

**REINHOLD BARCHET**

**Distance**  
**Freshman, HS/HS**  
**West Chester, Pa.**  
**(Henderson)**

**PERSONAL BESTS**

1,600-meters: 4:09.78  
 3,200-meters: 9:03

**HIGH SCHOOL:** Barchet was a 2012 All-American in cross country after finishing 21st at Nike Cross Nationals. He also earned All-American status on the track in 2013 and '14 as a member of the 4xmile relay team. He is the HHS 1,600-meter record holder after running 4:09.78 and Barchet's personal best in the 3,200 is 9:03. While running for the Warriors, he helped the team to four league championships, four district titles and a pair of state championships (2012, '13). Barchet earned first-team all-state honors in 2013 and was third-team all-state in 2012. He was named to the all-district and all-league first teams as a junior and senior. Barchet was also recruited by Stanford, Harvard and Georgetown.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:09.78; 3,200-meter: 9:03.

**IN THE CLASSROOM:** Barchet is majoring in physics and owns a greater than 3.40 GPA.

**PERSONAL:** Reinhold 'Reiny' Andrew Barchet was born on December 6, 1995. He is the son of Ron and Linda Barchet of Downingtown, Pa. He has three siblings, Alissa, Gordon and Erin.

**MASON CHRONOWSKI**

**Jumps**  
**Freshman, HS/HS**  
**Pagosa Springs, Colo.**  
**(Pagosa Springs)**

**PERSONAL BESTS**

High Jump: 6-4 (2014)  
 Triple Jump: 43-6 (2014)

**HIGH SCHOOL:** Chronowski was the runner-up at the Colorado State 3A track and field championships in the high jump, recording his personal best (6-4) in the process. He also placed seventh in the triple jump (43-6) at the state meet. As a member of the track and field team, he earned three letters and helped the Pirates to the 2011 Intermountain League Championship. Chronowski was also a member of the cross country team and earned four letters. During his time at PSHG, he earned several all-conference honors for cross country and track and field. Chronowski was a member of the honor roll.

**HIGH SCHOOL BESTS:** High jump: 6-4; triple jump: 43-6.

**IN THE CLASSROOM:** Chronowski is majoring in integrative physiology.

**PERSONAL:** Mason Alexander Chronowski was born on June 14, 1995 in Munster, Ind. He is the son of Christopher Chronowski and Lisa Chastain. Chronowski is the oldest of five children. He enjoys playing guitar, skiing and snowboarding.

**MATTHEW DENTON**

**Throws**  
**Freshman, HS/HS**  
**Boulder, Colo.**  
**(Boulder)**

**PERSONAL BESTS**

Discus: 150-0  
 Javelin: 152-7

**HIGH SCHOOL:** Denton is the BHS record holder in the javelin (152-7). While throwing for the Panthers, he earned two letters, but he was also a member of the football and baseball teams. Denton was a member of the BHS orchestra and lettered all four years.

**HIGH SCHOOL BESTS:** Discus: 150-0; javelin: 152-7.

**IN THE CLASSROOM:** Denton is a molecular, cellular and developmental biology major.

**PERSONAL:** Matthew David Denton was born on February 14, 1996 in Coconut Grove, Fla. He is the son of Roger and Lourdis Denton of Boulder, Colo. and has one brother, Alexander, who is a member of CU's triathlon team. He enjoys reading and being with animals. Someday he would like to be a veterinarian at a zoo. Denton learned to speak Spanish before English (his mother is from Cuba), and can play the guitar, viola and piano.

**HUGH DOWDY**

**Distance**  
**Senior, 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)

**2014:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Redshirt. Did not compete.

**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 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:** (2014) Did not compete. (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 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.

## MICHEAL EGOTANDA



**Jumps**  
**Freshman, HS/HS**  
**Vestal, N.Y.**  
**(Vestal)**

### PERSONAL BESTS

Long Jump: 23-8.50  
 Triple Jump: 47-8  
 High Jump: 6-6

**HIGH SCHOOL:** Egotanda owns six records at Vestal High School, two section records and was the 2013 state champion in the long jump. During both his junior and senior seasons, Egotanda was a first team all-state, all-conference and all-class A team member. In 2014, he placed 12th in the long jump at indoor nationals and during the outdoor season, he was sixth in the long jump at Penn Relays. Egotanda was also recruited by Arizona, Miami, Washington, Illinois, Buffalo and Arkansas State.

**HIGH SCHOOL BESTS:** Long jump: 23-8.50; triple jump: 47-8; high jump: 6-6.

**IN THE CLASSROOM:** Egotanda is an economics major.  
**PERSONAL:** Micheal Dieudonne Egotanda was born on Sept. 14, 1996 in Vestal, N.Y. He is the son of Dieudonne and Gertrude Egotanda and has one brother, Diamont. Egotanda speaks fluent French and is a citizen of the Republic of Congo. He enjoys hiking and traveling.

## DAVID EMMERT



**Distance**  
**Freshman/Sophomore,**  
**RS/VR**  
**Sycamore, Ill.**  
**(Sycamore)**

### PERSONAL BESTS

800-meters: 1:55.68  
 1,600-meters: 4:32

**2014: Indoor:** Redshirt. Did not compete.

**Outdoor:** Emmert ran in three 800-meter races for the Buffs. He recorded a season best time of 1:58.37 at the Mines Last Chance (5/10), which was 11th overall.

**CROSS COUNTRY:** (2014) Emmert raced twice for the Buffs. He placed 83rd at the Rocky Mountain Shootout and was 70th in the open race at NCAA Pre-Nationals. (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 is majoring in aerospace engineering and has a 4.00 GPA.

**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.

## RYAN FORSYTH



**Distance**  
**Freshman, HS/HS**  
**Severna Park, Md.**  
**(Severna Park)**

### PERSONAL BESTS

1,600-meters: 4:18  
 3,000-meters: 8:30  
 3,200-meters: 9:09  
 5,000-meters: 14:39

**HIGH SCHOOL:** Forsyth competed with the Severna Park Cross Country Club at the 2013 Nike Cross National Championship where he was 52nd individually and led the team. Forsyth placed fourth in the 5,000-meter run at New Balance Indoor Nationals and was sixth in the 5k at New Balance Outdoor Nationals to earn a pair of All-America honors in 2014. He is the Maryland state record holder in the indoor 3,200 (9:16) and the 5k in cross country (15:41). Forsyth was named the 2013 Gatorade Maryland Cross Country Runner of the Year and earned multiple all-state recognition in cross country and track while lettering all four years at SPHS. Forsyth was also recruited by Purdue, Texas A&M, Penn State and St. Louis.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:18; 3,000-meters: 8:30; 3,200-meters: 9:09; 5,000-meters: 14:39.

**IN THE CLASSROOM:** Forsyth is majoring in aerospace engineering.

**PERSONAL:** Ryan Forsyth was born on July 7, 1996 in Baltimore, Md. He is the son of David and Zoe Forsyth of Severna Park, Md. He has one brother, Andrew, and one sister, Caroline, who are twins. Forsyth enjoys sailing, wakeboarding, skiing and model building. He has worked as a sailing school instructor and had raced sail boats. Forsyth has dual citizenship with the U.K.

## PADEN GATLIN



**Throws**  
**Freshman, RS/RS**  
**Lancaster, Texas**  
**(Jesuit Dallas)**

### PERSONAL BESTS

Discus: 176-0/53.64m (2013)  
 Hammer Throw: 139-4/42.48m (2014)

**2014: Indoor:** Redshirt. Did not compete.

**Outdoor:** Redshirt. Did not compete.

**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 is majoring in communication and has a GPA greater than 3.00.

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

### PERSONAL BESTS

**INDOOR**  
 200-Meters: 22.31 (2014)  
 400-Meters: 50.16 (2014)  
**OUTDOOR**  
 100-Meters: 10.7  
 200-Meters: 21.6  
 400-Meters: 47.95

### PAC-12 SCORING

2014 4x100, 6th (41.38)  
 2014 4x400, 6th (3:14.35)

**2014: Indoor:** Gaytan competed at two meets for the Buffs in his redshirt freshman season. He started the season with a sixth-place finish in the 300-meter dash at the Air Force Holiday Open (12/13/13), finishing in 35.50. Gaytan ran in a pair of events at the Air Force All-Comers Meet (1/11/14). He was eighth in the 400 (50.16) and took 10th in the 200 (22.31).

**Outdoor:** Gaytan competed in the sprints for the Buffs. He raced to a season best of 10.92 in the 100-meters at the Mines Last Chance (5/10), placing fifth overall. At the Cowpoke Open (5/3), Gaytan ran a season best in the 200 at 21.88. He went on to compete in three events at the Pac-12 Championships. Individually, Gaytan was 14th in the 400

(49.74). He also raced in the 4x100 and 4x400-meter relays. The 4x100 team ran a time of 41.38 and the 4x400 team clocked in at 3:14.35; both placing sixth at the meet.

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

*Outdoor:* Redshirt. Did not compete.

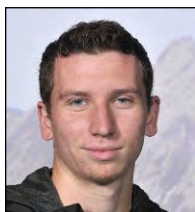
**HIGH SCHOOL:** Gaytan was a two-time Colorado State High School Champion, winning the 400-meter dash (47.95) in 2011 and the 4x200-meter relay in 2009. He was named all-state as a junior and freshman and earned all-conference accolades his freshman through senior seasons. Gaytan was also recruited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

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

## ANDREW GHIZZONE



**Combine Events**  
**Freshman, HS/HS**  
**Union, N.J. (Union**  
**Catholic)**

### PERSONAL BESTS

100-meters: 11.64  
200-meters: 22.80  
400-meters: 49.32  
1,000-meters: 2:30.2  
1,600-meters: 4:20.2  
110-meter hurdles: 14.30  
400-meter hurdles: 54.64  
Discus: 121-1  
Shot put: 37-8  
Javelin: 144-8  
High jump: 6-0  
Long jump: 20-8  
Triple jump: 41-7  
Pole vault: 16-0  
Decathlon: 6,579

**HIGH SCHOOL:** Ghizzone recorded several All-American honors while in high school, three in the shuttle hurdles, two in the sprint medley relay and one in the decathlon. He also owns several school, county and state records. He is the Union County and UCHS pole vault record holder (16-0) and was part of the Union County sprint medley relay record setting team (3:26.02). Ghizzone ranks second all-time in New Jersey in the decathlon (6,579). He is the conference record holder in the pole vault and decathlon, and was a member of the sprint medley relay, distance medley relay and 4x800 relay teams that set conference records. Ghizzone received several all-state, all-conference and all-country honors his sophomore through senior seasons. He was a member of the honor roll all four years of high school. Ghizzone recorded four letters on the track team and was a member of the cross country team where he earned four more letters. He was recruited by Cincinnati, Rutgers, Wake

Forest and Oklahoma.

**HIGH SCHOOL BESTS:** 100-meters: 11.64; 200-meters: 22.80; 400-meters: 49.32; 1,000-meters: 2:30.2; 1,600-meters: 4:20.2; 110-meter hurdles: 14.30; 400-meter hurdles: 54.64; Discus: 121-1; Shot put: 37-8; Javelin: 144-8; High jump: 6-0; Long jump: 20-8; Triple jump: 41-7; Pole vault: 16-0; Decathlon: 6,579.

**IN THE CLASSROOM:** Ghizzone is majoring in integrative physiology.

**PERSONAL:** Andrew William Ghizzone was born on July 16, 1996 in Summit, N.J. He is the son of Nick and Anne Ghizzone. His brother, Zach, is a combined events athlete at Rutgers. He also has one younger sister, Allyson. His father Nick was also a track athlete at Seton Hall. Ghizzone can ride the unicycle and juggle. He enjoys hiking, biking, rafting and running. Ghizzone is fluent in sign language as to communicate with his mother, who has been deaf her whole life. Ghizzone and his brother have combined for 15 All-American certificates.

## SHAW GIFFORD



**Sprints**  
**Senior, 2L/2L**  
**Littleton, Colo.**  
**(Chatfield/Arizona)**

### PERSONAL BESTS

#### INDOOR

60 Meters: 6.75 (2013)  
200 Meters: 21.32 (2011)

#### OUTDOOR

100 Meters: 10.66 (2014)  
200 Meters: 21.02 (2014)  
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)  
2014 4x100-Meter Relay, 6th (41.38)  
2014 4x400-Meter Relay, 6th (3:14.35)

**2014:** *Indoor:* Gifford became CU's sixth fastest performer in the 60 and 200-meter dashes as a senior. He clocked a time of 6.75 in the 60, finishing first at the Air Force Invitational (1/25). Gifford also won the 200 at the same meet, finishing with his season-best time of 21.48. He competed in both events at the MPSF Championships. Gifford finished 10th in the 200 (21.75) and, although he advanced to the finals of the 60, was disqualified.

*Outdoor:* Gifford led CU in the 100 and 200-meter dashes during the outdoor season. He clocked a season-best time in the 100 (10.66) and 200 (21.02) at the Cowpoke Open (5/3), winning both events. Gifford also ran both events at the Pac-12 Championships. He placed 11th in the 200 (21.50) and was 16th in the 100 (10.76). Gifford was on the 4x100 and 4x400 relay teams that scored at the conference meet, both placing sixth. The 4x100 team finished in 41.38 and the 4x400 team clocked in at 3:14.35.

