
Midlothian, Texas
(Midlothian)

PERSONAL BESTS

110-meter hurdles: 13.98
 300-meter hurdles: 37.93
 Long Jump: 22-9
 Triple Jump: 46-8

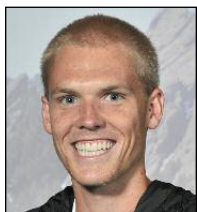
HIGH SCHOOL: Thomas made a name for himself by earning many accolades and smashing records during his time with the Panthers. In his junior year, he claimed the regional and district championships in addition to qualifying for state. The team captain of three years also broke school records including the 110-meter hurdle (13.98), the 300-meter hurdle (37.93) and the triple jump (46-8). Thomas was an all-state academic selection his senior year.

HIGH SCHOOL BESTS: 110-meter hurdles: 13.98; 300-meter hurdles: 37.93; Long Jump: 22-9; Triple Jump: 46-8.

IN THE CLASSROOM: Thomas intends to major in engineering and is also interested in biology.

PERSONAL: Jaron Kraig Thomas was born on January 8, 1995 in Stephenville, Texas. He is the son of Spivey Thomas and Lauren Hall, who both competed in track and field at Tarleton State University. Thomas is the oldest of three siblings, Kolby, Jalon and Skylar. He enjoys playing tennis, swimming and has volunteered with Niki Covers the Cold, Salvation Army and Santa's Helpers workshop.

CONNOR WINTER



Middle Distance
Junior/Sophomore,
VR/1L
Centennial, Colo.
(Arapahoe)

PERSONAL BESTS

INDOOR

800 Meters: 1:55.11 (2013)
 Mile: 4:01.69 (2013)

OUTDOOR

800-meters: 1:52.56
 1,500-meters: 3:44.53 (2013)
 5,000-meters: 14:09.45 (2013)

PAC-12 SCORING

2013 5,000-Meters, 4th (14:09.45)

2013: Indoor: Winter had an impressive sophomore campaign despite only running three races. He had his best race of the season when he clocked a time of 4:01.69 to finish ninth at the Mountain Pacific Sports Federation Championships to become the third fastest CU performer. Winter was just .05 seconds behind the eighth-place finisher, teammate Blake Theroux.

Outdoor: Winter focused on the middle distances during his redshirt freshman campaign, particularly on the 1,500. He ran 3:44.54 at his first meet of the season, the Nike Stanford Invitational (3/29). A few weeks later at the Mt. SAC Relays, Winter placed sixth in the open section, clocking in at 3:46.27. He recorded his season-best a week later at the Payton Jordan Cardinal Invite (4/29), finishing fourth in the third section in 3:44.53. Winter raced the 1,500 at the Pac-12 Championship, taking 15th overall in 3:49.69 during the preliminary round. He came back the following day in the 5,000 and placed fourth in 14:09.45 to lead the Buffs. It was the fourth fastest time for CU during the 2013 season. Winter returned to the 1,500 for the NCAA West Preliminary Championships and placed 33rd (3:52.86) to close his season.

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: (2013) Winter had another nice season, playing a key role for the Buffs throughout the season. He placed third at the Rocky Mountain Shootout as CU's No. 3 scorer. A couple weeks later, at NCAA Pre-Nationals, Winter was 28th (CU's No. 5). His best finish of the season came at the Pac-12 Championships where he took fourth and guided the Buffs to their third straight Pac-12 team title. Winter helped the Buffs to a runner-up team finish at regionals, placing 15th individually, and finished the season with a 177th-place finish at the NCAA Championships where CU took home the team title. He recorded All-Pac-12 First Team and all-region honors during the year. (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.

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/Sophomore,
RS/VR
Louisville, Colo.
(Arapahoe)

PERSONAL BESTS

OUTDOOR

800-meters: 2:24.37 (2013)
 1,500-meters: 4:53.52 (2013)

2013: Indoor: Redshirt. Did not compete.

Outdoor: Alm focused mainly on the 1,500 during her first season with the Buffs. She recorded a season-best of 4:53.52 in the 1,500 at the Bryan Clay Invitational (4/19). Alm ran four 1,500s during the season and finished faster than five minutes at the Jack Christiansen Invite (4/27) where she clocked in at 4:55.03.

CROSS COUNTRY: (2013) Alm made the varsity team after placing 20th at the Rocky Mountain Shootout. She led the Buffs in the following race, the Santa Clara Bronco Invitational, with a fifth-place finish. Alm's final race of the season was the Pac-12 Championship. She was CU's No. 7 runner and finished 36th overall, helping CU to a second-place team finish.

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. Also 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 and owns a GPA greater than 3.5.

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
Senior, VR/VR
Louisville, Colo.
(Monarch)

PERSONAL BESTS

INDOOR

Shot Put: 40-6.25/12.35m (2013)
 Weight Throw: 46-3.25/14.10m (2013)

OUTDOOR

Hammer Throw: 135-07/41.32m (2012)
 Javelin: 107-9/32.85m (2013)
 Shot Put: 39-3/11.96m (2013)
 Discus: 111-6/34.00m (2013)

2013: *Indoor:* Bank recorded personal bests in both the shot put and weight throws during her junior season. She launched her best toss in the weight throw (46-3.25) at the Air Force All-Comers Meet (1/12), placing 10th overall. Two weeks later at the Air Force Invite (1/26), Bank recorded her first mark over 40 feet in the shot put to earn a PR of 40-6.25. The mark placed her 10th at the meet.

Outdoor: Bank continued to do well during the outdoor campaign, posting personal bests in three of four events. Two of her PRs came at the first meet of the season, the Jerry Quiller Classic (3/16). There she recorded a mark of 107-9 in the javelin for ninth place and 111-6 in the discus which was seventh overall. Bank's other PR was 39-3 in the shot put at the Jack Christiansen Invite (4/27), which was good for ninth.

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. Bank's 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: Kajsja 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, 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.

HEATHER BATES



Distance
Freshman, HS/HS
Colorado Springs,
Colo.
(Pine Creek)

PERSONAL BESTS

Mile: 4:53
 800-meters: 2:15
 1,600-meters: 4:51
 3,200-meters: 10:51

HIGH SCHOOL: Bates won the 2011 and '12 Colorado State 4A 3,200-meter run and was the runner-up those same years in the 1,600. Bates also won the 2012 Colorado State 5A Cross Country Championship by 43 seconds and was named The Denver Post and The Gazette Cross Country Runner of the Year. She raced at Nike Cross Nationals and took 12th overall after placing third at the Nike Southwest Regional. Bates was named all-state in track and cross country in 2012 and was awarded the 2012 Colorado Running Hall of Fame High School Long Distance Achievement Award. She also had two other big accomplishments in 2011 as she won the USATF National Junior Olympic Cross Country Championships and took second in the AAU National Junior Olympic Cross Country Championships. Bates owns school records in the 800 (2:15), mile (4:53), 1,600 (4:51), 3,200 (10:51) and 5k (17:18). She was also recruited by Oregon, Stanford, Washington, Virginia, Arizona State, New Mexico and Vanderbilt.

