

## INDOOR

December 5-6	Orediggers Early Bird Multi	Steinhauer Fieldhouse	Golden, Colo.
December 13	Air Force Holiday Open	Cadet Fieldhouse	USAFA, Colo.
January 11	Air Force All-Comers	Cadet Fieldhouse	USAFA, Colo.
<b>January 17-18</b>	<b>Potts Indoor Invitational</b>	<b>Balch Fieldhouse</b>	<b>Boulder, Colo.</b>
January 23-25	Air Force Invitational	Cadet Field House	USAFA, Colo.
January 31-Feb. 1	UW Invitational	Dempsey Indoor	Seattle, Wash.
February 14-15	Don Kirby Collegiate Open	Albuquerque Convention Center	Albuquerque, N.M.
February 14-15	Husky Classic	Dempsey Indoor	Seattle, Wash.
February 28-March 1	Mountain Pacific Sports Federation Championships	Dempsey Indoor	Seattle, Wash.
March 8-9	Last Chance Qualifiers	TBA	TBA
March 14-15	NCAA Indoor Championships	Albuquerque Convention Center	Albuquerque, N.M.

## OUTDOOR

<b>March 21-22</b>	<b>Jerry Quiller Classic</b>	<b>Potts Field</b>	<b>Boulder, Colo.</b>
March 29	Stanford Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
March 29	Fum McGraw Quadrangular	Jack Christiansen Track	Fort Collins, Colo.
April 3-4	Air Force Multis	Cadet Outdoor Track & Field Complex	USAFA, Colo.
April 5	Air Force Relays	Cadet Outdoor Track & Field Complex	USAFA, Colo.
April 10-11	Jim Click Shootout Multis	Drachman Stadium	Tucson, Ariz.
<b>April 11-12</b>	<b>CU Invitational</b>	<b>Potts Field</b>	<b>Boulder, Colo.</b>
April 17-19	Mt. SAC Relays	Hilmer Lodge Stadium	Walnut, Calif.
April 19	Beach Invitational	Jack Rose Stadium	Cerritos, Calif.
April 19	Bryan Clay Invitational	Cougar Athletic Stadium	Azusa, Calif.
April 24-25	Glenn Morris Combined Events	Jack Christiansen Track	Fort Collins, Colo.
April 25-26	Jack Christiansen Invitational	Jack Christiansen Track	Fort Collins, Colo.
May 4	Payton Jordan Cardinal Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
May 10-11	Pac-12 Combined Events Championships	Mooberry Track & Field Complex	Pullman, Wash.
May 17-18	Pac-12 Outdoor Championships	Mooberry Track & Field Complex	Pullman, Wash.
May 29-31	NCAA West Preliminary Championships	John McDonnell Field	Fayetteville, Ark.
June 11-14	NCAA Outdoor Championships	Hayward Field	Eugene, Ore.
June 25-29	USA Track and Field Outdoor Championships	Hornet Stadium	Sacramento, Calif.

\* Schedule is tentative and subject to change

The 2013-14 University of Colorado track and field season looks to be another exciting one. A small part of the team started competing in December, but the majority of the team will start in January.

Similar to the past, CU will host three home meets. The Potts Indoor Invitational (January 17-18) is the only indoor home meet the Buffs will host, but they will host a pair of outdoor meets, the Jerry Quiller Classic, March 21-22, and the Colorado Invitational, April 11-12.

## DISTANCE

Colorado has solidified its position as one of the top distance programs in the country under the direction of head coach Mark Wetmore and assistant coach Heather Burroughs. Both men and women had a great cross country season with the men winning their fourth NCAA title, as well as their third straight Pac-12 Championship. The women's team was the runner-up at the Pac-12 Championship and took seventh at NCAAs.

The men's side is stacked with returning talent and will be led by five-time All-American, three on the track, Joe Bosshard. He hasn't competed on the track since 2011 when he picked up All-America honors in the outdoor 5k and 10k, but he received a sixth-year of eligibility to compete this season.

Other top returners for the Buffs include Pierce Murphy, Morgan Pearson and Blake Theroux. All three earned All-America status in cross country, and Murphy and Theroux have each scored for the Buffs at the Pac-12 Championships. Murphy was third last season in the 10k at conference, while Theroux was third in the steeplechase. Pearson redshirted the 2013 track season.