**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. *Outdoor:* Did not compete.

**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 and sociology.

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

## ETHAN GONZALES



**Distance**  
**Freshman, HS/HS**  
**Westminster, Colo.**  
**(Broomfield)**

### PERSONAL BESTS

1,600-meters: 4:16.73  
3,200-meters: 9:00.58

**HIGH SCHOOL:** Gonzales earned four letters on the cross country team and four letters as a member of the track and field team at BHS. He was the runner-up at the 2013 Colorado 4A Cross Country Championships, helping the Eagles to their first state championship. Gonzales also recorded a pair of runner-up finishes at the 2014 Colorado 4A Track & Field Championships in the 1,600-meter run (4:19.37) and 3,200 (9:25.55). His time in the 1,600 is the

BHS record, and he also owns the school record in the 3,200 (9:18.16). As a junior, Gonzales placed third in the 1,600 and was second in the 3,200 at state. He was also recruited by Princeton, Notre Dame, Portland, California and Memphis.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:16.73; 3,200-meters: 9:00.58.

**IN THE CLASSROOM:** Gonzales is an environmental engineering major and owns a GPA greater than 3.30.

**PERSONAL:** Ethan Alexander Gonzales was born on March 25, 1996 in Denver, Colo. He is the son of Charles and Tammy Gonzales of Westminster, Colo. He has one sister, Ivy. Gonzales lists his hobbies as swimming, biking, hiking and camping.

## DARRIN HAYNES



**Sprints**  
Freshman, HS/HS  
Colorado Springs,  
Colo. (Cheyenne  
Mountain)

### PERSONAL BESTS

100-meters: 11.04  
200-meters: 22.26

**HIGH SCHOOL:** Haynes was a part of two CMHS record setting relay teams, the 4x100 (42.27) and the 4x200 (1:28.38). His 4x100 relay placed second at the state championships, while the 4x200 team was third in the 4A division. Haynes was named to the 4A Pikes Peak Athletic Conference second team in the 100 and 200 meter dashes, as well as the 4x100. He was a member of the CMHS basketball team and earned three letters.

**HIGH SCHOOL BESTS:** 100-meters: 11.04; 200-meters: 22.26.

**IN THE CLASSROOM:** Haynes is an open major at CU.

**PERSONAL:** Darrin A. Haynes was born on December 7, 1994 in Colorado Springs, Colo. He is the son of Frank and Brenda Haynes and has three siblings, Dwight, Kassie and Dwayne. Both of his parents were born in Guyana, which is the only English speaking country in South Africa.

## CHRISTOPHER HERRICK



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

### PERSONAL BESTS

1,600-meters: 4:23  
3,200-meters: 9:17

**HIGH SCHOOL:** Herrick broke a 39-year-old school record in the 3,200-meter run at the Arcadia Invitational in 2013. He raced to a time of 9:17 and held the record for a few

hours before his high school teammate and current CU teammate, Adam Peterman, broke his record later that night. The Knights won three straight Montana State cross country titles (2011-13) and four consecutive state track titles (2010-13). Herrick was injured during his senior cross country season, but in the spring he placed second at state in the 1,600 (4:28.61) and third in the 3,200 (9:32.60). As a junior, he was fourth in the 3,200 (9:29.54) and fifth in the 1,600 (4:25.12). He also placed eighth at the state cross country meet in 2012. Herrick was all-state in track (1,600 and 3,200) and academic all-state. He was honored with the HHS "Knight Award" as a senior and served as the cross country team's captain in 2013 despite being injured. Herrick was also recruited by Portland, Northern Arizona, Washington State and Oklahoma.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:23; 3,200-meters: 9:17.

**IN THE CLASSROOM:** Herrick is an ecology and evolutionary biology major and currently owns a 3.880 GPA.

**PERSONAL:** Christopher Coulson Herrick was born on November 13, 1995 in Bend, Ore. He is the son of Jonathan and Jill Herrick of Missoula, Mont. Herrick also has a sister, Jenna. He enjoys mountain biking, skiing and backpacking. Herrick lived in Alaska for six years and spent a lot of time salmon and halibut fishing.

## JOE HOLVEY



**Distance**  
Sophomore, RS/RS  
Eugene, Ore. (South  
Eugene/Oregon)

### PERSONAL BESTS

1,500-Meters: 3:58.53 (2012)  
3,000-Meters: 9:13.83 (2014)  
3,000-Meter Steeplechase: 10:17.48 (2014)

**2014:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2014) Holvey ran one race for the Buffs, placing 19th in the open race at NCAA Pre-Nationals.

**AT OREGON:** Holvey competed one season for the Ducks. During the cross country season, he competed in two meets, 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 is majoring in integrative physiology and has a GPA greater than 3.50.

**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



**Distance**  
Senior, 1L/2L  
Mebane, N.C. (Eastern  
Alamance/UNC)

### PERSONAL BESTS

#### INDOOR

800-Meters: 1:52.46 (2014)  
3,000-Meters: 7:50.50 (2014)

#### 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)

#### MPSF SCORING

2014 3,000-Meters, 2nd (7:50.50)

#### PAC-12 SCORING

2013 1,500-Meters, 5th (3:42.36)  
2013 5,000-Meters, 8th (14:16.71)  
2014 5,000-Meters, 6th (13:55.57)

#### HONORS

2014 All-America Second Team (Indoor 5k)

**CAREER UPDATE:** Hurysz ranks third all-time in CU's 1,500-meter history with a time of 3:40.63, which he ran on April 28, 2013 in Stanford, Calif. He also owns the ninth fastest individual time in the event at 3:41.75, which he timed at the NCAA West Preliminary on May 31, 2014. Hurysz is also on the outdoor 5k list, ranking eighth all-time in 13:38.58. He has impressed during the indoor season as well, and has the second best time for a Buff in the 3,000 at 7:50.50. It was the third fastest time run during the 2014 NCAA indoor season.

**2014:** *Indoor:* Hurysz had a great season, starting with a third-place finish in the 800 (1:52.46) at the Air Force Invitational (1/24). After that race, he moved up to the 3,000 and placed 10th in the invitational section at the Husky Classic (2/15), finishing in 7:59.89. Just two weeks later at the MPSF Championship, Hurysz raced to a second-place finish in the 3k, clocking in at 7:50.50, the second fastest time in CU history. The time ranked third in the NCAA, easily advancing Hurysz to the indoor championships where he finished 12th in 8:18.57 to earn All-America Second Team honors.

*Outdoor:* Hurysz continued to have a great year as the season switched outdoors. There, he focused on the 1,500

and 5,000. At the Pac-12 Championships, Hurysz competed in both events. He placed sixth in the 5k (13:55.57) and was 22nd in the 1,500 (3:58.57). Hurysz went on to race the same two events at the NCAA West Preliminary Championships. He was 44th overall in the 5k (15:05.83), but had a much better showing in the 1,500. Hurysz was eighth in the prelims (3:43.09) and two days later, he placed fifth overall with a season-best and the ninth-fastest time in CU history (3:41.75), while advancing to the NCAA Championship. At NAAs, Hurysz placed 10th in the prelims in 3:48.16.

**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:** (2014) Hurysz finished his final season with the Buffs on a great note, helping CU capture its second straight NCAA Championships and its fourth straight Pac-12 team title. He started the year with a sixth place finish in the Rocky Mountain Shootout. At NCAA Pre-Nationals, Hurysz also had a top-10 performance with a ninth place finish. He was 19th at the Pac-12 Championships, but bounced back to have a seventh place finish at regionals to earn All-Mountain Region honors. He finished the season with a 41st place finish at NAAs, just missing his second All-American honor by one place. (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 McChee. He has one brother, Carson. Hurysz enjoys playing basketball and skiing.

## MARK JONES



**Combined Events/  
Jumps  
Senior/Junior, 2L/1L  
Summit, N.J. (Summit)**

### PERSONAL BESTS

#### INDOOR

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

60-Meters: 7.29 (2014)

Long Jump: 23-7

Shot Put: 32-8.5/9.97m (2014)

60-Meter Hurdles: 8.30 (2014)

#### OUTDOOR

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

200-Meters: 23.90 (2014)

110-Meter Hurdles: 15.29 (2014)

#### MPSF SCORING

2013 High Jump, 6th (6-11/2.11m)

2014 High Jump, 16th (6-9/2.06m)

#### 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.

**2014: Indoor:** Jones focused again on the high jump, but also added the long jump to his events. He placed first and tied his career-best (7-2.25) at the Holiday Open (12/13/13). Jones also cleared over seven feet on two other occasions. He jumped 7-1.75 at the Air Force Collegiate Open (2/15) and 7-00.50 at the Air Force All-Comers meet (1/11). Jones recorded a season-best mark of 23-3.25 at the Orediggers Early Bird Multi (12/5/13) in the long jump. He competed in both events at the MPSF Championships. Jones tied for

sixth in the high jump, clearing 6-9, and was 13th in the long jump (21-11).

**Outdoor:** Redshirt. Did not compete.

**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.

## ISAIAH KAISER



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

### PERSONAL BESTS

300-meter hurdles: 38.35

**HIGH SCHOOL:** Kaiser placed third at the Colorado State High School 5A Championships in the 300-meter hurdles, crossing the finish in 38.52 after winning the preliminary round in 39.04. CTHS was third at the state championships that year after winning the team title in 2013. The Cougars were also the Centennial League Champions in 2013 and '14. Kaiser is the CTHS 300-hurdles record holder, coming in with a time of 38.35. Individually, he was first team all-league as a senior, and was a member of the second team as a junior. Kaiser was also a first team all-academic selection his sophomore, junior and senior years.

**HIGH SCHOOL BESTS:** 300-meter hurdles: 38.35.

**IN THE CLASSROOM:** Kaiser is a chemistry major.

**PERSONAL:** Isaiah Omray Kaiser was born on April 16, 1996 in Denver. He is the son of Matthew Synovic and Stacie Kaiser-Synovic. Kaiser has two siblings, Eli and Sasha.

## ALEXANDRE KIZIRIAN



**Throws**  
**Senior, 2L/1L**  
**Thornton, Colo.**  
**(Mountain Range)**

### PERSONAL BESTS

#### INDOOR

Shot Put: 53-11.25/16.44m (2014)

Weight Throw: 68-4.50/20.84m (2014) School record

#### OUTDOOR

Discus: 189-1.25/57.63m (2014)

Shot Put: 53-6.50/16.40m (2014)

Hammer Throw: 198-11/60.63m (2014)

#### MPSF SCORING

2012 Weight Throw, 6th (60-10.50)

2014 Weight Throw, 4th (66-2.50)

#### PAC-12 SCORING

2012 Hammer Throw, 6th (191-03)

**CAREER UPDATE:** Kizirian is the CU record holder in the weight throw (68-4.50) and is just the third Buffalo to crack the 60-foot mark. Kizirian has had success outdoors as well. He is the second best performer in school history in the hammer throw with a mark of 198-11, which is also the fifth best toss in CU history. Kizirian is also the third best performer in school history in the discus (189-1).

**2014:** *Indoor:* Kizirian became the school record holder in

the weight throw in the first meet of the season after recording a toss of 67-2 at the Power Meet (12/13/13) in Laramie, Wyo. He didn't stop there and improved on his record at the Air Force Invitational (1/24), launching a mark of 68-4.50. Kizirian became the first thrower under assistant coach Casey Malone to compete at the USATF Indoor Championships (2/22) and placed seventh overall with a toss of 67-4.75. He also threw the shot put during the season and set a PR of 53-11.25 at the Potts Invite (1/18). Kizirian competed in both events at the MPSF Championships. He placed fourth in the weight throw (66-2.50) and was 12th in the shot put (53-0.25).

*Outdoor:* Kizirian kept his momentum going into the outdoor season, recording personal bests in the shot put, discus and hammer throws. He recorded his shot put PR at the CU Invite with a toss of 53-0.75, which was good for second place. Kizirian's PR in the discus came at the Air Force Twilight (5/9), where he recorded a mark of 189-1. It was the seventh best throw in CU history and put him third on the all-time performers list at CU. Kizirian moved up to second on CU's all-time performers list in the hammer throw after earning a throw of 198-11 at the Jack Christiansen Invitational (4/26). That throw also ranks fifth in CU history. Kizirian competed at the Pac-12 Championships in both the discus and hammer throw. He placed 15th in the discus (157-5) and was ninth in the hammer throw (183-0). Kizirian went on to compete at the NCAA West Preliminary Championship in the hammer throw and was 33rd (190-11).

**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**  
**Sophomore, VR/1L**  
**Williamsburg, Va.**  
**(Lafayette)**

### PERSONAL BESTS

#### INDOOR

200-Meters: 22.72 (2014)

400-Meters: 50.35 (2014)

#### OUTDOOR

400-meters: 48.85 (2014)

400-meter hurdles: 54.2 (2013)

#### PAC-12 SCORING

2014 4x100-Meter Relay, 6th (41.38)

2014 4x400-Meter Relay, 6th (3:14.35)

**2014:** *Indoor:* Losty raced at three meets during his first season. He opened up at the Air Force Holiday Open (12/13/13), placing 10th in the 300 in 35.73. At the Air Force All-Comers Meet (1/11/14), Losty competed in the 200 and 400. He placed 16th in the 400 (50.97) and was 20th in the 200 (22.84). He ran his season-bests at the Air Force Invitational (1/24/14), clocking in at 22.72 in the 200 (19th) and 50.35 in the 400 (24th).