HIGH SCHOOL BESTS: Mile: 4:53; 1,600-meters: 4:51; 800-meters: 2:15; 3,200-meters: 10:51.

IN THE CLASSROOM: Bates intends to major in market-

ing but is also interested in law. She was an academic all-state selection as a junior and senior.

PERSONAL: Heather Lynn Bates was born on November 25, 1994 in Belleville, Ill. She is the daughter of Daniel and Linda Bates of Colorado Springs, Colo. Bates has one older brother, Kyle. She enjoys music, reading and writing.

COURTNEY BOUCHET



Distance
Senior, VR/RS
Estes Park, Colo.
(Estes Park)

PERSONAL BESTS

INDOOR

Mile: 5:09.89 (2013)
 3,000-Meters: 9:30.03 (2013)

OUTDOOR

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

ACADEMIC HONORS

Academic All-Big 12 (2011)
 MPSF All-Academic (2012, 13)
 Pac-12 All-Academic honorable mention (2012)

2013: *Indoor:* Bouchet ran in three races, starting the season with a personal best in the mile (5:09.89) at the Air Force Invite (1/26) where she placed third overall. After that meet, Bouchet raced the 3,000-meter run twice. She recorded her PR of 9:30.03 at the Husky Classic (2/9) to take third overall in her section. Two weeks later, Bouchet returned to the same track for the MPSF Championships and took 12th in 9:36.37.

Outdoor: Redshirt. Did not compete.

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: (2013) Bouchet finished her cross country career as a member of the varsity squad. She was CU's No. 5 runner at the Rocky Mountain Shootout, finishing 14th overall. Bouchet was seventh in the open race at NCAA Pre-Nationals. At the Pac-12 Championships, she was 48th overall (CU's ninth runner), and helped the team to a second-place finish. Bouchet served as the alternate at regionals and NAAs. (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 finished 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 capped 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. In 2012 and '13, 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.

ERIN CLARK



Distance
Freshman, HS/HS
Eugene, Ore.
(South Eugene)

PERSONAL BESTS

1,500-meters: 4:28.90
3,000-meters: 9:32.08
5,000-meters: 16:41.36

CROSS COUNTRY: (2013) Clark earned a spot on the varsity roster as a true freshman. She ran the Rocky Mountain Shootout unattached, but finished an impressive third overall. The following meet, NCAA Pre-Nationals, she finished as CU's No. 3 runner, crossing the finish 28th overall. Clark helped the Buffs to a second-place team finish at the Pac-12 Championship, placing 13th, once again as CU's No. 3. She recorded her best finish of the season at regionals, coming in fifth overall. Clark finished the year helping the Buffs capture a seventh-place finish at NAAs by placing 97th. During the year, she was named All-Pac-12 Second Team and all-region.

HIGH SCHOOL: Clark recorded a sixth-place finish at the 2012 Oregon State 6A Cross Country Championships after placing third at the 2011 meet and was eighth in 2010. Following her sixth-place finish as a senior, Clark placed eighth at the Nike Cross Nationals Northwest Regional and took 11th at the Foot Locker West Regional. Clark also competed at the Nike Cross Northwest Regional her junior and sophomore years, placing fourth and seventh, respectively. On the track, she won the state 3,000-meter title twice. Clark won in 2013 with a state and school record (9:32) and she also won as a sophomore in 2011. At the state meet during her junior year, she took second in the 3k and was third in the 1,500. She was also recruited by Cornell, Oregon and Stanford.

HIGH SCHOOL BESTS: 1,500-meters: 4:28.90; 3,000-meters: 9:32.08; 5,000-meters: 16:41.36.

IN THE CLASSROOM: Clark intends to major in integrative physiology and is also interested in French.

PERSONAL: Erin Elizabeth Clark was born on December 28, 1994 in Albany, Ore. She is the daughter of Andy and Susan Clark and also has one younger brother, Nathan. Her aunt, Kathy Herrmann, ran on Oregon's cross country and track and field team. Clark also enjoys skiing and was an alpine racer in high school. Heather Lynn Bates was born on November 25, 1994 in Belleville, Ill. She is the daughter of Daniel and Linda Bates of Colorado Springs, Colo. Bates has one older brother, Kyle. She enjoys music, reading and writing.

CHARLOTTE DENNIS



Sprints
Freshman, HS/HS
Gig Harbor, Wash.
(Gig Harbor)

PERSONAL BESTS

100-meters: 12.94
200-meters: 25.81
400-meters: 57.47

HIGH SCHOOL: Dennis, voted the Gateway Athlete of the Week and the Subway Athlete of the Week during her senior year, helped her team to the Narrows League Championships all four years of her high school career. Individually, she claimed the Narrows League 200-meter championship and placed fifth in the 400 at the state championships during her senior year. The three-year state qualifier was also named MVP of her track team during her senior year.

HIGH SCHOOL BESTS: 100-meter: 12.94; 200-meter: 25.81; 400-meter: 57.47.

IN THE CLASSROOM: Dennis intends to major in political science.

PERSONAL: Charlotte Marie Dennis was born on May 23, 1995 in Tampa, Fla. She is the daughter of Dean and Katherine Dennis and has three brothers, Sean, Nicholas and Steven. Her brother, Sean, played football and ran track at Whitworth University. Dennis enjoys hiking, skiing and traveling and directed a play at Artondale Elementary School in addition to helping children learn to read.

JENNY DeSOUCHE



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

PERSONAL BESTS

800-meters: 2:12.98

2013: Indoor: Did not compete.

Outdoor: Did not compete.

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

CROSS COUNTRY: (2013) DeSouchet competed in all five varsity races for the Buffs, starting with the Rocky Mountain Shootout where she placed 13th overall. At NCAA Pre-Nationals, DeSouchet finished 97th. She ran to a 52nd-place finish at the Pac-12 Championships, helping CU take second in the team race. DeSouchet earned all-region recognition at NCAA Mountain Regionals when she took 15th overall. She ended the season with a 191st place finish at NAAs, helping CU to a seventh-place team finish.

