

## ABDIEL AGRAMONTE-MORENO



**Sprints**  
**Freshman, HS/HS**  
**Las Vegas, Nev.**  
**(Rancho)**

### PERSONAL BESTS

100-meter: 11.04  
 200-meter: 22.24  
 400-meter: 50.11

**HIGH SCHOOL:** Agramonte-Moreno was a three-sport athlete at RHS, participating in football, basketball and track and field. He competed at the state meet in the 4x100, 4x400 and 4x800-meter relays for the Rams. Agramonte-Moreno was named the track MVP his sophomore and junior seasons. He was also recruited by Carnegie Mellon, Embry Riddle and Lipscomb.

**HIGH SCHOOL BESTS:** 100-meter: 11.04; 200-meter: 22.24; 400-meter: 50.11.

**IN THE CLASSROOM:** Agramonte-Moreno is an aerospace engineering major.

**PERSONAL:** Abdiel Alejandro Agramonte-Moreno was born on January 14, 1996 in Camaguey, Cuba. He is the son of Abdiel Calzado and Isabel Moreno Leguen. His mother played professional basketball in Cuba. Agramonte-Moreno moved from Cuba to the U.S. when he was nine with his mom and grandma. He placed first in a high school orchestra competition in 2012.

## ALEXANDER BILLING



**Sprints/Hurdles**  
**Freshman, HS/HS**  
**Simi Valley, Calif.**  
**(Simi Valley)**

### PERSONAL BESTS

100-meter: 11.09  
 110-meter hurdles: 13.68  
 300-meter hurdles: 40.44

**HIGH SCHOOL:** Billing won the 2015 110-meter hurdles California State Championship in 13.68 seconds, which is the SVHS record. He also owns the league record in the event at 13.79. Billing is also part of the SVHS 4x110-shuttle hurdle relay, which ran a time of 62.06 at Mt. SAC Relays in 2015. He was named the school's Scholar Athlete all four years, as well as all-league. As a senior, Billing earned MileSplit All-American honors and the Pioneer Spirit Award. He competed in the 110-hurdles at the USA Junior Track & Field Championships. Billing placed 15th in 2014 (14.52) and was ninth in 2015 (13.84). UCLA and Cal State Sacramento also recruited Billing.

**HIGH SCHOOL BESTS:** 100-meter: 11.00; 110-meter hurdles: 13.68; 300-meter hurdles: 40.44.

**IN THE CLASSROOM:** Billing is an integrative physiology major.

**PERSONAL:** Alexander Michael Billing was born on July 2, 1997. He is the son of Rius and Laurie Billing of Simi Valley, Calif. and has two siblings, Denver and MacKenzie. He enjoys skiing and backpacking.

## MASON CHRONOWSKI



**Jumps**  
**Sophomore, VR/VR**  
**Pagosa Springs, Colo.**  
**(Pagosa Springs)**

### PERSONAL BESTS

**INDOOR**  
 High Jump: 6-2.75/1.90m (2015)  
 Triple Jump: 40-6.75/12.36m (2014)  
**OUTDOOR**  
 High Jump: 6-4.25/1.94m (2015)  
 Triple Jump: 43-6 (2014)

**2015: Indoor:** Chronowski competed in the high jump and triple jump during his first season for the Buffs. He recorded a season best mark of 6-2.75 in the high jump at the Air Force Open (1/9). His season best in the triple jump was 40-6.75.

**Outdoor:** Chronowski started the season off competing in both the high and triple jumps at the Jerry Quiller Classic (3/21). He placed third in the triple jump, leaping 39-1.75, and was fourth in the high jump after clearing 6-3.25. Chronowski competed in the high jump at four other meets, jumping a season-best mark of 6-4.25 at the CU Invite (4/11) where he was the runner-up.

**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 studio arts.

**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**  
**Sophomore, VR/VR**  
**Boulder, Colo.**  
**(Boulder)**

### PERSONAL BESTS

**INDOOR**  
 Weight Throw: 44-0.75/13.43m (2015)  
**OUTDOOR**  
 Discus: 125-2/38.15m (2015)  
 Hammer Throw: 139-1.75/46.94m (2015)

**2015: Indoor:** Denton focused on the weight throw during his debut campaign with CU and competed at five meets. He launched his season best mark of 44-0.75 at the Rocky Mountain Classic (2/20), which was 10th overall.