*Outdoor:* Losty focused mainly on the 400-meter hurdles, but was also a member of the relay teams. He clocked a season-best time of 53.87 at the Bryan Clay Invite (4/18)

and placed fifth overall. Losty raced the 400-hurdles at the Pac-12 Championships, placing 12th overall in 54.43. He was also on the relay teams at the conference meet. He helped the 4x100 meter relay team to a sixth place finish in 41.38 and the 4x400 relay also placed sixth in 3:14.35.

**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 is an open major and currently has a GPA greater than 3.20.

**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, and one sister, Jillian. 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.

## JAYLYN MARS



**Sprints**  
**Sophomore/Freshman,**  
**VR/RS**  
**Aurora, Colo.**  
**(Cherokee Trail)**

### PERSONAL BESTS

#### INDOOR

200-Meters: 21.73 (2014)  
 400-Meters: 49.00 (2014)

**2014: Indoor:** Mars concentrated on the 200 and 400-meter dashes and was a member of the sprints relays. He raced to a season-best time of 21.73 in the 200 prelims at the Air Force Invitational (1/24), placing third. Mars finished the finals second overall (21.86) on the following day. His season-best in the 400 was a seventh-place finish at the Don Kirby Collegiate Elite unseeded section, finishing in 49.00. Mars raced in the 200, 400 and 4x400 relay at the MPSF Championships. He placed 20th in the 200 (22.21), was 26th in the 400 (49.83) and helped the relay to a 10th-place finish (3:18.95).

**Outdoor:** Redshirt. Did not compete.

**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 is an English major.

**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.

## CHRISTIAN MARTIN



**Distance**  
**Sophomore, TR/TR**  
**Littleton, Colo.**  
**(Heritage/Nebraska)**

### PERSONAL BESTS

1,600-meters: 4:26  
 3,200-meters: 9:36  
 5,000-meters: 15:50

**AT NEBRASKA (2013):** Martin only ran cross country while at Nebraska as a freshman and competed in four meets. His highest finish of the season was 13th at the Time Young Invitational in Vermillion, S.D. Martin raced to an 85th place finish at the Big Ten Championships to end the season.

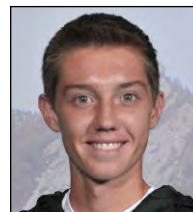
**HIGH SCHOOL:** Martin earned six letters on the cross country (three) and the track and field teams (three) at Heritage High School. He is the HHS 3,200-meter run record holder (9:36). Individually he was fifth in the 1,600 and was sixth in the 3,200 at the 5A state championships in 2013. Martin was all-state and first team all-league in cross country as a junior and senior. Martin was a member of the HHS team that was the runner-up at the state meet in 2011. That same year, the team won the Continental League Championship and was the 5A Region 2 Champion. The Eagles won the region championship again in 2011.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:26; 3,200-meters: 9:36; 5,000-meters: 15:50.

**IN THE CLASSROOM:** Martin is an integrative physiology. He owns a GPA greater than 3.00.

**PERSONAL:** Christian Henner Martin was born on November 3, 1994 in Phoenix, Ariz. He is the son of Matt and Monique Martin of Littleton, Colo. His younger sister, Remi, is a defenseman for the Penn State women's ice hockey team. He enjoys traveling and has been to 28 countries. Martin holds dual citizenship with the United States and Germany as his mother is from Germany.

## PAUL MILLER



**Distance**  
**Freshman, HS/HS**  
**Fort Collins, Colo.**  
**(Poudre)**

### PERSONAL BESTS

1,600-meters: 4:22  
 3,200-meters: 9:26

**HIGH SCHOOL:** Miller is the PHS 3,200-meter record holder (9:26), which he set at the Liberty Bell Invitational in April of 2014. He is also a member of the PHS school record 4x800-meter relay team, which ran 8:01. The Impalas won the 2014 Front Range League Track & Field Championship during Miller's senior year and he was named all-state second team and all-conference that year. During Miller's junior year, he was also named all-conference, as well as the FRL Athlete of the Year. Miller received Academic all-state honors his sophomore, junior and senior years. He was also recruited by California and UC-Davis.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:22; 3,200-meters: 9:26.

**IN THE CLASSROOM:** Miller is an environmental studies major and has a GPA greater than 3.70.

**PERSONAL:** Paul A. Miller was born on July 18, 1996 in Fort Collins, Colo. He is the son of Paul and Tamara Miller and has two older brothers, Iain and Robert. Miller enjoys salsa dancing, scuba diving and sunrise hikes.

## AUSTIN MITSCH



**Sprints**  
**Sophomore, VR/VR**  
**Sacramento, Calif.**  
**(Jesuit)**

### PERSONAL BESTS

#### INDOOR

60-meters: 6.93 (2014)  
 200-meters: 21.98 (2014)

#### OUTDOOR

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

**2014: Indoor:** Mitsch ran the shorter sprints during his first season. His season-best in the 200 was 21.98, which came during the preliminary rounds at the Air Force Invitational (1/24). The following day, Mitsch raced to a time of 21.99 and a fourth-place finish in the event. Mitsch recorded a time of 6.99 in the 60-meter dash in his first race as a Buff at the Air Force Holiday Open (12/13/13). He ran in both events at the MPSF Championships and came away with a season-best time of 6.93 in the prelims of the 60, placing 26th overall. Mitsch placed 17th in the 200, finishing in 22.09. He also ran in the 4x400-relay which placed 10th

(3:18.95).

**Outdoor:** Mitsch ran the 100 and 200-meter dashes for the Buffs as a freshman and clocked season-bests at the Jack Christiansen Invitational in both events. He raced to a time of 10.67 in the 100 (fourth overall) and finished the 200 in 21.48 (third overall). At the Pac-12 Championship, Mitsch was 22nd in the 200 (22.28) and 18th in the 100 (10.82).

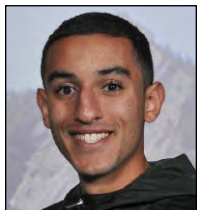
**HIGH SCHOOL:** Mitsch competed as a sprinter for Jesuit High School and earned all-conference and all-league honors his sophomore, junior and senior years. His team won the California State Championship in 2010, and individually, he placed third in the 200 and sixth in the 100. Mitsch was also recruited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

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

**IN THE CLASSROOM:** Mitsch is a communication major.

**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**  
**Junior, VR/VR**  
**Arcadia, Calif.**  
**(Arcadia)**

### PERSONAL BESTS

#### INDOOR

Mile: 4:16.40 (2014)  
3,000-Meters: 8:06.34 (2014)

#### OUTDOOR

800-Meters: 1:52.42 (2014)  
1,500-Meters: 3:43.97 (2014)  
5,000-Meters: 13:56.00 (2014)  
10,000-Meters: 30:01.72 (2014)

**2014:** *Indoor:* Moussa ran in three meets for the Buffs, starting out with a mile run at the Air Force Invitational (1/24). He finished the race in 4:16.40 to place sixth overall. After that race, Moussa moved on to the 3k. He ran in the invitational section of the 3k at the Husky Classic (2/15), finishing 18th in 8:09.09. Two weeks later, at the MPSF Championships, Moussa improved his time, clocking in at 8:06.34, which was 11th overall.

*Outdoor:* Moussa ran in four meets for CU, each time running in a different event. He started the season running his first 10k at the Jerry Quiller Classic (3/21), placing third overall in 30:38.38. A few weeks later, Moussa ran the 800 at the CU Invite (4/12), clocking in at 1:52.42, which was good for fourth. He went on to race in the 1,500 at the Bryan Clay Invite (4/18) the following week and placed 12th in 3:43.97. Moussa's final race of the season was the 5k at the Payton Jordan Cardinal Invite (5/4). There he finished

ninth overall in 13:56.00.

**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:** (2014) Moussa had an outstanding season and didn't finish outside of the top 10 in any of his five varsity races. He started the season with a third place finish at the Rocky Mountain Shootout and followed it up with an eighth place finish at pre-nationals. Moussa earned Pac-12 First Team honors with a sixth place finish at the Pac-12 Championships where the Buffs won their fourth straight team title. The Buffs went on to win the NCAA Mountain Region Championship, and Moussa came away with a ninth place finish. He led the Buffs at NAAs, crossing the finish fifth overall for his first All-America honor, while CU won its second straight NCAA title. (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 also knows some Spanish.

## PIERCE MURPHY



**Distance**  
**Junior, VR/1L**  
**Hanalei, Hawai'i**  
**(Island)**

### PERSONAL BESTS

#### INDOOR

Mile: 4:30.92  
3,000-Meters: 8:03.35 (2014)  
5,000-Meters: 13:56.37 (2014)

#### OUTDOOR

800-Meters: 2:00.67  
1,500-Meters: 3:54.44 (2014)  
3,000-Meters: 8:35.56 (2013)  
5,000-Meters: 13:48.74 (2014)  
10,000-Meters: 29:36.48 (2013)

#### PAC-12 SCORING

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

**2014:** *Indoor:* Murphy competed in three races during the indoor season, starting with a 3k at the Air Force Invitational (1/25) where he placed second in 8:50.56. He followed up that performance with a personal best of 13:56.37 in the 5k at the Husky Classic (2/14). Murphy went back to the 3k at the MPSF Championships and just missed scoring for CU with a ninth-place finish and a personal-best of 8:03.35.

*Outdoor:* Murphy mostly focused on the longer distances during the outdoor season. He started the year running a 10k at the Jerry Quiller Classic (3/21) and tied for first in 30:20.57. At the next home meet, the CU Invite (4/12), Murphy clocked a PR of 3:54.44 in the 1,500. He ran a 5k at the Payton Jordan Cardinal Invite, clocking in with another PR at 13:48.74. Murphy again ran the 5k at the Pac-12 Championships, placing ninth overall in 14:10.17. His times in the 5k and 10k qualified him for the NCAA West Preliminary Championships. He was 13th in the 10k (29:42.22) and 19th in the 5k (14:20.81).

**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:** (2014) Murphy continued to perform well for the Buffs, helping them to their second straight NCAA title and fourth consecutive Pac-12 Championship. He started the season second at the Rocky Mountain Shootout and was 12th at pre-nationals. Murphy earned All-Pac-12 First Team honors with a seventh place at the league meet. He was 12th at the regional championship, which earned him all-region honors. Murphy finished the season with a 35th place finish at NCAAs for his second All-America honor. (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, 1L/1L**  
**New Vernon, N.J.**  
**(Morristown/Duke)**

### PERSONAL BESTS

#### Indoor

Mile: 4:16.40 (2014)  
3,000-Meters: 8:06.44  
5,000-Meters: 13:49.30 (2014)

#### Outdoor

800-Meters: 1:54.18 (2014)  
1,500-Meters: 3:47.68 (2014)  
5,000-Meters: 13:38.92 (2014)  
10,000-Meters: 30:01.72 (2014)

### MPSF SCORING

2014 5,000-Meters, 3rd (13:49.30)

### PAC-12 SCORING

2014 10,000-Meters, 7th (30:01.72)

### HONORS

2014 All-America Second Team (Indoor 5k)

**2014: Indoor:** Pearson mainly raced the 5k during his first track season for the Buffs. His first 5k was at the Husky Classic (2/14), where he recorded a time of 14:07.11 and an 18th-place finish in the invitational section. Two weeks later at the MPSF Championship, Pearson took third overall in 13:49.30 to become CU's eighth fastest performer in the event. The time was just good enough to qualify him for the NCAA Indoor Championships where he ended up 10th overall in 14:15.78 to earn second team All-America honors.

**Outdoor:** Pearson focused on the 5k and 10k during the outdoor season. He started the season by clocking a time of 30:20.57 in the 10k at the Jerry Quiller Classic (3/21), which tied for first. Pearson ran a personal best in the 5k at the Payton Jordan Cardinal Invite (5/4), coming in at 13:38.92. The time ranks ninth on CU's 5k performers list and placed seventh at the meet. He ran both the 5k and 10k at the Pac-12 Championships. Pearson scored in the 10k, running 30:01.72 for seventh place. He was 27th in the 5k (5:11.03) the following day. At the NCAA West Preliminary Championships, Pearson again ran both events. He was 34th in the 10k (31:03.99) and 42nd in the 5k (15:01.43).

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

**Outdoor:** Redshirt. Did not compete.

**CROSS COUNTRY:** (2014) Redshirt. Did not compete. (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 has a greater than 3.40 GPA.

**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**  
**Sophomore/Freshman,**  
**VR/RS**  
**Kalispell, Mont.**  
**(Flathead)**

### PERSONAL BESTS

#### INDOOR

Mile: 4:16.71 (2014)  
3,000-Meters: 8:12.31 (2014)

#### OUTDOOR

800-meters: 1:52.05 (2014)  
1,500-meters: 3:42.39 (2014)

**2014: Indoor:** Perrin had a solid first season for the Buffs, racing at three meets. He started off by running the mile at the Air Force Invitational (1/25), placing second overall in 4:16.71 behind teammate Morgan Pearson (4:16.40). Perrin

moved up to the 3k for his last two races. He clocked a season-best of 8:12.31 at the Husky Classic (2/15) and two weeks later at the MPSF Championships, Perrin placed 18th overall with a time of 8:14.08.

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2014) Redshirt. Did not compete. (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.