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 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 a pre-journalism major and currently owns a GPA greater than 3.30.
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



High Jump
Junior, 1L/1L
Colorado Springs, Colo.
(Doherty)

PERSONAL BESTS
INDOOR
 High Jump: 5-9.25/1.76m (2013)
OUTDOOR
 High Jump: 5-10.75/1.80m (2013)
MPSF SCORING
 2013 (I) High Jump, 4th (5-7-25/1.71m)
PAC-12 SCORING
 2013 (O) High Jump, 8th (5-8.75/1.75m)

2013: *Indoor:* English competed in five meets for CU. She had a solid start to her season, winning the Air Force All-Comers meet (1/12) after clearing 5-8. English moved into a tie for sixth place on CU's all-time performers list when she jumped 5-9.25 at the Air Force Team Challenge (2/9). It was the best jump by a Buff since 1997. English went on to compete at the MPSF Championships and tied for fourth (5-7.25). *Outdoor:* English became the fourth best jumper in CU history as a sophomore when she recorded a mark of 5-10.75 to win the Jack Christiansen Invite (4/27). She also won the Fum McGraw Quadrangular after clearing 5-9.75. English picked up points for the Buffs at the Pac-12 Championships, placing eighth overall (5-8.75). She went on to compete at the NCAA West Preliminary Championships, and placed 13th overall (5-8.75), just missing advancing to the NCAA Championships by one position.
2012: *Indoor:* English only competed in three meets for the Buffs, but found success in her 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: (2013) English had another great season for the Buffs, helping the team to its first NCAA Tournament appearance since 2006. She led the team with a .361 hitting percentage (213 kills and 50 errors on 452 attacks) and ranked fifth in the Pac-12 Conference. Her hitting percentage also ranked third on CU's single season list. English served up 42 aces during the season, breaking the CU record for the most by a middle blocker in a single season, which was third on CU's single season chart. She tied the CU record for the most aces in the NCAA Tournament with six after recording all six in the first round against Iowa State (12/6), which also tied the most in a four-set NCAA match. English ranked second on the team in blocks with 84 (0.72 per set) and was fifth in kills with 213 (1.82 per set). She recorded double-digit kills three times during the season, including a season-best 13 against Appalachian State (9/13). English played in all 32 matches, starting in 30, and saw action in 117 of 119 sets.

(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 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 was 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: 5-9.
IN THE CLASSROOM: English is majoring in psychology and sociology and owns a GPA greater than 3.00. She was named to the Pac-12 Volleyball All-Academic honorable mention team in 2012. English was also named to the MPSF All-Academic Team in 2013 and to the Pac-12 All-Academic honorable mention team in 2013.

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.

EILEEN GEHRING



Sprints
Junior, 2L/2L
Madison, Wis.
(Edgewood)

PERSONAL BESTS
INDOOR
 60 Meters: 7.80 (2012)
 200 Meters: 24.31 (2013)
 400 Meters: 54.67 (2013)
OUTDOOR
 200-meters: 23.80 (2013 – school record)
 400-meters: 53.23 (2013 – school record)
MPSF SCORING
 2012 4x400 Meter Relay, 6th (3:45.11)
 2013 200 Meters, 8th, (24.45)
PAC-12 CONFERENCE SCORING
 2012 4x400 Meter Relay, 5th (3:40.30)
 2013 4x400 Meter Relay, 5th (3:36.95)

CAREER UPDATE: Gehring is the school record holder in the outdoor 200 (23.80) and 400 (53.23), clocking both of those times at the Mt. SAC Relays. Gehring owns the top three times in the 400 and has six of the top 10 times. She became the second best performer in the indoor 200 (24.31) and the indoor 400 (54.67). Gehring was also a member of the school record setting 4x400-meter relay team, which ran 3:43.52 at the 2013 Tyson Invitational.

2013: *Indoor:* Gehring had another outstanding season, moving into second on CU's all-time performers list in both the 200 and 400-meter dashes. Gehring won both events at the Air Force All-Comers Meet (1/12) to open the season and followed that up by taking both at the Air Force Invitational (1/26). She recorded her personal bests at the Tyson Invite (2/8-9), clocking 24.31 in the 200 and 54.67 in the 400. Her 400 ranks third on the all-time performance

list, while her 200 is fifth all-time. Gehring recorded her first individual MSPF honor when she placed eighth overall in 24.45 at the indoor championships.

Outdoor: Gehring had another great season as CU's top female sprinter. She went to the ASU Sun Angel Classic (4/6) and reset her own 400 record, clocking in at 53.38 for third in the premiere section. With the performance, Gehring became the only Buff to ever finish with a sub-54.00 second time. She also ran in the 200 premiere and took sixth in a then-PR of 23.95, which tied for second in CU history. Just two weeks later, Gehring was back at it at the Mt. SAC Relays (4/18-20) and this time she picked up school records in both the 200 and 400. She finished the 400 in 53.23, first in the Olympic development section. In the 200, she finally broke the CU record (of 23.86 from 1993) when she finished in 23.80, eighth in the open section. Gehring went on to compete in both at the Pac-12 Championships. She placed 12th in the prelims of the 400 (54.42) and 13th in the 200 (24.17). Gehring was also a member of the 4x400 relay, which placed fifth at the championships (3:36.95). She qualified for both events and the relay at the NCAA West Preliminary Championships. There she was 30th in the 200 (24.21), 35th in the 400 (54.68) and the 4x4 placed 18th (3:38.39).

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 MSPF Indoor Championships. She was 11th in the 200, finishing in 24.65, and became the fifth best CU performer in the event. Gehring followed it 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 MPSPFs (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 communications and has a GPA greater than 3.00.

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.

SOPHIE HALLAM-EAMES



Throws
Sophomore, VR/VR
Seattle, Wash.
(Nathan Hale)

PERSONAL BESTS

INDOOR

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

OUTDOOR

Discus: 137-1/42.40m (2013)

Hammer Throw: 142-11/43.57m (2013)

2013: Indoor: Did not compete.

Outdoor: Hallam-Eames threw the discus and the hammer throw during her first outdoor campaign, focusing a lot on the discus. She recorded a season-best in the hammer throw (142-11) at the Jerry Quiller Classic (3/17) which placed seventh overall. Hallam-Eames' best mark in the discus was 139-1, which came at the Tom Benich Classic (3/22) and was fourth.

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.

BRITTANY HANRAHAN



Hurdles
Freshman, HS/HS
Newport Beach, Calif.
(Mater Dei)

PERSONAL BESTS

100-meters: 12.73

100-meter hurdles: 15.33

300-meter hurdles: 45.03

HIGH SCHOOL: Hanrahan helped the Monarchs to league, county and state championships three years during her high school career. Her time in the 100-meter hurdles, 15.33, ranked 10th in Orange County and her 300- hurdles time of 45.03, ranked 16th.

HIGH SCHOOL BESTS: 100-meter: 12.73; 100-meter hurdles: 15.33; 300-meter hurdles: 45.03.

IN THE CLASSROOM: Hanrahan intends to major in integrative physiology and is also interested in business and political science.

PERSONAL: Brittany Rose Hanrahan was born on December 30, 1994 in Burbank, Calif. She is the daughter of Michael and Linda Hanrahan and is the youngest of five. She has volunteered at the thrift shop, campus ministry and the assistance league of Newport Beach. After graduation, Hanrahan aspires to be a nutritionist.