The depth goes beyond those four competitors. Hugh Dowdy was fourth in the steeplechase at Pac-12s and Ammar Moussa was close to scoring with an 11th-place finish in the 5k.

CU's women are led by Olympian Shalaya Kipp. She became CU's first four-time female cross country All-American last November, but is also a three-time All-American in the steeplechase, which includes the 2012 NCAA title. Kipp redshirted the 2013 season, but competed unattached during the year. She placed third at the USATF Outdoor Championships and went on to compete at the IAAF World Championships in Moscow last August. Kipp has indoor and outdoor eligibility remaining.

Carrie Verdon has also scored for the Buffs, placing eighth at the Pac-12 Championships in the 5k as a freshman. Transfer Abby Levene and freshmen Erin Clark and Melanie Nun all had a solid cross country season and look to keep the success going this spring.

## MIDDLE DISTANCE

Coaches Wetmore and Burroughs have a talented group of middle distance runners as well. Jake Hurysz and Connor Winter will guide the small group and have the ability to run well at the shorter distances, as well as the longer distances. Hurysz placed fifth in the 1,500 at the Pac-12 Championships, while Winter was fourth in the 5k. Freshman All-American Ben Saarel will join the duo and looks to make an immediate impact on the team as he led CU at the NCAA Cross Country Championships with an eighth-place finish.

The women will be led by senior Elizabeth Tremblay in the middle distances, although she only has outdoor eligibility remaining. She is third on CU's outdoor 800 list and will be looking to improve on that this season. Jenny DeSouchet redshirted the 2013 season, but looks to get back into action this spring after a successful cross country season.

## JUMPS/COMBINED EVENTS

Assistant coach Lindsey Malone is in her seventh year at the helm of the combined events and jumps program and has another talented group of athletes this year. The men's side has a pair of seniors to lead the way in combined events athletes Jason DeWitt and Brock Emory. Both are on the verge of scoring at the indoor meet and Emory recorded an eighth-place finish at the Pac-12 Championships in the decathlon. In the jumps, Mark Jones scored for the Buffs at both the indoor and outdoor conference meets. He was sixth at MPSFs and placed second at Pac-12s. He went on to compete at NCAAs, CU's first high jumper since 1990, and tied for 21st overall. Jones currently ranks third in CU's indoor and outdoor record book.

The women's team is young, but they should do quite well with a pair of sophomores, Brittany Lewis and Abrianna Torres, leading the charge. Torres had a breakout season as a redshirt freshman last season. She placed fourth in the pentathlon at the MPSF Championships and then at the Pac-12 Championships, she placed third in the heptathlon and was seventh in the long jump. Lewis redshirted the 2013 season, but did well as a freshman, placing seventh in the pentathlon at MPSFs. Kelsey



**Tyler Baker**



**Joe Bosshard**



**Brock Emory**



**Eileen Gehring**



**Emily Hunsucker**

English also returns to the team and will lead the high jumpers. She placed fourth at MPSFs and was eighth at Pac-12s. English also advanced to the NCAA West Preliminary Championships last season and just missed advancing to nationals with a 13th-place finish.

## SPRINTS/HURDLES

Assistant coach Drew Morano is in his fifth season at the helm of the Buffalo sprinters. The men will be led by Tyler Baker, Blake Berens and Shaw Gifford. The trio has been part of the 4x400 relay which has performed well at indoor and outdoor conference meets. Individually, they are all looking to have a breakout season. Baker placed eighth in the 400-meter hurdles in 2012 at the Pac-12 Championships. Berens and Gifford haven't scored points individually for the Buffs, but they are on the cusp of breaking through.

Eileen Gehring, CU's outdoor 200 and 400-meter record holder, is back to lead the team. She recorded her first individual point for the team at the MPSF Championships with an eighth-place finish in the 200 last season. Lindsay Mattson will also help the women's team. She ranks third in CU history in the 400 and is sixth in the 200. Mattson and Gehring have been members of the women's 4x400 relay teams that have scored at both indoor and outdoor conference meets, as well as setting the CU record in the indoor 4x400 (3:43.52) last season.