**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**  
Sophomore/Freshman,  
VR/RS  
Missoula, Mont.  
(Hellgate)

### PERSONAL BESTS

#### INDOOR

3,000-meters: 8:14.33 (2014)

#### OUTDOOR

800-meters: 1:58

1,500-meters: 3:51.14 (2014)

3,000-meter steeplechase: 9:02.19 (2014)

**2014:** *Indoor:* Peterman focused solely on the 3,000-meter run as a freshman, running the event at three meets. He placed fourth at his first meet, the Air Force Invitational

(1/25), with a time of 9:02.99. Peterman's next race was the Husky Classic (2/15) at sea-level, where he ran a time of 8:22.54. His season-best was clocked at the MPSF Championships two weeks later, finishing 19th overall in 8:14.33.

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2014) Peterman made the varsity roster as a redshirt freshman. Although he didn't score for the Buffs, he had a very successful season. Peterman started the year with a 17th place finish at the Rocky Mountain Shootout, which was his best finish of the year. He was 79th at pre-nationals and moved up to 28th at the Pac-12 Championships, helping the Buffs win their fourth straight team title. Peterman took 64th at regionals and placed 202nd at NCAAs as the Buffs won their second straight NCAA Championship. (2013) Redshirt. Did not compete.

**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.

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

**IN THE CLASSROOM:** Peterman is majoring in environmental science and currently GPA greater than 3.70.

**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.

## TIM PORCELLI



**Javelin**  
Sophomore, VR/VR  
Superior, Colo.  
(Mullen)

### PERSONAL BESTS

#### OUTDOOR

Javelin: 133-4/40.63 (2014)

**2014:** *Indoor:* Did not compete.

*Outdoor:* Porcelli competed in the javelin during the outdoor season. He recorded a season-best (133-4) at the CU Invite (4/12) where he placed ninth overall. Porcelli also threw over 130 feet at the Jack Christiansen Invite (4/26) with a mark of 132-10, which was 10th overall.

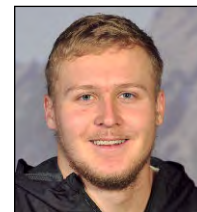
**HIGH SCHOOL:** Porcelli was a member of the football and wrestling teams at MHS. He played football for Dave Logan

and earned three letters while helping the Mustangs to back-to-back-to-back Colorado State 5A Championships. Porcelli also earned two letters on the wrestling team. He was named to the honor roll as a junior and senior.

**IN THE CLASSROOM:** Porcelli is a chemistry major.

**PERSONAL:** Timothy James Porcelli was born on September 2, 1993 in Palo Alto, Calif. He is the son of Bruce and Trish Porcelli and has two older siblings, Lisa and Mike. Porcelli enjoys hiking and snowboarding. During his first two years at Colorado, he was a member of the club rowing team and earned All-America status.

## 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: 177-10/54.20m (2014)

#### PAC-12 SCORING

2012 Discus, 5th (168-04)

**2014:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Redshirt. Did not compete.

**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



**Distance**  
**Sophomore, 1L/1L**  
**Park City, Utah. (Park City)**

### PERSONAL BESTS

#### INDOOR

800-meters: 1:52.86 (2014)  
 Mile: 4:05.22 (2014)  
 3,000-meters: 7:52.61 (2014)

#### OUTDOOR

800-meters: 1:51.11 (2014)  
 1,500-meters: 3:41.54 (2014)  
 5,000-meters: 13:48.97 (2014)

#### MPSF SCORING

2014 Mile, 5th (4:05.22)

#### PAC-12 SCORING

2014 1,500-Meters, 4th (3:43.38)

#### NCAA SCORING

2014 (I) 3,000-Meters, 3rd (8:13.45)

#### HONORS

2014 All-America First Team (Indoor 5k)  
 2014 All-America Second Team (Outdoor 1,500)

**2014:** *Indoor:* Saarel had an outstanding freshman campaign. He began the indoor season with an 800 at the Air Force Invitational (1/25), placing seventh in 1:52.86. Saarel's next race was a 3,000 at the Husky Classic (2/15) and he showed that he was going to be a force to be reckoned with as he placed second in the invitational section in 7:52.61. At the time, the 7:52.61 was the third-fastest time ever run by a Buff; second only to Olympian Adam Goucher. It was also the fastest debut by a CU freshman. Saarel competed two weeks later at the MPSF Championship in the mile and scored points for the team with a fifth-place finish (4:05.22). Saarel's 3k time ranked

12th overall in the NCAA, so he moved on to the indoor championships where he would earn his first indoor track All-America honor with a third-place finish (8:13.45).

*Outdoor:* Saarel kept the good times rolling during his outdoor campaign, focusing mainly on the 1,500. He started the season winning the 800 at the CU Invite (4/12), crossing the finish in 1:51.11. Just a week later, he won the 1,500 at the Bryan Clay Invite (4/18) and became the fifth best CU performer in the event with a time of 3:41.54. Saarel also ran a pair of 5,000's, with his first at the Payton Jordan Invite (5/4), coming in with a time of 13:48.97 for 12th overall. He switched back to the 1,500 at the Pac-12 Championships, and placed fourth for the Buffs in 3:43.38. Saarel qualified for the NCAA West Preliminary Championships in both the 1,500 and 5k. He was 40th in the 5k (14:53.63) and placed 12th in the 1,500 to advance to the NCAA Championships. At NCAAs, Saarel placed 16th in the semifinals (3:47.19) to earn All-America Second Team honors.

**CROSS COUNTRY:** (2014) Saarel had another great season for the Buffs. He started by placing fifth at the Rocky Mountain Shootout and followed that up with a fourth place finish at pre-nationals. Saarel earned All-Pac-12 second team honors with his eighth place performance at the Pac-12 Championships, helping CU win its fourth straight team title. Two weeks later, Saarel helped the Buffs win the NCAA Mountain Region Championship, placing 13th overall. He also earned his second all-region honor with the finish. At the NCAA Championships, Saarel was the second Buff across the finish, taking seventh overall for his second straight All-America honor as CU won its second straight NCAA Championship. (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 is an engineering physics major and currently owns a 3.985 GPA after three semesters at CU.

**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 ran at Swarthmore College. Saarel enjoys skiing and has volunteered with the Special Olympics.

## LUKE SHEESLEY



**Distance**  
**Freshman, TR/TR**  
**Fort Collins, Colo. (Fort Collins/Western State)**

### PERSONAL BESTS

800 Meters: 1:55.33  
 Mile: 4:17  
 1,600 Meters: 4:20.10  
 3,200 Meters: 9:07.99

**AT WESTERN STATE:** Sheesley ran one season for the Mountaineers. He placed 29th overall at the Rocky Mountain Athletic Conference Championships, helping WSC to a third-place team finish. Sheesley was 54th at regionals.

**HIGH SCHOOL:** Sheesley raced in three events at the 2014 Colorado State 5A Track and Field Championships. He was second in the 3,200 (9:23.53), fifth in the 800 (1:55.33) and seventh in the 1,600 (4:20.60). His time in the 3,200 is also a FCHS record. As a junior, Sheesley was eighth in the 1,600 and was a member of the 4x800-meter relay team that placed first. As a member of the cross country team, he earned a 12th place finish at the state meet in 2013. Sheesley was all-conference as a junior and senior.

**HIGH SCHOOL BESTS:** 800-meters: 1:55.33; mile: 4:17; 1,600-meters: 4:20.10; 3,200-meters: 9:07.99.

**IN THE CLASSROOM:** Sheesley is a molecular, cellular and developmental biology major.

**PERSONAL:** Luke Goodwine Sheesley was born on January 17, 1996 in Fort Collins, Colo. He is the son of Drew and Shannon Sheesley and has one brother, Jack. His father was a linebacker for the Colorado State football team. Sheesley enjoys watching movies, fishing and hanging out with family and friends.

## JAYSEAN SKRINE



**Sprints**  
**Freshman, HS/HS**  
**Colorado Springs,**  
**Colo. (Fountain**  
**Fort Carson)**

### PERSONAL BESTS

100 Meters: 10.86  
 200 Meters: 21.64

**HIGH SCHOOL:** Skrine earned four letters as a member of the Fountain Fort Carson track and field team. The Trojans won the 2014 Colorado State 5A Track and Field Championship, which Skrine lists as the biggest moment of his high school career. Individually, he placed second in the 100 (10.86) and was fourth in the 200 (21.64) at state, earning all-state recognition.

**HIGH SCHOOL BESTS:** 100-meters: 10.86; 200-meters: 21.64.

**IN THE CLASSROOM:** Skrine is a psychology major.

**PERSONAL:** Jaysean Rheem Skrine was born on June 10, 1996 in Lancaster, Pa. He is the son of Jeffrey and Holly Gardner and has two siblings, Trenton and Ebonee.

## PANOS SMYRNIOS



**Distance**  
**Freshman, RS/RS**  
**Littleton, Colo.**  
**(Chatfield)**

### PERSONAL BESTS

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

**2014: Indoor:** Redshirt. Did not compete.

**Outdoor:** Redshirt. Did not compete.

**CROSS COUNTRY:** (2014) Smyrnios raced to a 40th place finish at the Colorado State Invite in his only race of the season. (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 is majoring in integrative physiology and Spanish. He has a GPA greater than 3.70.

**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, 1L/2L**  
**Chesapeake, Va.**  
**(Western Branch)**

### PERSONAL BESTS

#### INDOOR

800 Meters: 1:53.39 (2014)  
 Mile: 4:01.64 (2013)  
 3,000 Meters: 7:54.76 (2014)

#### OUTDOOR

1,500-Meters: 3:45.17 (2013)  
 5,000-Meters: 13:57.62(2014)  
 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)  
 2014 Steeplechase, 2nd (8:52.93)

#### ACADEMIC HONORS

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

**2014: Indoor:** Theroux competed at three meets during the indoor season. He started off by running an 800 at the Air Force Invitational (1/25), finishing eighth in 1:53.39. Theroux moved up to the 3,000 at the next meet, the Husky Classic (2/15) and recorded one of the best times in school history at 7:54.76 for fifth place in the invitational section. That time ranks seventh on CU's all-time performers list. He was also one of four CU runners to record a time of 7:55 or less in the 3k this season. Theroux switched gears to the mile run in his final meet of the season, the MPSF Championships. He finished 12th overall in 4:06.93.

**Outdoor:** Theroux's main event was again the steeplechase, but he also competed in the 800, 1,500 and 5,000 during the outdoor season. Theroux raced the 1,500 (3:49.28) at the Stanford Invite (4/4), placing fifth in the invitational section. He clocked a personal best in the 5k at the Payton Jordan Invite (5/4), finishing 11th in 13:57.62. Theroux ran his first steeplechase of the season at the Pac-12 Championships, and was the runner-up in 8:52.93. That time qualified him for the NCAA West Preliminary Championship, where he placed 12th with a personal best time of 8:49.95, and also advanced to the NCAA Championships. There, Theroux was 17th overall in the

semifinals, finishing in 8:54.70.

**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 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:** (2014) Theroux finished his cross country career at CU on a great note, helping the Buffs win their second straight NCAA Championship, as well as their fourth straight Pac-12 and first NCAA Mountain Region championship since 2006. Theroux started the season by winning the Rocky Mountain Shootout for the second straight season. A couple weeks later, he was the runner-up at pre-nationals, finishing just a few seconds behind the NCAA Champion, Edward Cheserek. Theroux led the team at Pac-12s, placing fourth overall to earn All-Pac-12 First Team honors. He did not compete at regionals, but came back strong at NCAAs, finishing ninth for his third All-American honor. (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 and English. He has a GPA greater than 3.00. Theroux 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**  
Sophomore, VR/1L  
Midlothian, Texas  
(Midlothian)

### PERSONAL BESTS

#### INDOOR

60-meters: 7.21 (2014)  
200-meters: 22.48 (2014)  
400-meters: 49.60 (2014)  
60-meter hurdles: 8.04 (2014)

#### OUTDOOR

110-meter hurdles: 13.87 (2014)  
400-meter hurdles: 51.24 (2014)

#### PAC-12 SCORING

2014 110-Meter Hurdles, 6th (14.29)  
2014 400-Meter Hurdles, 3rd (51.24)

**2014:** *Indoor:* Thomas mainly focused on the 60-meter hurdles during his first season. He started the year placing fourth at the Air Force All-Comers Meet (1/11), finishing in 8.37. Thomas improved on his time at the next meet, the Potts Invitational (1/18), running 8.29 for the win. He continued to improve during the season and recorded a season-best (8.04) and fifth place finish during the prelims at the MPSF Championships.

*Outdoor:* Thomas cruised into the CU record books in the spring. He became just the fourth Buff to ever record a time under 14 seconds in the 110-meter hurdles, clocking in at 13.87. The time placed him third at the meet and made him the fourth best performer in CU history at the Longhorn Invitational (5/3). Thomas became the third best CU performer in the 400-hurdles after finishing third in 51.24 at the Pac-12 Championships. He was also sixth at the conference meet in the 110-hurdles (14.29). Thomas raced both events at the NCAA West Preliminary Championships. He was 32nd in the 110-hurdles (14.34) and 34th in the 400-hurdles (52.37).