ALLIE HASKELL



Sprints
Junior, TR/TR
Tucson, Ariz.
(Empire/Pima CC)

PERSONAL BESTS

200-meters: 25.60

400-meters: 56.32

AT PIMA COMMUNITY COLLEGE: Haskell ran a personal best time of 1:34.74 in the 600-meter to finish third at the NJCAA Indoor Nationals. Her best runs included a time of 56.32 in the 400, as well as 25.60 in the 200.

HIGH SCHOOL: Haskell claimed the state championship in the 400-meters as a sophomore in 2009 and broke eight records during her time with the Ravens. Haskell also captained the cheer team, graduated with a 4.0 and earned the National Leadership Award in 2010.

HIGH SCHOOL BESTS: 200-meter: 26.91. 400-meter: 58.41.

IN THE CLASSROOM: Haskell intends to major in molecular, cellular and developmental biology and is also interested in neuroscience.

PERSONAL: Alexandra Elizabeth Haskell was born on November 9, 1992 in Honolulu, Hawaii. She is the daugh-

ter of Edward Haskell Jr. and Nathalie Thomas, and she has one brother, Edward Haskell III. Haskell can speak Greek, dances to folk music and plays three instruments: violin, viola and cello. She aspires to attend medical school and become a team doctor after graduation.

ANA HOLLAND



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

PERSONAL BESTS

100-meters: 11.33 (2013)
 200-meters: 23.04 (2013)
 400-meters: 52.49 (2013)

HIGH SCHOOL: Holland competed for the USA Junior National Team after graduating from RJHS in 2013. She earned gold at the Pan American Games as part of the 4x100-meter relay, and earlier in the summer, claimed the USA junior national championship in the 200 (23.04) and placed third in the 100 (11.78). While competing for the Raiders, Holland broke state records in 2013, including the 400 (52.49) and the 200 (23.29). The Colorado Gatorade Player of the Year lettered all four years and claimed all-state and all-city honors her senior and sophomore years.

HIGH SCHOOL BESTS: 100-meters: 11.33; 200-meters: 23.04; 400-meters: 52.49.

IN THE CLASSROOM: Holland intends to major in integrative physiology and is also interested in psychology.

PERSONAL: Ana Monée Holland was born on February 16, 1995 in Omaha, Neb. She is the daughter of Jeff and Barb Holland, and has three siblings, Symonne, Blaize and Mia, who competes on the track team for the Buffs as well. Holland aspires to run professionally after graduation.

MIA HOLLAND



Sprints
Freshman/Sophomore,
RS/VR
Centennial, Colo.
(Regis Jesuit)

PERSONAL BESTS

OUTDOOR
 100-Meters: 13.13 (2013)
 200-Meters: 25.25 (2013)

2013: *Indoor:* Did not compete.
Outdoor: Holland raced the 100 and 200 during her freshman season. She recorded a season-best of 13.13 at the Fum McGraw Quadrangular (3/30), and at the CU Invite (4/13), she ran a season-best 26.56 in the 200.

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. She was an honor student her junior and senior years at RJHS.

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

IN THE CLASSROOM: Holland is an open major.

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. Ana is a freshman on the CU track and field team.

LINDSEY HUBBARD



Middle Distance
Senior/Junior, VR/VR
Gilcrest, Colo.
(Valley)

PERSONAL BESTS

INDOOR
 200 Meters: 26.48 (2011)
 400 Meters: 59.74 (2011)
 600 Yards: 1:27.44 (2011)
 800 Meters: 2:21.56 (2013)
OUTDOOR
 400-Meter Hurdles: 1:03.45 (2012)

2013: *Indoor:* Hubbard raced at three meets for the Buffs, mostly in the 800. She recorded a fourth-place finish with a season best (2:21.56) at the Air Force Team Challenge (2/9). Hubbard won the 800 at the Air Force All-Comers Meet (1/12) in 2:26.59.

Outdoor: Did not compete.

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.

CROSS COUNTRY: (2013) Hubbard ran once during the fall season for CU, finishing 80th at the Santa Clara Bronco Invitational.

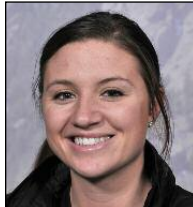
HIGH SCHOOL: Hubbard was a member of the track and field, softball and swimming teams at Valley High School and earned four letters in each sport. Her father, Mike, was her coach on the track and helped guide the Vikings to the conference championship from 2008-10. Hubbard set the school record in the 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 GPA greater than 3.30.

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, VR/1L
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: 207-10/63.35m (2013)

PAC-12 SCORING

2013 Hammer Throw, 7th (199-0)

HONORS

Academic All-Big 12 (2011)
 Speed-Strength & Conditioning Female Lifter of the Year (2011)
 Academic All-MPSF (2012)
 Pac-12 All-Academic honorable mention (2013)
 Pac-12 Female Field Athlete of the Week (twice)
 All-American Second Team (Hammer Throw, 2013)
 CU School Record Holder (Hammer Throw, 207-10/63.35m)

CAREER UPDATE: Hunsucker enters her final season with the Buffs as the CU record holder in the hammer throw (207-10), which she recorded at the 2013 NCAA West

Preliminary Championship. During her redshirt junior season she broke CU's 15-year-old record (196-10). Hunsucker went on to NAAs and placed ninth overall (204-8) to earn second team All-American honors, becoming the first Buff since Janet Visosky, CU's previous record holder, in 1998 to become an All-American in the hammer throw.

2013: Indoor: Redshirt. Did not compete.

Outdoor: After a year away from competing in uniform, Hunsucker came back and made a statement as she broke the 15-year-old CU record (196-10) at the third meet of the season. She recorded a toss of 197-8 at the Fum McGraw Quadrangular (3/30), which placed first at the meet. In total, Hunsucker won six meets and placed second in two during the season. She also reset her own CU record three more times throughout the season. The second time she broke her record was at Mt. SAC Relays (4/18-20) where she became the first Buff to record a mark over 200 feet at 200-3, which was second overall. A few weeks later, Hunsucker won the Cowpoke Open (5/3) with a toss of 203-9. The Pac-12 Championships were the following week and she earned a seventh-place finish with a throw of 199-0. Hunsucker continued to improve and at the NCAA West Preliminary Championships, she earned her way to nationals with another record of 207-10, which was seventh at the meet. She became the first Buff since Janet Visosky, the former CU record holder, in 1998 to advance to nationals. Hunsucker earned second team All-America honors at NAAs with a mark of 204-8. During the course of the season, she was also named the Pac-12 Female Field Athlete of the Week.

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. She 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 had 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 3.00 and was a member of the Big 12 Commissioner's Honor Roll. She earned MPSF All-Academic honors in 2012 and in 2013 was named a Pac-12 All-Academic honorable mention.

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 was a member of the CSU-Pueblo football team.