## THROWS

Casey Malone, a two-time Olympian and two-time U.S. Discus Champion, is at the helm of the Buffs throwers for the 14th season. Over the course of the last few years, his team has made huge strides, qualifying for NCAAs and setting CU records.

Alex Kizirian and Brady Rutt look to lead the men's team. Kizirian redshirted the entire 2013 season, but came out in the first meet of the 2014 season and recorded a school record of 67-02 in the weight throw. In 2012, Kizirian scored for CU at both indoor and outdoor conference meets. He was sixth in the weight throw at MPSFs and finished sixth in the hammer throw at Pac-12s. Rutt has scored for the Buffs in the past as well, including a fifth-place finish in the discus at the 2012 Pac-12 Championships. He just missed scoring during his sophomore campaign as he came in ninth overall.

The women are led by senior Emily Hunsucker. She set the school record of 207-10 in the hammer throw in 2013 and became the first female Buff since 1998 to compete at outdoor NCAAs. Hunsucker recorded a ninth-place finish at nationals, just one position away from scoring for the Buffs, although she did earn All-America Second Team honors with the finish.

## THE MEET SCHEDULE

CU started the season early this year, competing at a couple meets in December before winter break. The teams will be back in action in the beginning of January at the Air Force All-Comers Meet on Jan. 11 before hosting the Potts Indoor Invitational Jan. 17-18. The Buffs will stay on the Front Range for most of the indoor season, but there will be a chance to head to Seattle for the UW Invitational (Jan. 31-Feb. 1) and the Husky Classic (Feb. 14-15). A group of athletes will also compete at the Don Kirby Collegiate Open (Feb. 14-15) in Albuquerque.

The University of Washington will host the 2014 Mountain Pacific Sports Federation Championships in Seattle, Wash., February 28-March 1, and the NCAA Indoor Championships will follow on March 14-15 in Albuquerque, N.M. for those who qualify.

As soon as the indoor season is over, the Buffs will switch gears to the outdoor campaign, hosting the first of its two home meets at Potts Field. CU will host the Jerry Quiller Classic March 21-22, and the second home meet is the Colorado Invitational, slated for April 11-12.

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

Washington State will host the 2014 Pac-12 Outdoor Track & Field Championships. The combined events portion of the meet will be contested May 9-10, while all other event areas will compete May 17-18. Arkansas will host the NCAA West Preliminary Championships, May 29-31, at John McDonnell Field. The 2014 NCAA Outdoor Championships are June 11-14 in Eugene, Ore. at Hayward Field, and the U.S. Track & Field Outdoor Championships will be June 25-29 in Sacramento, Calif.