**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 is a pre-engineering arts and sciences major.

**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.

## MATT WALKER



**Combined Events**  
Freshman, HS/HS  
Southlake, Texas  
(Southlake Carroll)

### PERSONAL BESTS

100 Meters: 10.9  
400 Meters: 49.6  
Shot Put: 51-5

**HIGH SCHOOL:** Walker earned four letters as a member of the Southlake Carroll Senior High School track and field team. During his senior season, Walker was the district champion in the 400-meter dash and the shot put, becoming the first person at his school to win those two events the same year. He was also recruited by Abilene Christian, Colorado State, Miami (Ohio) and William Penn.

**HIGH SCHOOL BESTS:** 400-meters: 49.6; 100-meters: 10.9; shot put: 51-5.

**IN THE CLASSROOM:** Walker is an open major. He has a GPA greater than 3.00.

**PERSONAL:** Matthew Burke Walker was born on April 27, 1996 in Houston, Texas. He is the son of Michael and Paula Walker and has two siblings, Riley and Brett. He enjoys hanging out with friends, playing sports and making videos.

## CONNOR WINTER



**Distance**  
Senior/Junior, 1L/1L  
Centennial, Colo.  
(Arapahoe)

### PERSONAL BESTS

#### INDOOR

800-Meters: 1:52.86 (2014)  
Mile: 4:01.69 (2013)  
3,000-meters: 8:02.70 (2014)

#### OUTDOOR

800-meters: 1:52.56  
1,500-meters: 3:44.53 (2013)  
5,000-meters: 13:55.91 (2014)

#### MPSF SCORING

2014 Mile, 8th (4:06.69)

#### PAC-12 SCORING

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

**2014:** *Indoor:* Winter started off the season with a personal-best of 1:52.86 in the 800 at the Air Force Invitational, finishing fifth overall. His second race of the year was a 3k, and he did quite well as he clocked in 13th overall in the invitational section in 8:02.70 at the Husky Classic. Winter's last race of the campaign was the mile. He placed eighth overall at the MPSF Championships with a time of 4:06.69.

*Outdoor:* Winter ran the 800 and 1,500 before focusing on the 5,000 during the postseason. He clocked a season best time of 1:54.24 in the 800 at the CU Invite (4/12) after running his season best time of 3:47.32 at the Stanford Invite (4/4). Winter's first 5k of the season was at the Payton Jordan Invite (5/4), where he ran a personal best time (13:55.91) and placed eighth overall. He went on to race the 5k at the Pac-12 Championships and took 10th in 13:55.91. Winter qualified for the NCAA West Preliminary Championships in the 5k, where he placed 29th (14:36.50).

**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 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:** (2014) Winter had a great junior season for the Buffs, starting and finishing strong. He was seventh at the Rocky Mountain Shootout and placed 14th at NCAA Pre-Nationals. He scored for the Buffs at the Pac-12 Championships, crossing the finish fifth overall as CU's No. 2 runner and helped the Buffs capture their fourth straight Pac-12 Championship. At the following meet, regionals, Winter led the Buffs with a fourth place finish. He capped off his season by placing 24th as CU took home its second straight NCAA Championship. During the year, he earned All-Pac-12 First Team, all-region and All-America honors. (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 mechanical 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



**Distance  
Junior, VR/VR  
Louisville, Colo.  
(Arapahoe)**

### PERSONAL BESTS

#### INDOOR

Mile: 5:15.59 (2014)  
3,000-meters: 9:52.46 (2014)

#### OUTDOOR

800-meters: 2:16.23 (2014)  
1,500-meters: 4:29.30 (2014)  
5,000-meters: 16:45.03 (2014)

#### ACADEMIC HONORS

Academic All-MPSF (2014)  
Pac-12 All-Academic honorable mention (2014)

**2014: Indoor:** Alm's first race of the season was the mile run at the Air Force Invitational (1/25). She clocked in at 5:15.59 and placed seventh overall. She moved up to the 3,000 for the last two meets of the season. Alm was 22nd at the Husky Classic (2/15), finishing in 9:59.94, and recorded a season-best two weeks later at the MPSF Championships at 9:52.46 which was 27th.

*Outdoor:* Alm's main race was the 1,500, but she ran a couple of 800s as well as one 5k during the season, recording personal bests in all three events. She raced a time of 2:16.23 at the Jack Christiansen Invite in the 800, placing fourth overall. Alm's best meet was the Pac-12 Championships where she ran both the 1,500 and the 5k. She was 15th in the 1,500, finishing in 4:29.30, and placed 10th in the 5k in 16:45.03.

**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:** (2014) Alm made a huge impact on the team as a junior, becoming CU's No. 2 runner in the postseason. She started off with a fifth place finish at the Rocky Mountain Shootout, placing fourth for the Buffs. Alm moved up to CU's No. 3 at NCAA Pre-Nationals, placing 29th overall. She was CU's No. 2 harrier in the final three races, which included a pair of seventh place finishes at the Pac-12 and NCAA Mountain Region Championships. Alm finished the season 51st at NCAAs. During the year, she was named All-Pac-12 First Team and all-region. (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 3.3. She was named to the Academic All-MPSF team and the Pac-12 All-Academic honorable mention team in 2014.

**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.

**KAITLYN BENNER**

**Distance**  
Freshman, HS/HS  
Superior, Colo.  
(Monarch)

**PERSONAL BESTS**

1,600-meters: 5:03  
3,200-meters: 10:58

**CROSS COUNTRY:** (2014) Benner earned a spot on the varsity roster after placing ninth overall at the Rocky Mountain Shootout (where she raced unattached). Her first race in the black and gold was NCAA Pre-Nationals; she placed 52nd overall and was CU's No. 4 runner. Benner moved up to a 29th place finish at Pac-12s a couple of weeks later, scoring as the Buffs fifth runner. She recorded her first individual honor at regionals, placing 13th overall to be named to the All-Mountain Region team. Benner finished the season 81st at NCAAs, helping the Buffs to a seventh place team finish.

**HIGH SCHOOL:** Benner was a member of the MHS cross country team that won the state championship in 2011, '12 and '13. The team went on to compete at Nike Cross Nationals in 2013 and placed fifth overall; Benner was 61st individually. MHS also raced at Nike Cross Nationals (NXN) in 2010, placing 15th. Benner was selected to the NXN Southwest All-Sophomore team in 2011 and the All-Freshman team in 2010. On the track, she was a member of the 4x800-meter relay team that placed second at state in 2012, '13 and '14. The relay also set the school record at 9:22. Individually, Benner is the MHS record holder in the 3,200 (10:58). She earned four academic letters as a Coyote and was named to the Academic All-Colorado first team her junior and senior years. Benner was also recruited by Oregon State and Utah.

**HIGH SCHOOL BESTS:** 1,600-meters: 5:03; 3,200-meters: 10:58; 4x800-relay: 9:11.

**IN THE CLASSROOM:** Benner is a biological and chemical engineering major. She recorded a 4.00 GPA after her first semester at CU.

**PERSONAL:** Kaitlyn Marilyn Benner was born on September 25, 1996 in Sacramento, Calif. She is the daughter of Pat and Kathy Benner of Superior, Colo. She has one younger sister, Grace. Benner has done volunteer work that includes mission trips to Mississippi, Los Angeles and the Bahamas.

**ERYN BLAKELY**

**Distance**  
Freshman, RS/RS  
Monrovia, Calif.  
(Alverno)

**PERSONAL BESTS**

800-meters: 2:18.45 (2013)  
1,500-meters: 4:56.33 (2014)

**2014: Indoor:** Redshirt. Did not compete.

**Outdoor:** Redshirt. Did not compete.

**CROSS COUNTRY:** (2014) Blakely ran in three races for the Buffs. She started off with a 26th place finish at the Rocky Mountain Shootout and was 17th in the open race at NCAA Pre-Nationals. Her final race was Pac-12s where she was 87th overall.

**HIGH SCHOOL:** Blakely was named the AHS cross country and track and field MVP as a senior. She competed at the 2012 USATF Junior National Track & Field Championships in the 2,000-meter steeplechase. It was just her third time running the event and she placed second in 7:35.45. Blakely was also a member of the Principal's Honor Roll.

**HIGH SCHOOL BESTS:** 800-meters: 2:18.45; 1,600-meters: 5:09.17; 2,000-meter steeplechase: 7:35.45.

**IN THE CLASSROOM:** Blakely is majoring in integrative physiology and has a GPA greater than 3.00.

**PERSONAL:** Eryn Larisa Blakely was born on November 11, 1995 in Monrovia, Calif. She is the daughter of Michael Blakely and Lara Larramendi and has one older brother, Eric Blakely. Blakely has volunteered at the Los Angeles Zoo and enjoys singing, playing guitar and horseback riding. She was a member of the AHS equestrian team and started riding when she was seven in 2003.

**TASHAY BROWN**

**Sprints**  
Freshman, HS/HS  
Centennial, Colo.  
(Eaglecrest)

**PERSONAL BESTS**

100-meters: 12.19 (2014)  
200-meters: 24.40 (2014)

**HIGH SCHOOL:** Brown was a standout sprinter at Eaglecrest High School. She is the Raptor's 200-meter record holder (24.20) and appeared at the Colorado State High School Championships several times. She was a member of the 2014 Colorado State 5A 800-meter sprint medley relay team that won in 1:44.19 and was a member of the 4x200 team that placed third. Individually she was third in the 200, setting the EHS record in the process. Brown was also third in the 200 as a sophomore at the state championships. She was also recruited by Columbia, Penn, Air Force, Colorado State, San Jose State and Louisiana at Monroe.

**HIGH SCHOOL BESTS:** 100-meters: 12.19; 200-meters: 24.40.

**IN THE CLASSROOM:** Brown is an open major.

**PERSONAL:** Tashay Bobbie Brown was born on August 14, 1995 in Kingston, Jamaica. She is the daughter of Herbert Brown and Cassandra Barnes. She has one brother, Khalil, who plays basketball. Brown was born in Jamaica and can speak the native language (Patois). She enjoys traveling and has volunteered at Smoky Hill Library with its summer reading program.

**MACKENZIE CALDWELL**

**Distance**  
Freshman, HS/HS  
Columbus, Ind.  
(Columbus North)

**PERSONAL BESTS**

1,600-meters: 5:03  
3,200-meters: 10:58

**CROSS COUNTRY:** (2014) Caldwell ran unattached at the Rocky Mountain Shootout and placed 14th overall to earn a spot on the varsity roster. She debuted for the Buffs at NCAA Pre-Nationals, placing 128th overall. Caldwell was 44th at Pac-12s and placed 36th at regionals. She ended the season at NCAAs with a 195th place finish.

**HIGH SCHOOL:** Caldwell owns three records at CNHS: the 5-kilometer cross country course record (17:29), the 1,600-meter run (4:55) and the 3,200 (10:37), and all three double as the Conference Indiana records. Caldwell set the cross country record on October 9, 2013 and both track records on April 26, 2014. The Bull Dogs were the CI cross country champions four straight years (2010-13) and the track and field team won the title in 2014. Caldwell was named all-state three times as a member of the cross country team and three times on the track team, and was a cross country all-conference selection four straight years. She placed second at the state cross country meet as a senior and was fourth her sophomore and junior years. Caldwell won the 2014 indoor state 3,200 title and during the outdoor season, she placed fifth in the 1,600 and 3,200. As a junior, she was third in both events and was sixth in the 3,200 as a sophomore. Caldwell also excelled in the classroom and was named academic all-state for track her sophomore through senior years and for cross country as a sophomore. Caldwell was also recruited by Michigan State, Arizona State, Iowa State, Illinois and Vanderbilt.

**HIGH SCHOOL BESTS:** 800-meters: 2:21; 1,600-meters: 4:55; 3,200-meters: 10:37.

**IN THE CLASSROOM:** Caldwell is a marketing major and currently has a GPA greater than 3.70.

**PERSONAL:** Mackenzie Ann Caldwell was born on May 20, 1996 in Columbus, Ind. She is the daughter of Gary and Renee Caldwell and has two older brothers, Quinton and Raleigh. Caldwell enjoys camping, hiking and photography. She plays the Oboe and earned the Symphonic March Most Improved (2010-11) and the Wind Ensemble Outstanding Attitude (2013-14) awards. Caldwell was also part of the Bull Dog News Network and earned MVP honors (2013-14) and the Spoke Award (2012-13).

## ERIN CLARK



**Distance**  
**Freshman, RS/RS**  
**Eugene, Ore. (South Eugene)**

### PERSONAL BESTS

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

**2014:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2014) Clark moved into a leadership role as a sophomore as the top harrier for the Buffs. She started the season by winning the Rocky Mountain Shootout. A couple weeks later, Clark placed seventh at NCAA Pre-Nationals. She was fourth at Pac-12s, earning All-Pac-12 First Team recognition. Clark continued to excel and was the runner-up at regionals, earning her second all-region honor in as many years. She capped off the season with a 31st place finish at NCAAs for her first All-America honor. (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 NCAAs 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 is majoring in integrative physiology and currently has a GPA greater than 3.30.

**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.

## MADISON COLLETO



**Throws**  
**Freshman, HS/HS**  
**Ventura, Calif. (Ventura)**

### PERSONAL BESTS

Shot Put: 38-8 (2014)  
 Discus: 127-6 (2013)

**HIGH SCHOOL:** Colletto earned three letters on the VHS track and field team. The Cougars won the league championship all four years while she was on the team. Colletto won the classic shot put at the Arcadia Invite in 2014 with a personal best throw of 38-8. The previous year, she recorded her PR in the discus with a throw of 127-7. Colletto was a member of the National Honors Society and Key Club and was a member of the honor roll all throughout high school with a GPA greater than 3.00. She was also recruited by Wake Forest, USCB, Redlands and TCU.