ANNIE KELLY



Distance
Freshman, TR/TR
Alpharetta, Ga.
(Milton/Mississippi)

PERSONAL BESTS

1,600-meters: 4:59.10
3,200-meters: 10:45.11
5,000-meters: 17:12.74

AT MISSISSIPPI: Kelly ran one cross country season for Mississippi. She placed 31st at the NCAA South Regional in 20:57 after a 57th-place finish at the SEC Championships.

HIGH SCHOOL: Kelly lettered all four years in cross country and also earned three letters as a member of the track team at MHS. She was named the 2012 Milesplit Georgia Cross Country Runner of the Year. Kelly was the runner-up at the GHSA 6A cross country state championships and was 25th at the Foot Locker south regional. She also helped the Eagles win the 2010, 2011 and 2012 state cross country team championship. On the track, she earned high school All-America honors after finishing eighth in the 5,000 (17:12.74) at the 2013 New Balance Indoor Nationals. Kelly was named USATF Georgia All-State as a junior and senior. She owns or shares eight MHS records in the 1,600 (4:59.10), 3,200 (10:45.11), 5,000 (17:12.74), 4x800, 4x1,600, Distance Medley Relay, the 5k cross country record and the Georgia 19 and under half marathon.

HIGH SCHOOL BESTS: 1,600-meters: 4:59; 3,200-meters: 10:45; 5,000-meters: 17:12.74.

IN THE CLASSROOM: Kelly is interested in business as well as psychology and sociology.

PERSONAL: Anne Katherine Kelly was born on November 16, 1994 in Atlanta, Ga. She is the daughter of Andrew and Sue Kelly and has three siblings, Nick, Liz and her twin Ryan. Liz and Nick both swam at Emory College and Nick is a student at CU. Her mother was a professional triathlete and later became a professional marathon runner and qualified for the Olympic Trials. Her father was an ultra-marathoner and professional cyclist and competed in the rodeo. He was also a member of Montana State's rodeo team in college. Kelly would like to pursue a career in professional running. She enjoys singing and has volunteered with Habitat for Humanity.

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)
 2011 USATF Championships (9th, steeplechase)
 2012 USTFCCA Mountain Region Female Track Athlete of the Year
 2012 U.S. Olympic Team Trials (3rd, steeplechase - 9:35.73)
 2012 Olympian (steeplechase)
 2013 USA Outdoor Championships (3rd, steeplechase)
 2013 IAAF World Championships participant (steeplechase)

CAREER UPDATE: Kipp made a name for herself in 2012, becoming the third CU female to win an NCAA Steeplechase Crown. 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 of accomplishments 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).

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Kipp redshirted the outdoor season as well, but competed unattached. She won the elite section of the Mt. SAC Relays (4/18) in 9:52.82, her first race of the season. Kipp ran at several other meets before racing at the USA Outdoor Championships at the end of June. She took 13th in the preliminary round (10:07.75) to advance to finals, but

came back two days later in the final to place third in 9:46.83, qualifying for the IAAF World Championships. The only thing standing in her way was that she didn't have the 'A' standard of 9:43.00, which was needed to compete at worlds, so Kipp set off to race in Europe and chased the standard and on July 17, she did just that when she ran 9:37.23 at the Monaco Grand Prix. Kipp went on to race at the world championships and placed ninth in the first heat (9:45.97).

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.

CROSS COUNTRY: (2013) Kipp finished her cross country season on a high-note, becoming the first CU woman to earn All-America honors all four seasons. She led the Buffs in all four races she ran, starting with a 19th-place finish at NCAA Pre-Nationals. Two weeks later, Kipp guided the Buffs to a runner-up team finish at the Pac-12 Championships with a ninth-place finish, earning All-Pac-12 Second Team honors. She earned her second individual runner-up finish at NCAA Mountain Regionals two weeks later, as well as her fourth all-region honor, while helping CU win regionals. Kipp ended her collegiate cross country season with a ninth-place finish at NCAAs, the best finish by a female Buff since 2009. The team also did well as it placed seventh. (2012) Kipp once again led the Buffs but sat out at 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.

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.

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
Redshirt Freshman, RS
Reno, Nev.
(Galena)

PERSONAL BESTS

Discus: 115-6/32.20m (2013)
Javelin: 108-8/33.12m (2013)

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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 is majoring 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, RS
Bethel Park, Pa.
(Bethel Park)

PERSONAL BESTS

INDOOR
Shot Put: 39-07.75 (2012)
OUTDOOR
Shot Put: 39-8.50/12.50m (2013)
Javelin: 103-05/31.52m (2012)

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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 a physics and Russian 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.

ABBY LEVENE



Distance
Graduate, TR
Dublin, N.H.
**(Phillips Academy/
Princeton)**

PERSONAL BESTS

5,000: 16:21 (2013)
10,000: 34:21 (2013)

CROSS COUNTRY: 2013: Levene ran in the last three varsity races of the season for the Buffs. She placed 41st at the Pac-12 Championships. At regionals, Levene scored for the Buffs as the No. 5 runner, placing 12th overall to earn all-region honors. She finished the season at NCAAs as CU's No. 2 scorer, placing 59th overall to help the Buffs take seventh in the team race.

COLLEGE – PRINCETON (2009-13): Levene earned two letters in cross country and two in track and field while competing for the Tigers before graduating. She owns the school's 10,000-meter run record (34:21), which she ran on April 5, 2013 at the Sam Howell Invitational. Levene ran a 5k personal best of 16:21 at Mt. SAC Relays on April 19, 2013.

HIGH SCHOOL: Levene ran cross country and track and field at Phillips Academy. As a senior, she was named the cross country team's MVP. The Big Blue won the New England Prep School Track Association (NEPSTA) team cross country title from 2005-08 and Levene was the individual champion in 2007 and 2008. The track team won the team NEPSTA Championship in 2007 and she earned the individual league championship in the 3k that same season.

HIGH SCHOOL BESTS: 3,000-meters: 10:01.

IN THE CLASSROOM: Levene is pursuing her master's in environmental journalism. She graduated Magna Cum Laude from Princeton in May of 2013.

PERSONAL: Abigail Peters Levene was born on February 2, 1991 in Erie, Pa. She is the daughter of Steven and Susan Peters of Dublin, N.H. and has one sister, Molly, who swims at Tufts. Levene enjoys cooking, baking, painting, hiking, swimming, biking and triathlons.

BRITTANY LEWIS



**Combined Events/
Jumps**
**Redshirt Sophomore,
1L/RS**
Aurora, Colo.
(George Washington)

PERSONAL BESTS

INDOOR

Pentathlon: 3,863 (2013)
60-Meter Hurdles: 8.86 (2013)
High Jump: 5-7/1.70m (2013)
Shot Put: 36-04.25/11.08m (2012)
Long Jump: 19-1.25/5.82m (2013)
800-Meters: 2:21.63 (2012)
60-Meters: 9.32
200-Meters: 27.13
400-Meters: 57.37 (2013)

OUTDOOR

Heptathlon: 4,977 (2012)
100-Meter Hurdles: 14.27 (2013)
High Jump: 5-05 (2012)
Shot put: 33-5.75 (2012)
200-Meters: 25.5
Long Jump: 19-07 (2012)
Javelin: 115-3/35.12 (2013)
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)

2013: *Indoor:* Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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 at 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 sociology. She was also selected to the serve on the search committee that hired CU Athletic Director Rich George during the summer of 2013.