**Jake Hurysz**



**Shalayla Kipp**



**Alex Kizirian**



**Abrianna Torres**



**Elizabeth Tremblay**

# 2014 Track And Field Rosters

<b>MEN</b>	<b>Ht.</b>	<b>Yr.</b>	<b>In/Out</b>	<b>Event(s)</b>	<b>Hometown (High School/Previous College)</b>
Tyler Baker	5-11	Jr./Sr.	1L/2L	Hurdles	Santa Rosa, Calif. (Maria Carrillo)
Blake Berens	5-11	Jr./Sr.	VR/1L	Sprints	Loveland, Colo. (Loveland)
Joe Bosshard	6-0	Sr.	1L/2L	Distance	Crested Butte, Colo. (Crested Butte Academy)
Jason DeWitt	6-3	Sr.	VR/VR	Combined Events	Arvada, Colo. (Ralston Valley)
Hugh Dowdy	6-1	Jr.	VR/2L	Distance	Petaluma, Calif. (Petaluma)
David Emmert	6-3	Fr.	HS/HS	Middle Distance	Sycamore, Ill. (Sycamore)
Brock Emory	6-4	Sr.	VR/1L	Combined Events	Colorado Springs, Colo. (Fountain Fort Carson)
Paden Gatlin	6-5	Fr.	HS/HS	Throws	Lancaster, Texas (Jesuit Dallas)
Erik Gaytan	5-8	Fr.	RS/RS	Sprints	Littleton, Colo. (Chatfield)
Shaw Gifford	6-1	Sr./Jr.	2L/1L	Sprints	Littleton, Colo. (Chatfield/Arizona)
Joe Holvey	5-6	So.	TR/TR	Distance	Eugene, Ore. (South Eugene/Oregon)
Jake Hurysz	5-10	Jr.	VR/1L	Middle Distance	Mebane, N.C. (Eastern Alamance/UNC)
Mark Jones	6-8	Jr.	1L/1L	Combined Events/Jumps	Summit, N.J. (Summit)
David Kilgore	5-8	So.	VR/VR	Distance	Palm Bay, Fla. (Holy Trinity)
Alexandre Kizirian	6-2	Jr.	1L/1L	Throws	Thornton, Colo. (Mountain Range)
Garrett Losty	6-0	Fr.	HS/HS	Sprints/Hurdles	Williamsburg, Va. (Lafayette)
Kyle MacIntosh	6-2	Sr.	2L/1L	Sprints	Littleton, Colo. (Littleton)
Jaylyn Mars	5-6	Fr.	HS/HS	Sprints	Aurora, Colo. (Cherokee)
Joe Mitchem	6-2	So./Fr.	VR/RS	Middle Distance	Broomfield, Colo. (Broomfield)
Austin Mitsch	5-10	Fr.	HS/HS	Sprints	Sacramento, Calif. (Jesuit)
Ammar Moussa	5-7	So.	VR/VR	Distance	Arcadia, Calif. (Arcadia)
Pierce Murphy	5-8	So.	VR/1L	Distance	Hanalei, Hawai'i (Island)
Morgan Pearson	5-11	Jr.	VR/VR	Distance	New Vernon, N.J. (Morristown/Duke)
Zach Perrin	6-0	Fr.	HS/HS	Distance	Kalispell, Mont. (Flathead)
Adam Peterman	6-2	Fr.	HS/HS	Distance	Missoula, Mont. (Hellgate)
Brady Rutt	6-1	Jr.	VR/1L	Throws	Hastings, Neb. (Hastings)
Ben Saarel	6-1	Fr.	HS/HS	Middle Distance	Park City, Utah (Park City)
Dillon Shije	5-8	Sr.	VR/VR	Distance	Zia Pueblo, N.M. (Sandia Preparatory)
Panos Smyrnios	5-8	Fr.	HS/HS	Middle Distance	Littleton, Colo. (Chatfield)
Blake Theroux	5-8	Sr./Jr.	1L/1L	Distance	Chesapeake, Va. (Western Branch)
Jaron Thomas	6-1	Fr.	HS/HS	Sprints/Hurdles	Midlothian, Texas (Midlothian)
Connor Winter	5-11	Jr./So.	VR/1L	Middle Distance	Centennial, Colo. (Arapahoe)

**HEAD COACH:** Mark Wetmore

**ASSISTANT MIDDLE AND LONG DISTANCE COACH:** Heather Burroughs

**ASSISTANT SPRINTS COACH:** Drew Morano

**ASSISTANT THROWS COACH:** Casey Malone

**ASSISTANT COMBINED EVENTS AND JUMPS COACH:** Lindsey Malone

**ASSISTANT MIDDLE AND LONG DISTANCE COACH:** Billy Nelson

## PRONUNCIATION GUIDE

Joe BOSSHARD .....boss-HARD	Ben SAAREL .....SAH-rell
Jake HURYSZ .....HERS	Dillon SHIJE .....SHE-hay
Alexandre KIZIRIAN .....KEH-zeer-E-ian	Panos SMYRNIOS .....SMEAR-ni-ohs
Ammar MOUSSA .....MOO-sah	Blake THEROUX .....THER-row