**HIGH SCHOOL BESTS:** Shot Put: 38-8; Discus: 127-6.

**IN THE CLASSROOM:** Colletto is majoring in integrative physiology and has a GPA greater than 3.00.

**PERSONAL:** Madison Therese Colletto was born on March 6, 1996 in Riverside, Calif. She is the daughter of Mike and Therese Colletto and has one brother, Conner. She enjoys going to the beach, cooking and is bilingual (Spanish). Colletto also raised a pig for 4-H.

## VALERIE CONSTIEN



**Distance**  
**Freshman, HS/HS**  
**Edwards, Colo. (Battle Mountain)**

### PERSONAL BESTS

800-meters: 2:16  
 1,600-meters: 5:04  
 3,200-meters: 11:40

**HIGH SCHOOL:** Constien was a four-sport athlete at BMHS, competing in cross country, track & field, Nordic skiing and soccer. She owns or is a part of seven records at BMHS. In 2013, Constien ran 17:55 to set the 5k cross country record and in the spring of 2014, she recorded records in the 800-meters (2:16) and 1,600 (5:04). Constien also own records in the triple jump (36-3), 4x400, 4x800 and distance medley relays. The Huskies won three straight 4A Western Slope League Championships in track (2011-13) and three in a row for cross country (2011-13) during her

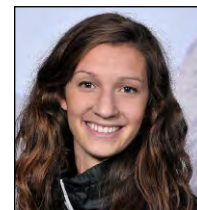
time on the team. Constien was named first-team all-state her junior and senior years for cross country and was a first team all-state selection for track as a sophomore. She raced at the 2013 Nike Cross Country South West Regionals and was 10th overall. On the track, Constien placed sixth at the state championships in the 1,600, finishing in 5:04. Constien also earned numerous academic honors while at BMHS and was a member of the National Honor Society. She was recruited by many schools including Brown, California, Cornell, Iowa State, Nebraska, Penn and Washington before deciding on Colorado.

**HIGH SCHOOL BESTS:** 400-meters: 1:01.66; 800-meters: 2:16; 1,600-meters: 5:04; 3,200-meters: 11:40.

**IN THE CLASSROOM:** Constien is majoring in chemical and biological engineering.

**PERSONAL:** Valerie H. Constien was born on March 21, 1996 in Vail, Colo. She is the daughter of Ron and Ann Constien of Edwards, Colo., and has one sister, Elizabeth. Constien enjoys baking, crafts and reading and can play the piano and French horn. She was a member of her high school's band and pep band all four years of high school and is also a big-game hunter.

## BEKAH DANIEL



**Jumps**  
**Graduate, TR/TR**  
**Silverdale, Wash. (Central Kitsap/Willamette)**

### PERSONAL BESTS

Triple jump: 38-6.75  
 Long jump: 17-7  
 High jump: 4-9  
 Shot put: 34-8  
 Javelin: 104-3  
 200 Meters: 27.11  
 800 Meters: 2:26.77  
 100 Meter Hurdles: 15.12  
 Heptathlon: 4,411

**AT WILLAMETTE:** Daniel set the Willamette triple jump record on March 14, 2014, jumping 38-6.25. She also ranks second in the heptathlon with 4,411 points. Daniel was named the Bearcats Female Athlete of the Year as a senior and earned USTFCCA Academic All-American honors. She was a three-time Northwest Conference Scholar Athlete and a two-time NWC triple jump champion (2013, '14).

**IN THE CLASSROOM:** Daniel is getting her master's in environmental engineering. She earned her bachelor's degree at Willamette in physics.

**PERSONAL:** Rebekah Daniel was born on December 30, 1991. She is the daughter of James and Brenda Daniel of Silverdale, Wash., and has one sister, Bethany. She enjoys singing, playing piano and bird watching. While earning her bachelor's degree at Willamette, she studied in Morocco for a semester and climbed the highest mountain in North Africa (Toubkal). Daniel was also a competitive gymnast from 5-12 years old.

## JENNY DESOUCHET



**Distance**  
**Junior, VR/VR**  
**Alamosa, Colo.**  
**(Alamosa/Columbia)**

### PERSONAL BESTS

#### INDOOR

800-meters: 2:17.20 (2014)

Mile: 4:53.11 (2014)

#### OUTDOOR

800-meters: 2:12.98

1,500-meters: 4:28.50 (2014)

5,000-meters: 17:09.07 (2014)

### ACADEMIC HONORS

Academic All-MPSF (2014)

**2014: Indoor:** DeSouchet ran in three meets for the Buffs. She placed fourth at the Air Force Invitational (1/25), finishing in 2:17.20. DeSouchet also ran in a pair of mile runs, starting at the Husky Classic (2/15) where she finished in 4:53.47 and placed 13th. Two weeks later at the MPSF Championships, she ran her season-best with a time of 4:53.11 and was 11th overall.

**Outdoor:** DeSouchet mainly raced the 1,500 during the outdoor season. She clocked a season best time of 4:28.50 at the Stanford Invite (4/4), which was good for third. At the Pac-12 Championships, DeSouchet ran in the 1,500 and 5k. She was 18th in the 1,500 (4:31.53) and placed 18th in the 5k with a personal best of 17:09.07.

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

**Outdoor:** Did not compete.

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

**CROSS COUNTRY:** (2014) DeSouchet had another good year for the Buffs, starting with a seventh place finish at the Rocky Mountain Shootout. At NCAA Pre-Nationals, DeSouchet placed 70th overall, scoring as CU's No. 5 runner. She was CU's fourth harrier in the final three races of the season. DeSouchet improved to 26th at Pac-12s and was 16th at regionals, which earned her a second straight all-region honor. DeSouchet finished the season with a 95th place finish at NAAs. (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 an English major and currently owns a GPA greater than 3.50. She earned Academic All-MPSF honors in 2014.

**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**  
**Senior, 2L/1L**  
**Colorado Springs,**  
**Colo. (Doherty)**

### PERSONAL BESTS

#### INDOOR

High Jump: 5-10.75/1.80m (2014)

#### OUTDOOR

High Jump: 5-11.25/1.81m (2014)

### MPSF SCORING

2013 High Jump, 14th (5-7-25/1.71m)

2014 High Jump, 4th (5-8-1.73m)

### PAC-12 SCORING

2013 (0) High Jump, 8th (5-8.75/1.75m)

**2014: Indoor:** English jumped in four meets during the indoor season and got the campaign off to a good start. She won the Potts Invitational (1/18), clearing 5-10. English also won the Joe Davies Open (2/22) with a personal best jump of 5-10.75. At the MPSF Championships, she finished fourth overall after clearing 5-8.

**Outdoor:** English continued to have a good season with five first place finishes. She jumped a personal best 5-11.25 to win the Beach Invite (4/19), just one day after winning her section at Mt. SAC Relays (4/18) with a mark of 5-8.75. English also took home top honors at the Jack Christiansen Invite (4/26), the Jerry Quiller Classic (3/22) and at the Fum McGraw Open (3/29), all with a mark of 5-8.75. She went on to compete at the NCAA West Preliminary Championship and placed 25th (5-7.75).

**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:** (2014) English played in 27 matches in her final season with CU, starting in 12 contests. She suffered an injury during the nonconference part of the season, which limited her action in Pac-12 play, but didn't keep her out completely as she was still able to plan an important role for the Buffs as they made their second straight appearance in the NCAA Tournament. English recorded 60 kills, most which came in the early part of the season, but she became reliable serving and defensive specialist with 19 aces and 47 digs. In the first match of the season against Northwestern (8/29), English recorded a season-best 13 kills and hit .500. In total, she finished her career with 682 kills, 237 digs, 231 blocks and 90 aces in 120 matches (407 sets).

(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, '13 and '14. English was also named to the MPSF All-Academic Team twice (2013 and '14) and to the Pac-12 All-Academic honorable mention team twice (2013 and '14).

**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**  
**Senior/Junior, 3L/2L**  
**Madison, Wis.**  
**(Edgewood)**

### PERSONAL BESTS

#### INDOOR

60 Meters: 7.58 (2014)  
 200 Meters: 24.31 (2013)  
 400 Meters: 54.47 (2014)

#### 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)  
 2014 400 Meters, 8th (54.47)

#### 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 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.

**2014:** *Indoor:* Gehring continued to lead the sprinters as a junior. She mainly raced in the 200 and 400-meter dashes, but she also added a few 60-meter dashes. In fact, Gehring became the third fastest performer in the 60 after she clocked a time of 7.58 to win the Air Force Holiday Open (12/13/13). She saved the best for last in both the 200 and 400, finishing with season-best times at the MPSF Championships. Gehring placed 10th in the 200, running a time of 24.44. She scored for the Buffs in the 400, taking eighth with a personal best of 54.47. The time placed her second on the all-time performers list and is the third best time ever recorded by a Buff. Gehring also ran in the 4x400-meter relay at the conference championship; the team placed ninth in 3:46.40.

*Outdoor:* Redshirt. Did not compete.

**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 MPSF Indoor Championships. She was 11th in the 200, finishing in 24.65, and became the fifth best CU performer in the event. Gehring followed 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 MPSFs (3:45.11), which broke the CU record.

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

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

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

**IN THE CLASSROOM:** Gehring is majoring in communications and English.

**PERSONAL:** Eileen Elizabeth Gehring 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**  
**Junior, VR/VR**  
**Seattle, Wash.**  
**(Nathan Hale)**

### PERSONAL BESTS

#### INDOOR

Weight Throw: 50-0.75/15.26m (2014)

#### OUTDOOR

Discus: 147-10/45.07m (2014)

Hammer Throw: 169-7/51.69m (2014)

**2014:** *Indoor:* Hallam-Eames competed at eight different meets during the campaign, concentrating on the weight throw. She recorded her best placing of the season with a third-place finish at the Potts Invite (1/18), throwing the weight 48-8. Hallam-Eames tossed her personal best of 50-00.75 at the Air Force All-Comers meet (1/11), which was seventh at the meet. She notched her third best throw of the season at the MPSF Championships, placing 22nd overall with a mark of 48-3.50.

*Outdoor:* Hallam-Eames performed well during the outdoor campaign. She started the season with a personal best in the hammer throw, recording a mark of 169-7 for fourth place at the Jerry Quiller Classic (3/21). At the same meet, Hallam-Eames took third in the discus (130-3). She had a successful spring and went on to compete at the Pac-12 Championships in both events. Hallam-Eames PR'd in the discus with a toss of 147-10, placing 10th overall, and was 14th in the hammer throw (164-6).

**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 an environmental science major. She has a GPA greater than 3.00.

**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**  
**Sophomore, VR/VR**  
**Newport Beach, Calif.**  
**(Mater Dei)**

### PERSONAL BESTS

#### INDOOR

60-meters: 8.26 (2014)

200-meters: 26.93 (2014)

400-meters: 1:00.31 (2014)

#### OUTDOOR

400-meter hurdles: 1:06.93 (2014)

**2014:** *Indoor:* Hanrahan focused mainly on the 200 and 400 in her first season. She recorded a season best time of 26.93 in the 200 at the Air Force All-Comers meet (1/11), placing 10th overall. Her best time in the 400 came at the Air Force Invite (1/24), where she ran 1:00.31.

*Outdoor:* Hanrahan raced the 400-meter hurdles at five meets during the outdoor season. She started the season by winning the event in 1:08.49 at the Jerry Quiller Classic (3/21). Her season best of 1:06.93 came at the Bryan Clay Invite (4/18).

**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 is an integrative physiology major.

**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.

## ANA HOLLAND



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

### PERSONAL BESTS

100-meters: 11.33 (2013)

200-meters: 23.04 (2013)

400-meters: 52.49 (2013)

**2014:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Redshirt. Did not compete.

**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 is majoring in integrative physiology.

**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**  
**Sophomore/Junior,**  
**VR/1L**  
**Centennial, Colo.**  
**(Regis Jesuit)**

### PERSONAL BESTS

#### OUTDOOR

100-Meters: 12.22

200-Meters: 25.23

#### PAC-12 SCORING

2014 4x100-meter relay, 8th (47.80)

**2014:** *Indoor:* Did not compete.

*Outdoor:* Holland raced the 100 and 200 as a sophomore. She clocked a season best of 12.57 in the 100 at the Tom Benich Open (4/4), placing fifth at the meet. Holland's season best in the 200 came at the Jack Christiansen Invite, where she took seventh in 25.6. Holland raced the 200 at the Pac-12 Championships, coming in at 22nd (26.10) in the prelims. She was also a part of the 4x100 relay which placed eighth in 47.80.

**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.

## TAILA HOWE



**Combined Events**  
**Freshman, HS/HS**  
**Carbondale, Colo.**  
**(Roaring Fork)**

### PERSONAL BESTS

100-meters: 12.9 (2011)  
 200-meters: 26.7 (2013)  
 Long jump: 17-11 (2014)  
 High jump: 5-1 (2013)

**HIGH SCHOOL:** Howe qualified for the Colorado state championships all four years. She raced the 100 at state her freshman, sophomore and junior years. Her best finish came in 2011, finishing eighth in 12.90. Howe clocked in at 27.11 in the 200 as a sophomore, taking 12th. That same year, she also placed eighth in the high jump (5-1). Howe participated at state in the long jump all four years. She placed second as a senior (17-0.50). Howe is the Rams long jump record holder at 17-11. She was also a member of the volleyball team and National Honors Society. Howe was recruited by Chadron State before deciding on CU.