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 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
Senior, VR/VR
Fox Island, Wash.
(Gig Harbor)

PERSONAL BESTS

INDOOR

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

OUTDOOR

Hammer Throw: 169-10/51.77m (2013)

2013: *Indoor:* Lind competed at a trio of meets for CU. She recorded a season-best toss of 48-04.75 in the weight throw at the Air Force All-Comers Meet, placing seventh in the process.

Outdoor: Lind continued to focus on the hammer throw and recorded a PR in her first meet of the season, the Jerry Quiller Classic (3/15). She threw the hammer 169-10, which was good for third-place.

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.

LINDSY MATTSON



Sprints
Junior, 1L/2L
Grand Rapids, Minn.
(Grand Rapids)

PERSONAL BESTS

INDOOR

200 Meters: 25.11 (2013)

400 Meters: 55.96 (2013)

OUTDOOR

200-meters: 24.25 (2013)

400-meters: 54.34 (2013)

MPSF SCORING

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

PAC-12 CONFERENCE SCORING

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

2013 4x400 Meter Relay, 5th (3:36.95)

2013: *Indoor:* Mattson continued to improve during her sophomore campaign and moved into fifth on CU's all-time 400-meters performers list. She recorded a personal best in the 400 at the Tyson Invite (2/8), clocking 55.96. At the MPSF Championships, Mattson clocked in at 25.11, a personal record, in the 200, which placed 21st overall, and placed 17th in the 400 (56.26).

Outdoor: Mattson moved up on CU's all-time list in both the 200 and 400, becoming the third-best CU performer in the

400 (54.34) and the sixth-best in the 200 (24.25). Mattson clocked her 200 time of 24.25 at the Beach Invitational (4/20), placing eighth overall. Her best two times of the season in the 400 came during the postseason. Mattson ran her PR of 54.34 in the 400 during the prelims of the Pac-12 Championships, placing 11th overall. She recorded a time of 54.57 at the NCAA West Preliminary Championships two weeks later for 33rd overall. Mattson was also a member of the 4x400 relay. The relay placed fifth at the Pac-12 Championships (3:36.95) and was 18th at the west prelims (3:38.39).

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 3.70 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.

LUCY MAY



Middle Distance
Freshman, HS/HS
St. Louis, Mo.
(St. Joseph's Academy)

PERSONAL BESTS

800 meters: 2:16.99
 1,600 meters: 4:56

HIGH SCHOOL: May is the St. Joseph's Academy record holder in the 800 (2:16.99) and 1,600-meter (4:56) runs.

During her senior year, May placed second at the state championships in the 1,600 and was an all-state selection in the 1,600 and the 800. She also earned all-conference honors in the 800, 1,600 and 3,200 as a senior. During her sophomore cross country season, the Angels placed third at the state 4A championship.

HIGH SCHOOL BESTS: 800-meters: 2:16.99; 1,600-meters: 4:56.

IN THE CLASSROOM: May intends to major in business and is also interested in engineering.

PERSONAL: Lucy Catherine May was born on December 19, 1994 in Louisville, Colo. She is the daughter of Chris and Joanne May and has a brother, Jake, and a sister, Sophia. Her father is the Athletic Director at Saint Louis University and also ran track at Iowa State. May also enjoys playing basketball and soccer.

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)

2013: Indoor: Redshirt. Did not compete.

Outdoor: Redshirt. Did not compete.

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: (2013) McAlister raced three times for the Buffs as a sophomore. She started the season by playing ninth at the Rocky Mountain Shootout. McAlister was CU's seventh runner to finish at NCAA Pre-Nationals, finishing 163rd overall. Her final race of the season was the Pac-12 Championships where she placed 30th as the fifth scorer, helping CU take second in the team race. (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 English major and currently owns a GPA greater than 3.00.

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.

MELANIE NUN



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

PERSONAL BESTS

800-meters: 2:17
 1,600-meters: 5:08
 3,200-meters: 10:57

CROSS COUNTRY: (2013) Nun had a breakout freshman season, earning a spot on the varsity roster early in the season. She raced unattached at the Rocky Mountain Shootout, placing eighth. Her first race in uniform was NCAA Pre-Nationals and she finished 57th overall as CU's No. 4 runner. Nun was CU's fourth scorer at the Pac-12 Championships as well, coming in 14th overall to earn All-Pac-12 Second Team honors, and helped the Buffs claim second in the team title. At regionals, she was sixth overall, again the fourth runner for the Buffs, helping CU win the regional crown. Nun finished her freshman season at NCAAs as the third scorer for CU, crossing the line 68th overall, while helping CU to a seventh-place team finish.

HIGH SCHOOL: Nun finished fifth overall at the 2012 Colorado State 5A Cross Country Championships, improving from a 12th-place finish as a junior. She placed 10th at Foot Locker Midwest Regional Championships to earn a spot at the Foot Locker Nationals where she finished 35th overall. Nun won the 5A Region 3 Championship in 2012

and the 5A Region 4 Championship in 2011. She owns school records in the 800 (2:17), 1,600 (5:08), 3,200 (10:57), the 4x800-relay (9:47) and in the 5k cross country course (17:35). In 2013, Nun placed fourth in the 3,200 and was eighth in the 1,600 at the state championships. She was named the LHS Athlete of the Year as a senior and was a finalist for the Boettcher Scholarship.

HIGH SCHOOL BESTS: 800-meters: 2:17; 1,600-meters: 5:08; 3,200-meters: 10:57; 4x800-relay: 9:47.

IN THE CLASSROOM: Nun intends to major in mathematics and is also interested in economics.

PERSONAL: Melanie Lyn Nun was born on November 21, 1994 in Westminster, Colo. She is the daughter of Thomas and Sheila Nun of Thornton, Colo. and has three siblings, Zach, Dylan and Ryan. Nun enjoys soccer and yoga and has been a volunteer track coach for young kids.

MANDY ORTIZ



Distance
Freshman, HS/HS
Vail, Colo.
(Battle Mountain)

PERSONAL BESTS
 Mile: 5:18
 3,200-meters: 11:30

HIGH SCHOOL: Ortiz recorded a top-15 finish at the 2013 Colorado State 4A Cross Country Championships (15th overall) and placed sixth at the 4A Region 6 Championships as a senior. During her junior season, Ortiz won the 4A Region 5 Championships and placed 11th at state. As a senior on the track, Ortiz placed fourth in the 3,200 and was eighth in the 1,600 at the 2013 Colorado State 4A Track and Field Championships. She raced at the 2012 state meet and finished seventh in the 3,200-meters and 12th in the 1,600. Ortiz owns school records in the mile (5:18), two-mile (11:30) and on the 5k cross country course (18:38).