# 2014 Track And Field Rosters

<b>WOMEN</b>	<b>Ht.</b>	<b>Yr.</b>	<b>In/Out</b>	<b>Event(s)</b>	<b>Hometown (High School/Previous College)</b>
Madeline Alm	5-3	Fr./So.	VR/VR	Distance	Louisville, Colo. (Monarch)
Kajsa Bank	5-8	Sr.	VR/VR	Throws	Louisville, Colo. (Monarch)
Heather Bates	5-9	Fr.	HS/HS	Distance	Colorado Springs, Colo. (Pine Creek)
Courtney Bouchet	5-4	Sr.	VR/VR	Distance	Estes Park, Colo. (Estes Park)
Erin Clark	5-5	Fr.	HS/HS	Distance	Eugene, Ore. (South Eugene)
Charlotte Dennis	5-4	Fr.	HS/HS	Sprints	Gig Harbor, Wash. (Gig Harbor)
Jenny DeSouchet	5-6	So.	RS/RS	Middle Distance	Alamosa, Colo. (Alamosa/Columbia)
Kelsey English	6-2	Jr.	1L/1L	Jumps	Colorado Springs, Colo. (Doherty)
Eileen Gehring	5-6	Jr.	2L/2L	Sprints	Madison, Wis. (Edgewood)
Sophie Hallam-Eames	6-3	So.	VR/VR	Throws	Seattle, Wash. (Nathan Hale)
Brittany Hanrahan	5-5	Fr.	HS/HS	Hurdles	Newport Beach, Calif. (Mater Dei)
Allie Haskell	5-4	Jr.	TR/TR	Sprints	Tucson, Ariz. (Empire/Pima CC)
Ana Holland	5-2	Fr.	HS/HS	Sprints	Centennial, Colo. (Regis Jesuit)
Mia Holland	5-4	Fr./So.	RS/VR	Sprints	Centennial, Colo. (Regis Jesuit)
Lindsey Hubbard	5-5	Sr.	VR/VR	Middle Distance	LaSalle, Colo. (Valley)
Emily Hunsucker	5-6	Sr.	VR/1L	Throws	Arvada, Colo. (Pomona)
Annie Kelly	5-6	Fr.	TR/TR	Distance	Alpharetta, Ga. (Milton/Mississippi)
Shalaya Kipp	5-7	Sr.	1L/3L	Distance	Salt Lake City, Utah (Skyline)
Makenzie Kline	5-11	Fr.	RS/RS	Throws	Reno, Nev. (Galena)
Margaux Krahe	5-8	So.	RS/RS	Throws	Bethel Park, Pa. (Bethel Park)
Abby Levene	5-7	Grad.	TR/TR	Distance	Dublin, N.H. (Phillips Academy/Princeton)
Brittany Lewis	5-8	So.	1L/RS	Combined Events	Aurora, Colo. (George Washington)
Kellie Lind	5-8	Sr.	VR/VR	Throws	Gig Harbor, Wash. (Gig Harbor)
Lindsay Mattson	5-9	Jr.	1L/2L	Sprints	Grand Rapids, Minn. (Grand Rapids)
Lucy May	5-4	Fr.	HS/HS	Middle Distance	St. Louis, Mo. (St. Joseph's Academy)
Catrina McAlister	5-3	So.	RS/RS	Distance	San Clemente, Calif. (Arcadia)
Melanie Nun	5-4	Fr.	HS/HS	Distance	Broomfield, Colo. (Legacy)
Mandy Ortiz	5-1	Fr.	HS/HS	Distance	Vail, Colo. (Battle Mountain)
Ewelina Pena	5-8	So.	VR/VR	Combined Events	Lakewood, Colo. (Lakewood)
Hagen Reedy	5-3	Fr.	HS/HS	Distance	Clovis, Calif. (Buchanan)
Olivia Rintala	5-5	Fr.	HS/HS	Middle Distance	San Jose, Calif. (Archbishop Mitty)
Mariah Slack	5-11	Fr.	HS/HS	Combined Events	Vista, Calif. (Vista)
Bridget Sweeney	5-7	Jr.	1L/2L	Sprints	Hopkins, Minn. (Hopkins)
Abrianna Torres	5-7	So.	1L/1L	Combined Events	San Luis Obispo, Calif. (San Luis Obispo)
Elizabeth Tremblay	5-7	Sr.	2L/1L	Middle Distance	Loveland, Colo. (Thompson Valley)
Carrie Verdon	5-2	So.	VR/1L	Distance	Moraga, Calif. (Campolindo)
Rachel Viger	5-5	Jr.	VR/VR	Distance	Fort Collins, Colo. (Fort Collins)

## PRONUNCIATION GUIDE

KAJSA Bank.....KI (like high)-sa	SHALAYA Kipp .....SHA-lay-a
Courtney BOUCHET .....BOO-shay	MARGAEX Krahe .....Margo
Jenny DESOUCHET .....DE-Sioux-shay	EWELINA Pena.....EVH-alina
Eileen GEHRING .....GARE-ring	Rachel VIGER .....VEE-jay