**HIGH SCHOOL BESTS:** 100-meters: 12.9; 200-meters: 26.7; Long jump: 17-11; High jump: 5-1.

**IN THE CLASSROOM:** Howe is a business – open option major.

**PERSONAL:** Taila Howe was born on September 25, 1995 in Philadelphia, Pa. She is the daughter of Andy Wasilawki and Alya Howe. She has one brother, Oskar. Howe enjoys snowboarding, backpacking, running, photography and traveling. She grew up traveling around Europe and can speak French.

## CLAIRE KAZEN



**Combined Events**  
**Freshman, HS/HS**  
**Laredo, Texas (JB**  
**Alexander)**

### PERSONAL BESTS

High Jump: 5-6 (2013)  
 Shot Put: 36-9 (2014)  
 Javelin: 96-0 (2012)  
 Long Jump: 16-1 (2013)  
 200-meters: 26.6 (2014)

**HIGH SCHOOL:** Kazen was named the JB Alexander Track Athlete of the Year as a senior and sophomore. She was the UIL District 29-5A, UIL Area 20-30 and Border Olympics high jump champion and was named the Laredo Morning Times track all-district first team in 2014. As a junior, she was the Border Olympics high jump champion and the UIL District 29-5 shot put champion. Kazen was also the Laredo Philharmonic Rising Star violinist and earned the JBAHS Academic and Athletic award in 2013. She won the Border Olympics high jump and the UIL District 29-5A in the shot put as a sophomore. Kazen qualified for the AAU Junior Olympics in the heptathlon in 2012 and the high jump in 2011. She was an AP Scholar and a member of the National Honor Society. Kazen was also recruited by Washington, Rice and Texas A&M International.

**HIGH SCHOOL BESTS:** High jump: 5-6; shot put: 36-9; javelin: 96-0; long jump: 16-1; 200-meters: 26.6.

**IN THE CLASSROOM:** Kazen is a chemistry major. She has a GPA of 3.980 after her first semester.

**PERSONAL:** Rebecca Claire Kazen was born on January 22, 1996. She is the daughter of John and Hayley Kazen. Her aunt Camille Escobedo was a high jumper at Rice. Kazen plays violin, loves photography and enjoys skiing, hiking, kayaking and anything outdoors.

## ANNIE KELLY



**Distance**  
**Freshman, RS/RS**  
**Alpharetta, Ga.**  
**(Milton/Mississippi)**

### PERSONAL BESTS

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

**2014: Indoor:** Redshirt. Did not compete.

**Outdoor:** Redshirt. Did not compete.

**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.

**CROSS COUNTRY:** (2014) Kelly had a great first season for the Buffs, starting with a fourth place overall finish at the Rocky Mountain Shootout (CU's No. 3). In the next meet, NCAA Pre-Nationals, Kelly crossed the finish second for the Buffs, 29th overall. She continued to improve and was CU's third runner at the Pac-12 Championships, finishing 19th. Kelly earned all-region recognition at regionals, placing 16th. She finished the season with a 98th place finish at NCAAs.

**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 a psychology major.

**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.

**MAKENZIE KLINE**

**Throws**  
**Sophomore, VR/VR**  
**Reno, Nev.**  
**(Galena)**

**PERSONAL BESTS***OUTDOOR*

Discus: 129-1/40.31m (2014)  
 Javelin: 108-8/33.12m (2013)

**2014:** *Indoor:* Did not compete.

*Outdoor:* Kline competed in the discus and javelin. She earned a season-best mark of 106-4 in the javelin at the Fum McGraw Open (3/29), placing fourth overall. Kline threw a personal best in the discus at the CSM Last Chance (5/10), recording a mark of 132-3 for fifth place. She notched her second best mark of the season (130-10) at the Pac-12 Championships, placing 13th overall.

**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.

**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)

**2014:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Redshirt. Did not compete.

**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 and ecology and evolutionary biology.

**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 MATTSO**

**Sprints**  
**Senior, 1L/3L**  
**Grand Rapids, Minn.**  
**(Grand Rapids)**

**PERSONAL BESTS***INDOOR*

60 Meters: 7.77 (2014)  
 200 Meters: 24.98 (2014)  
 400 Meters: 55.03 (2014)

*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)

2014 4x100 Meter Relay, 8th (47.80)

2014 4x400 Meter Relay, 7th (3:42.80)

**ACADEMIC HONORS**

Academic All-MPSF (2013, 14)

Pac-12 All-Academic honorable mention (2013)

Pac-12 All-Academic second team (2014)

**2014:** *Indoor:* Mattson ran in all of the short sprints for the Buffs, but mainly competed in the 200 and 400. She recorded a season-best of 7.77 in the 60 at the first meet of the season, the Holiday Open (12/13/13), which placed sixth. Mattson clocked both of her season-bests in the 200 and 400 at the Don Kirby Collegiate Elite (2/15). She raced to a PR of 24.98 in the 200 and recorded a time of 55.03 in the 400. Mattson's 400 time moved her into fourth on CU's all-time performers list.

*Outdoor:* Mattson clocked a season best 54.71 in the 400 at the Mt. SAC Relays (4/18), placing 13th in her section. Her season best in the 200 was run at the Jack Christiansen Invite (4/26), where she placed third in 24.55. Mattson ran the 400 at the Pac-12 Championships and placed 11th in 55.07. She was also a part of both the 4x100 and 4x400 relays that scored at the meet. The 4x100 placed eighth (47.80), while the 4x400 was seventh (3:42.80).

**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 an economics major and has recorded a greater than 3.70 GPA. She has been named twice to the Academic All-MPSF team (2013, 14) and has earned two mentions to the Pac-12 All-Academic teams; once in 2013 on the honorable mention list and once in 2014 on the second team.

**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



**Distance**  
**Sophomore/Freshman,**  
**VR/RS**  
**St. Louis, Mo.**  
**(St. Joseph's Academy)**

### PERSONAL BESTS

#### INDOOR

Mile: 4:55.24 (2014)

#### OUTDOOR

800 meters: 2:16.99

1,500 meters: 4:46.33 (2014)

**2014: Indoor:** May raced the mile three times during her first season with the Buffs. She started off running a time of 5:21.16 at the Air Force Invite (1/25) and improved her time to 5:02.97 at the Husky Classic (2/15) a couple of weeks later. May finished the season with a season-best time of 4:55.24 at the MPSF Championships.

**Outdoor:** Redshirt. Did not compete.

**CROSS COUNTRY:** (2014) May ran in three races for the Buffs as a redshirt freshman. She started the season 12th at the Rocky Mountain Shootout and then took 12th overall in the open race at NCAA Pre-Nationals. May finished the campaign 63rd at Pac-12s.

**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 is a business major and owns a GPA greater than 3.70.

**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**  
**Junior, VR/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)

**2014: Indoor:** Did not compete.

**Outdoor:** McAlister ran the 1,500 at the Fum McGraw Open (3/29) and placed second in 4:45.38. She also ran on the 4x400 relay at the meet; the team placed fourth in 4:12.70.

**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:** (2014) McAlister ran in two meets for CU as a junior. She raced to an eighth place finish in the open race at NCAA Pre-Nationals and was 63rd at Pac-12s. (2013) McAlister raced three times for the Buffs as a sophomore. She started the season by placing 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**  
**Sophomore, VR/1L**  
**Broomfield, Colo.**  
**(Legacy)**

### PERSONAL BESTS

#### INDOOR

Mile: 4:49.69 (2014)

3,000-meters: 9:24.26 (2014)

#### OUTDOOR

1,500-meters: 4:23.48 (2014)

5,000-meters: 16:17.14 (2014)

3,000-meter steeplechase: 10:18.86 (2014)

#### PAC-12 SCORING

2014 3,000-meter steeplechase, 4th (10:26.56)

**2014: Indoor:** Nun ran at three meets for the Buffs in the mile and 3k. Her first race was the mile at the Air Force Invite (1/25) where she placed fourth in 5:06.16. She followed up that performance with a third-place finish at the Husky Classic (2/15), this time finishing in 4:55.24. Nun's final race of the season was a 3k at the MPSF Championships. She placed eighth in 9:24.26, which made her the 10th fastest performer in CU history.

**Outdoor:** Nun started the season by racing a pair of 1,500s; her best time of 4:23.48 came at the Bryan Clay Invite (4/18) where she placed third. At that point, Nun switched gears to the 3,000-meter steeplechase, debuting at the Jack Christiansen Invite (4/26) where she won the race in 10:59.36. Her second steeplechase was at the Pac-12 Championships where she placed fourth in 10:26.56. Nun recorded a personal best of 10:18.86 at the NCAA West Preliminary Championship, placing 14th overall. Her time ranks seventh on CU's all-time performers list.

**CROSS COUNTRY:** (2014) Redshirt. Did not compete. (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. Nunn 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 is majoring in mathematics and economics. She has a GPA of 3.906.

**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.

## RAJON O'QUINN



**Jumps**  
**Freshman, HS/HS**  
**Fountain, Colo.**  
**(Fountain Fort Carson)**

### PERSONAL BESTS

400-meters: 55.13

High Jump: 5-9

**HIGH SCHOOL:** O'Quinn lettered all four years at Fountain Fort Carson High School and owns four school records. She is a member of the 4x200-meter relay (1:39.60) and 4x400 relay (4:00.25). Individually, O'Quinn owns the high jump (5-9) and 400-meter dash (55.13) records. O'Quinn was also recruited by Colorado State and Loyola.

**HIGH SCHOOL BESTS:** 400-meters: 55.13; high jump: 5-9.

**IN THE CLASSROOM:** O'Quinn is an open major and has a GPA greater than 3.00.

**PERSONAL:** Rajon Lynnae O'Quinn is the daughter of John and Rachel O'Quinn and has three siblings. She enjoys painting and her name is a combination of her parents' first names.

## MANDY ORTIZ



**Distance**  
**Freshman, RS/RS**  
**Vail, Colo. (Battle Mountain)**

### PERSONAL BESTS

Mile: 5:18

3,200-meters: 11:30

**2014: Indoor:** Redshirt. Did not compete.

**Outdoor:** Redshirt. Did not compete.

**CROSS COUNTRY:** (2014) Ortiz raced twice as a redshirt freshman. She was 21st at the Rocky Mountain Shootout before taking 22nd in the open race at NCAA Pre-Nationals.

**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 is majoring in integrative physiology and has a perfect 4.0 GPA.

**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**  
**Junior, VR/VR**  
**Lakewood, Colo.**  
**(Lakewood)**

### PERSONAL BESTS

#### INDOOR

High Jump: 5-5.25/1.66 (2014)

#### OUTDOOR

Heptathlon: 4,266 (2014)

100-Meter Hurdles: 15.43 (2014)

200-Meters: 26.93 (2014)

High Jump: 5-4.50/1.64m

Long Jump: 16-5/5.00m (2014)

Shot Put: 32-3.75/9.85m (2014)

Javelin: 95-11/29.25m (2014)

800-Meters: 2:29.10 (2014)

### ACADEMIC HONORS

Academic All-MPSF (2014)

Pac-12 All-Academic honorable mention (2014)

**2014:** *Indoor:* Pena competed in three pentathlons during her sophomore season. Her best finish came at the Air Force Invite (1/23) where she placed 11th with a personal best 3,205 points. Pena went on to compete at the MPSF Championship and was 15th overall with 3,190 points, just shy of her PR. She recorded personal bests in the 60-meter hurdles (9.46), shot put (32-1.50) and the 800 (2:34.74). Pena also competed individually in the high jump at the conference meet and tied for 15th with a jump of 5-2.25.

*Outdoor:* Pena participated in a pair of heptathlons as a sophomore. She recorded a personal best of 4,266 points at the Mt. SAC Relays, placing 29th overall. Pena also competed at the Pac-12 Championships (4,246), which was 11th overall. She recorded three personal bests at Mt. SAC Relays in the 200 (26.93), long jump (16-5) and javelin (95-11). Pena also had a pair of season bests at the Pac-12 Championships in the 100-meter hurdles (15.43) and high jump (5-3.25).

**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 an ecology and evolutionary biology major. She has a greater than 3.00 GPA.

**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, RS/RS**  
**Clovis, Calif.**  
**(Buchanan)**

### PERSONAL BESTS

800-meters: 2:19

1,600-meters: 4:56

3,200-meters: 10:21

**2014:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Redshirt. Did not compete.

**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. She was the class valedictorian.

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

**IN THE CLASSROOM:** Reedy is an English major. She has a GPA greater than 3.60.

**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



**Distance**  
**Sophomore, VR/VR**  
**San Jose, Calif.**  
**(Archbishop Mitty)**

### PERSONAL BESTS

#### INDOOR

800-meters: 2:18.20 (2014)

#### OUTDOOR

800-meters: 2:18.80 (2014)

**2014:** *Indoor:* Rintala ran a pair of 800s during her first season. She ran 2:25.01 at the Air Force Invite (1/25), finishing 15th overall. Rintala recorded a season-best at the Husky Classic (2/15), finishing 2:18.20 for 41st overall.