HIGH SCHOOL BESTS: Mile: 5:18; 3,200-meters: 11:30.

IN THE CLASSROOM: Ortiz intends to major in integrative physiology and is also interested in English.

PERSONAL: Amanda (Mandy) Louise Ryan Ortiz was born on March 17, 1995 in Vail, Colo. She is the daughter of Michael and Anita, a professional mountain and ultra-runner, Ortiz of Eagle, Colo. She has three siblings, Amelia, who runs cross country and track at Williams College, Acacia and David. Ortiz enjoys baking, hiking, spending time outdoors and with family and friends.

EWELINA PENA



Combined Events
Sophomore, VR/VR
Lakewood, Colo.
(Lakewood)

PERSONAL BESTS
INDOOR
 High Jump: 5-1/1.55 (2013)
OUTDOOR
 High Jump: 5-06

2013: *Indoor:* Pena jumped four times in her freshman indoor season. She cleared a season-best 5-1 at three meets and then jumped 5-0.25 at the fourth competition.

Outdoor: Pena competed in five meets during the outdoor season and recorded a season-best at the Fum McGraw Quadrangular (3/30), clearing 5-4.40 which tied for sixth.

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 majoring in chemistry and owns a GPA greater than 3.00.

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.

HAGEN REEDY



Distance
Freshman, HS/HS
Clovis, Calif.
(Buchanan)

PERSONAL BESTS
 800-meters: 2:19
 1,600-meters: 4:56
 3,200-meters: 10:21

HIGH SCHOOL: Reedy was the 2012 California Interscholastic Federation (CIF) State Cross Country Championship runner-up after winning the CIF Central Section Championship. She went on to place 20th at Nike Cross Nationals. Reedy also recorded a second-place finish at the 32nd Annual Woodbridge-Estancia-Costa Cross Country Classic with the fourth best time in course history (16:17 for three miles). In 2011, Reedy won the CIF Championship, the CIF Central Section and took seventh at Nike Cross Nationals. As a member of the track team, Reedy placed fifth at the 2012 CIF State finals of the 3,200-meters. She also earned a top-20 national cross country ranking in 2012. Reedy was also recruited by Long Beach State, Arkansas and Arizona.

HIGH SCHOOL BESTS: 800-meters: 2:19; 1,600-meters: 4:56; 3,200-meters: 10:21.

IN THE CLASSROOM: Reedy intends to major in geology and is also interested in teaching. She was the class valedictorian.

PERSONAL: Hagen Michelle Reedy was born on October 12, 1994 in Rock Springs, Wyo. She is the daughter of Christopher, a former swimmer at Nebraska, and Shelly Reddy of Clovis, Ore. She also has one older brother, Heath, who is a member of the cross country and track and field teams at Long Beach State. Reedy enjoys photography, cooking and baking, reading, watching movies and spending time outdoors.

OLIVIA RINTALA



Middle Distance
Freshman, HS/HS
San Jose, Calif.
(ArchbishopMitty)

PERSONAL BESTS
 800-meters: 2:15
 1,600-meters: 5:10

CROSS COUNTRY: (2013) Rintala raced twice as a freshman. She ran unattached at the Rocky Mountain Shootout, placing 56th overall. Rintala also competed at the Santa Clara Bronco Invitational, finishing 15th.

HIGH SCHOOL: Rintala's main focus is the 800 and 1,600-meter runs. As a junior, she placed seventh in the California Central Coast Section finals of the 1,600 after placing fourth in the semifinals. Rintala recorded a top-100 finish at the 2012 California State Cross Country Championships, finishing 83th overall. She was 13th at the CCC Championships.

HIGH SCHOOL BESTS: 800-meters: 2:15; 1,600-meters: 5:10.

IN THE CLASSROOM: Rintala intends to major in integrative physiology and is also interested in environmental sciences.

PERSONAL: Olivia Reyes Rintala was born on May 3, 1995 in Mountain View, Calif. She is the daughter of John and Norma Rintala of San Jose, Calif. She also has two brothers, John and Andrew. Her uncle, Tony Reyes, bowled for the Professional Bowling Association (PBA) and he was an All-American at San Jose State. Her great uncle, Rudy Rintala, played football, baseball and ran track at Stanford. He was also a 1932 Olympian.

MARIAH SLACK



Combined Events
Freshman, HS/HS
Oceanside, Calif.
(Vista)

PERSONAL BESTS

High Jump: 5-6
 Long Jump: 17-7
 200-meters: 26.1
 400-meters: 58.99
 800-meters: 2:18.04
 100-meter hurdles: 15.93
 300-meter hurdles: 47.10

HIGH SCHOOL: Slack competed in cross country, track and field and soccer, earning letters all four years in each sport. She helped the Panthers when they claimed the 2011 and 2012 Avocado East League Track & Field Championship. Individually, Slack earned many accolades as well. During her senior year, she was nominated VHS Athlete of the Year and track MVP, among many other impressive honors. She was the Avocado West League High Jump Champion her sophomore through senior years and also won the San Diego section CIF title in the high jump as a freshman. Slack went to state the same year for the high jump and 4x400-meter relay.

HIGH SCHOOL BESTS: High Jump: 5-6; Long Jump: 17-7; 200-meters: 26.1; 400-meters: 58.99; 800-meters: 2:18.04; 100-meter hurdles: 15.93; 300-meter hurdles: 47.10.

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

PERSONAL: Mariah Marie Slack was born on October 10, 1994 in Poway, Calif. She is the daughter of Steve and Carol Slack and has two older brothers, Steven and Dave. She enjoys reading, swimming and playing sports.

BRIDGET SWEENEY



Sprints
Junior, 1L/2L
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)

PAC-12 CONFERENCE SCORING

2012 4x400 Meter Relay, 5th (3:40.30)
 2013 4x400 Meter Relay, 5th (3:36.95)

2013: Indoor: Sweeney focused on the 400-meter during her sophomore season. She ran a season-best time of 58.23 at the Air Force All-Comers meet, which was fifth overall. At the MPSF Championships, she placed 42nd in 59.35.

Outdoor: Sweeney continued to run the 200 and 400. She clocked a season-best in the 400 (56.93) at the Fum McGraw Quadrangular, placing third overall. Two weeks later at the CU Invite (4/13), Sweeney placed second in the 400 in 56.94. Her season-best in the 200 came at the Jack Christiansen Invite (4/27), finishing in 25.67. At the Pac-12 Championships, Sweeney placed 21st in the prelims of the 400 (57.08). She also ran in the 4x400 relay which placed fifth overall (3:36.95).

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 has recorded a 3.887 GPA in her first two years. In 2013, she was named to the Academic All-MPSF team and the Pac-12 All-Academic honorable mention team.