*Outdoor:* Rintala raced three 800s during the outdoor

season. She clocked a time of 2:23.67 at the CU Invite (4/12) to start the season and ran a season-best 2:18.80 at the Jack Christiansen Invite (4/26). Her final race was at the CSM Last Chance where she finished in 2:21.21.

**CROSS COUNTRY:** (2014) Rintala only raced once for the Buffs. She was 60th overall at the Rocky Mountain Shootout. (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 is a psychology major.

**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**  
**Sophomore, VR/VR**  
**Oceanside, Calif.**  
**(Vista)**

### PERSONAL BESTS

#### INDOOR

Pentathlon: 3,145 (2014)

60-meter hurdles: 9.94 (2014)

High Jump: 5-4.50/1.64m (2014)

Shot Put: 29-4/8.94m (2014)

Long Jump: 17-5.25/5.31m (2014)

800-meters: 2:22.56 (2014)

#### OUTDOOR

Heptathlon: 4,087 (2014)

High Jump: 5-6

Long Jump: 17-7

Shot Put: 29-2.50/8.90m (2014)

Javelin: 60-2/18.34m (2014)

200-meters: 26.1

400-meters: 58.99

800-meters: 2:18.04

100-meter hurdles: 15.93

300-meter hurdles: 47.10

**2014:** *Indoor:* Slack had a nice start to her CU career, competing in three pentathlons. At the Oredigger Early Bird Multi (12/5/13), she came away with a seventh-place finish and a score of 3,041 points. Slack recorded her best score,

3,145 points, at the MPSF Championships (2/28), which placed 16th overall. She finished the day with pentathlon bests in the 60-meter hurdles (10.03), shot put (28-11) and the 800 (2:22.56).

**Outdoor:** Slack competed in two heptathlons in the spring and recorded a personal best of 4,087 points at the Mt. SAC Multis, where she placed 35th overall. She also did well at the Pac-12 Championships, totaling 3,697 points for 12th place. Slack had a nice performance at the Jack Christiansen Invite (4/26) with three personal bests. She clocked in at 16.07 in the 100-meter hurdles and cleared 5-3 in the high jump. Slack's final PR was in the 200, finishing in 27.33.

**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 is an integrative physiology major. She owns a GPA greater than 3.70.

**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**  
Senior, 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)

**2014:** *Indoor:* Sweeney saw limited action, racing just twice in the 400. She recorded a season-best time of 57.63 at the Don Kirby Collegiate Elite after running 59.07 in the prelims of the Air Force Invite (1/25). Sweeney was also a member of the relays and helped the Buffs place ninth at the MPSF

Championship in the 4x400 (3:46.40).

*Outdoor:* Sweeney ran a pair of 400s during the outdoor season. She placed third at the Jerry Quiller Classic (3/21) in 1:00.70 and was fifth at Fum McGraw (3/29) in 58.45.

**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 a communications major and has recorded a 3.864 GPA. In 2013, she was named to the Academic All-MPSF team and the Pac-12 All-Academic honorable mention team. Sweeney was selected to the Academic All-MPSF team in 2014 and was named to the Pac-12 All-Academic second 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.

## SARA SUTHERLAND



**Distance**  
Senior, TR/TR  
Dallas, Texas  
(Highland Park/Texas)

### PERSONAL BESTS

#### INDOOR

3,000-Meters: 9:18.67

5,000-Meters: 15:50.04

#### OUTDOOR

800-Meters: 2:10.67

1,500-Meters: 4:18.62

5,000-Meters: 16:04.15

10,000-Meters: 34:28.07

**CROSS COUNTRY:** (2014) Sutherland raced four times for CU. She started off by placing 221st at NCAA Pre-Nationals and improved to 73rd at the Pac-12 Championships. Sutherland made more progress at regionals, this time placing ninth as CU's third finisher. She earned her first All-Mountain Region honor and helped the Buffs to the team title. Sutherland completed the season at NCAAs with a 96th place finish, scoring as the Buffs No. 5 runner. The Buffs finished seventh overall as a team.

**AT TEXAS (TRACK & FIELD):** Sutherland was a three-time indoor All-American at Texas, twice on the first team and once on the second team. She also earned All-Big 12 honors nine times during her time at UT, four during the outdoor season and five times indoors. Sutherland is the Texas indoor 5k record holder, clocking in at 15:50.04 at the 2013 NCAA Indoor Championship for an eighth place finish. She won the individual Big 12 1,500-meter title in 2013 (4:22.87) and placed fourth in the 5k at the same meet (16:18.62). During the 2013 indoor season, she was a member of the Big 12 Champion distance medley relay team, which finished in 11:15.90.

**AT TEXAS (CROSS COUNTRY):** Sutherland raced three seasons at Texas, redshirting the 2013 season. As a junior in 2012, she led the Longhorns at three meets, including a third-place finish at the Big 12 Championships. Sutherland was the runner-up at the NCAA South Central Region Championship and finished 58th overall at the NCAA Championships. In 2011, she led the Longhorns at NCAAs, crossing the finish 96th overall. Sutherland was fourth at regionals and finished 11th at the Big 12 Championships that season. During her freshman year, she was ninth at regionals, 34th at Big 12s and 155th at NCAAs. Sutherland earned two All-Big 12 and three all-region honors at UT.

**HIGH SCHOOL:** Sutherland was a four-year letterwinner in cross country and track and field at Highland Park, competing in the 1,600 and 3,200. Sutherland was named the Newcomer of the Year in 2006 by the Dallas Morning News and the Cross Country Runner of the Year in 2007 after winning the Texas 4A Cross Country Championship. In 2009, she was named the Texas Girls Coaches Association Cross Country Athlete of the Year.

**IN THE CLASSROOM:** Sutherland is in graduate school and looks to get her master's in sciences in interdisciplinary

communications and technology for development. She graduated from Texas with a degree in government.

**PERSONAL:** Sara Sutherland was born January 31, 1992 in Dallas, Texas. She is the daughter of Carl and Carol Sutherland and has two brothers, Lee and Dan. Dan was a member of the track and field team at Rhodes College. She enjoys nutrition, playing the harmonica and reading. Sutherland volunteered with Feed My People, a homeless ministry, Girls on the Run, and Reading is Fundamental; all in Austin, Texas.

## ABRIANNA TORRES



**Combined Events/  
Jumps**  
Junior, 1L/2L  
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: 42-3.25/12.88m (2014)  
Long Jump: 19-8.75/6.01m (2013)  
800 Meters: 2:33.24 (2013)

#### OUTDOOR

Heptathlon: 5,357 (2013)  
100-Meter Hurdles: 14.42 (2013)  
High Jump: 5-5.25/1.66m (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)  
2014 Heptathlon, 8th (4,810)

**2014:** *Indoor:* Torres only competed in one pentathlon during the season, but had a successful performance. She placed second at the Oredigger Early Bird Multi (12/5/13) with 3,583 points that included a pentathlon record in the shot put after she launched a throw of 42-3.25. Torres recorded a personal best in the shot put the following week, throwing a mark of 42-4.75 for a fourth-place finish at the Holiday Open (12/13/13). She came close to her PR in the long jump at the Potts Invite (1/18), jumping 19-8, the best leap by a Buff during the season, and just missed her PR by .75 inches. Torres went on to compete at the MPSF Championship in the shot put and placed 19th with a mark of 41-00.50.

*Outdoor:* Torres participated in two heptathlons and posted a season best score of 5,241 points at Mt. SAC Multis, placing 17th overall. Torres recorded five season bests at Mt. SAC. She raced to a time of 15.05 in the 100-meter hurdles, 26.58 in the 200 and 2:27.72 in the 800. She had a

mark of 19-7 in the long jump and 122-0 in the javelin. She also scored for CU at the Pac-12 Championships, placing eighth with 4,810 points. Torres competed in the open long jump at Pac-12s as well, placing 10th with a jump of 18-10.50.

**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.

## CARRIE VERDON



**Distance**  
Junior, 1L/1L  
Morago, Calif.  
(Morago)

### PERSONAL BESTS

#### INDOOR

Mile: 5:07.12 (2014)  
3,000-Meters: 9:18.11 (2014)  
5,000-Meters: 16:31.69 (2014)

#### OUTDOOR

1,500-Meters: 4:25.46 (2013)  
5,000-Meters: 15:59.83 (2014)

#### MPSF SCORING

2014 5,000-Meters, 2nd (16:31.69)

#### PAC-12 SCORING

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

**2014:** *Indoor:* Verdon raced three times for the Buffs and recorded personal bests in all three races. She ran her first race, the mile, at the Air Force Invite (1/25), and finished in 5:07.12 for fifth place. Verdon's next race was the 3k at the Husky Classic (2/15). She finished ninth overall in 9:18.11, which put her eighth on CU's all-time performers list. Verdon's final race was the 5k at the MPSF Championships. She placed second in 16:31.69.

*Outdoor:* Verdon ran several events, but mainly focused on the 5,000. She ran her first 5k at the Payton Jordan Invite (5/4), clocking in at 15:59.83, which was 13th overall. Her next 5k was at the Pac-12 Championships, where Verdon narrowly missed scoring for the Buffs by placing ninth in 16:40.45. She went on to race the 5k at the NCAA West Preliminary Championships and placed fifth in 16:06.71, which qualified her for NCAAs. Verdon finished her season at nationals, placing 17th (16:28.60).

**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:** (2014) Redshirt. Verdon placed third overall at the Rocky Mountain Shootout, but suffered a season ending injury in the same race. (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 place fourth at FootLocker West Regionals to earn a spot at nationals where she finished 19th overall. She was ninth at the state championships as a sophomore and in her freshman season she placed 11th. Verdon was also successful on the track, placing third in the 3,200-meter at the state meet with a Campolindo High School record (10:22.5).

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

**IN THE CLASSROOM:** Verdon is majoring in integrative physiology.

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

## MARIAH WALKER



**Throws**  
**Freshman, HS/HS**  
**Colorado Springs,**  
**Colo. (Sand Creek)**

### PERSONAL BESTS

Shot Put: 47-7  
 Discus: 145-0  
 Hammer Throw: 133-0  
 Weight Throw: 48-0  
 Javelin: 77-1

**HIGH SCHOOL:** Walker owns a pair of SCHS records, as well as several other miscellaneous meet records, and was coached by her older sister, Montoya Walker. Her shot put record is 47-7 and her discus record is 145-0. She is the 2013 and '14 Colorado State 4A Shot Put Champion and was also fourth at the state championship in 2012. Walker was named a Rotary Champion as a senior and was selected to the *Denver Post* All-Colorado Girls Track and Field team as a junior and senior. During the summer of 2014, she won the shot put at the USA Junior Outdoor Track and Field Championships with a throw of 46-2, placed sixth in the discus and was 16th in the hammer throw. Walker was highly recruited by Nebraska, Wichita State, Oregon State, Oregon, Colorado State and many others.

**HIGH SCHOOL BESTS:** Shot put: 47-7; discus: 145-0; hammer throw: 133-0; weight throw: 48-0; javelin: 77-1

**IN THE CLASSROOM:** Walker is a chemical and biological engineering major.

**PERSONAL:** Mariah Karen Walker was born on March 23, 1996. She is the daughter of John and Mirta Walker and has two siblings. She enjoys art and writing.

## MICHAELA WENNING



**Combined Events**  
**Freshman, HS/HS**  
**Celina, Ohio**  
**(Celina)**

### PERSONAL BESTS

High Jump: 5-6  
 100-meter hurdles: 15.34  
 300-meter hurdles: 45.47  
 Long Jump: 16-11  
 60-meter hurdles: 9.43  
 400-meters: 58.63  
 800-meters: 2:21.32

**HIGH SCHOOL:** Wenning didn't compete her senior season of high school due to injury, but she had strong credentials from her prior seasons. Wenning was a first team All-Western Buckeye League selection her freshman through senior seasons and was All-Ohio her freshman, sophomore and junior years. As a junior, Wenning was the 2013 Ohio State high jump champion. She also qualified for the state championship in the 100-meter hurdles, 300-hurdles and 4x400-meter relay. During her sophomore year, she was part of the 4x400-meter relay team which placed second overall and the 4x800 relay that was eighth at state. The Bulldogs won the WBL championship three straight seasons (2012-14) and were regional champions in 2012. CHS placed fourth in the team standing in 2013. Wenning was also a member of the volleyball and swimming teams at CHS and owns the 50-freestyle record. She was the CHS Valedictorian, a four-year Scholar-Athlete, a National Merit Commended Student, the Math Department Student of the Year, the Athletic Leadership Award, the Mercer County Student of the Month and won the Sportsmanship Award. Wenning was recruited by Princeton, Cincinnati, Akron, Dayton and Georgia Tech.

**HIGH SCHOOL BESTS:** High jump: 5-6; 100-meter hurdles: 15.34; 300-meter hurdles: 45.47; long jump: 16-11; 60-meter hurdles: 9.43; 400-meters: 58.63; 800-meters: 2:21.32.

**IN THE CLASSROOM:** Wenning is an aerospace engineering major. She recorded a perfect 4.0 in her first semester.

**PERSONAL:** Michaela Ann Wenning was born on Sept. 14, 1995. She is the daughter of Bill and Deb Wenning and has three siblings, Brandon, Matt and Sara. She enjoys kayaking, basketball and beach volleyball.