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, 1L/1L
San Luis Obispo, Calif.
(San Luis Obispo)

PERSONAL BESTS

INDOOR
 Pentathlon: 3,832 (2013)
 60-Meter Hurdles: 9.01 (2013)
 High Jump: 5-04.25 (2013)
 Shot Put: 41-7/12.67 (2013)
 Long Jump: 19-8.75/6.01 (2013)
 800 Meters: 2:33.24 (2013)
OUTDOOR
 Heptathlon: 5,357 (2013)
 100-Meter Hurdles: 14.42 (2013)
 High Jump: 5-3.35 (2013)
 Shot Put: 45-4.50/13.83m (2013)
 200-Meters: 25.84 (2013)
 Long Jump: 20-2.25/6.15m (2013)
 Javelin: 132-11/40.52m (2013)
 800-Meters: 2:25.09 (2013)
 Triple Jump: 39-06.5

MPSF SCORING

2013 Pentathlon, 4th (3,832)

PAC-12 SCORING

2013 Heptathlon, 3rd (5,357)
 2013 Long Jump, 7th (19-11.75/6.09m)

2013: Indoor: Torres had a breakout redshirt freshman season and competed in three heptathlons. She recorded a season-best and the eighth-best pentathlon score in CU history (fourth on the performers list) with 3,832 points at the MPSF Championships (2/22). Torres placed fourth overall at the meet and set a pair of CU pentathlon records in the process. Torres threw the shot put 41-7, second at the meet, to break Carol Hood's mark of 40-10.25 from 1991. She followed that performance up by winning the long jump with a mark of 19-8.25, breaking Heather Sterlin's jump of 19-3.25 from 1997. Torres also earned a season-best in the 800 at the championships, finishing in 2:33.24. At the USA Indoor Championships the following week, Torres placed 14th (3,110).

Outdoor: Torres continued to impress, becoming the sixth-best CU heptathlon performer and etched her name in other record books as well. She started the season by placing seventh in the Jim Click Combined Events (4/5-6) with 5,174 points. At the meet, Torres recorded CU's heptathlon record in the shot put (42-7), placing second in the meet. Her second heptathlon was at the Pac-12 Championships, where she recorded 5,357 points as well as a third-place finish. She won the shot put portion of the meet with the second best toss in school history (41-11.25) and recorded the 10th best jump in CU combined events history (19-4), which was second at the meet. Her javelin throw (132-11) was the third best throw by a Buff. Torres also did well in individual competition. She became the first Buff since 1997 to jump over 20 feet, doing so twice during the season in back-to-back days of competition. Torres won the long jump (20-0.25) at Mt. SAC Relays (4/19), and the following day, she placed second (20-2.25) at the Beach Invitational (4/20). She also picked up points for the Buffs at the conference meet in the long jump, taking seventh overall (19-11.75).

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 adventuring outdoors, 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: 1:23.49 (2013)
800-Meters: 2:07.18 (2013)

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, 13)
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 (2:07.18) and in the 600-yard dash (1:23.49). 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 the third-fastest 800 performer (2:06.59) for the Buffs.

2013: *Indoor:* Tremblay had her best indoor season, finishing with the second best times in both the 600-yard and 800-meter runs. She started her season by winning the 600 at the Potts Invite (1/19), clocking a time of 1:23.49 to move up to second on the all-time list. Tremblay raced the second and third best times in CU history in the 800 in her next two meets. She ran 2:08.91 at the UW Invite (1/26), finishing eighth overall. Two weeks later at the Husky Classic, Tremblay was ninth in the invitational section with an even better time at 2:07.18.

Outdoor: Redshirt. Did not compete.

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 mem-

ber 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, Brienne 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: (2013) Tremblay finished her career with the Buffs strong, starting with an 11th-place finish at the Rocky Mountain Shootout. She then raced to a 118th-place finish at NCAA Pre-Nationals before placed 31st overall at the Pac-12 Championships where Tremblay helped CU to a runner-up team finish. Her best finish of the season was at regionals where she took 14th overall and Tremblay wrapped up the season with a 175th-place finish at NCAAs. The team placed seventh in the team race. (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 claimed the 2008 and 09 state championships. 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 3.40 and was named to the Big 12 Commissioner's Honor Roll. Tremblay has also been a two-time member of the Academic All-MPSF team (2012, '13) and a Pac-12 All-Academic honorable mention member (2012).

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



Distance
Sophomore, VR/1L
Morago, Calif.
(Morago)

PERSONAL BESTS

INDOOR

3,000-Meters: 9:42.17 (2013)

5,000-Meters: 16:47.36 (2013)

OUTDOOR

1,500-Meters: 4:25.46 (2013)

5,000-Meters: 16:14.58 (2013)

PAC-12 SCORING

2013 5,000-Meters, 8th (16:49.83)

2013: *Indoor:* Verdon only raced twice for the Buffs as she was training for the IAAF World Junior Cross Country Championships, but she did quite well in both races. Verdon placed fourth at the UW Invite (1/25) in the 5,000-meter run, finishing in 16:47.36. At the MPSF Championships, she was 17th in the 3k with a time of 9:42.17.

Outdoor: Verdon competed in the 1,500 and 5,000-meter runs during her first outdoor season. She ran her season-best of 16:14.58 in the 5k at Mt. SAC Relays (4/19), which won the open 'A' section. One week later, Verdon recorded a season-best in the 1,500 of 4:25.46 at the Payton Jordan Cardinal Invite, which placed her fourth in her section. She scored her first point for the team in the 5k at the Pac-12 Championships, finishing eighth in 16:49.83. At the NCAA West Preliminary Championships, Verdon placed 13th (16:21.60), just missing by one spot to advance to nationals.

CROSS COUNTRY: (2013) Verdon had another outstanding season as a sophomore, helping to lead CU to a runner-up finish at Pac-12, win regionals and place seventh at NCAAs. Verdon led CU at the Rocky Mountain Shootout, placing second overall. She was the No. 2 runner for the Buffs in the next three races, placing 22nd at NCAA-PreNationals, 10th at Pac-12s and fourth at regionals. She finished the season at NCAA with a 132nd-place finish (CU's No. 5) after falling twice due to extremely muddy conditions. Verdon earned All-Pac-12 Second Team and all-region honors during the campaign. (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, but she wasn't done yet. She earned a spot on the U.S. team to compete at the IAAF World Junior Cross Country Championships after placing third overall at the U.S. Championships. Verdon was the top American at worlds, finishing 20th 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 placed 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 is majoring in integrative physiology and has a GPA greater than 3.00.

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
Junior, 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, '13)

Pac-12 All-Academic first team (2012)

2013: *Indoor:* Did not compete.

Outdoor: Did not compete.

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: (2013) Viger raced once for CU, finishing sixth overall at the Santa Clara Bronco Invitational. (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 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 (2012, '13) and Pac-12 All-Academic (2012) honors.

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.