**Outdoor:** Denton threw the discus and hammer during the outdoor campaign. He recorded season bests in both events at the CU Invite (4/11). Denton threw the discus 125-2 and tallied a hammer mark of 154-0

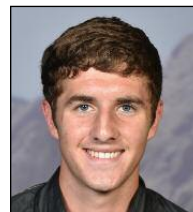
**HIGH SCHOOL:** Denton is the BHS record holder in the javelin (152-7). While throwing for the Panthers, he earned two letters, but he was also a member of the football and baseball teams. Denton was a member of the BHS orchestra and lettered all four years.

**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.

## JOHN DRESSEL



**Distance**  
**Freshman, HS/HS**  
**Colbert, Wash.**  
**(Mt. Spokane)**

### PERSONAL BESTS

800-meters: 1:56.55  
 1,600-meters: 4:10.95  
 3,200-meters: 8:57.00

**CROSS COUNTRY:** (2015) Dressel had an outstanding freshman campaign for the Buffs. He raced unattached at a pair of meets before earning a spot on the varsity roster. At NCAA Pre-Nationals, his first race in uniform for CU, Dressel was 46th overall, crossing the finish as CU's No. 5 runner. A couple weeks later, Dressel recorded a sixth place

finish at Pac-12s, helping the Buffs to their fifth straight conference title. He earned all-region honors two weeks later, placing 19th overall. Dressel capped off his season with a 26th place finish at NCAAs, earning his first All-American honor.

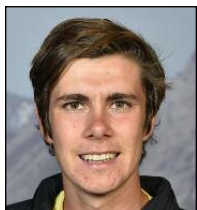
**HIGH SCHOOL:** Dressel won the 2015 3A Washington State 1,600 and 3,200-meter titles as a senior and owns the Wildcats' 3,200 record (8:57.00). Dressel competed at the 2015 USA Junior Cross Country Championships in Boulder and placed third to earn a spot on the roster for the world championships where he was the top American finisher at 27th. He was also a member of the 2015 APA Pan American Cross Country Cup team. Dressel was a three-time FootLocker Cross Country All-American (2012-14), and was a 2012 3,200 New Balance Outdoor Nationals All-American. He was the MSHS MVP four times, three on the cross country course and once for track. Dressel was all-state and all-conference six times (four cross country and two track). Georgetown, Stanford, Oregon, Wisconsin, Portland, Gonzaga, Princeton, Arkansas, Notre Dame and Oklahoma State all recruited him before he chose CU.

**HIGH SCHOOL BESTS:** 800-meters: 1:56.55; 1,600-meters: 4:10.95; 3,200-meters: 8:57.00.

**IN THE CLASSROOM:** Dressel is a business major.

**PERSONAL:** John Hiatt Dressel was born on May 2, 1997 in Spokane, Wash. He is the son of Alex, his high school cross country and track coach, and Linette Dressel of Colbert, Wash. and has one sibling, Hayden. His father also ran track and cross country at Arkansas and his aunt Lisa (Dressel) Ferraro ran at Wisconsin and Auburn. Dressel also enjoys soccer, traveling and hiking.

## RYAN FORSYTH



**Distance**  
**Sophomore/Freshman,**  
**VR/RS**  
**Severna Park, Md.**  
**(Severna Park)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 8:34.81 (2015)

#### OUTDOOR

3,000-meters: 8:30

5,000-meters: 14:39

**2015: Indoor:** Forsyth raced the 3,000 three times during his freshman campaign and clocked in with a season best of 8:34.81 at the MPSF Championship.

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

**CROSS COUNTRY:** (2015) Forsyth raced to a seventh place finish at the USA Junior Cross Country Championships in February, finishing in 26:10. During the fall, he earned a spot on the varsity roster. He started the year by placing fifth overall at the Colorado State Invitational and followed it up with a seventh place finish at the Rocky Mountain Shootout. Two weeks later at NCAA Pre-Nationals, Forsyth placed 51st. He was 24th at Pac-12s (CU's No. 6 runner) and was the alternate at regionals and NCAAs. (2014) Redshirt.

Did not compete.

**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 SPS. 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 mechanical 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.

## REILLY FRIEDMAN



**Distance**  
**Freshman, HS/HS**  
**Atlanta, Ga.**  
**(The Galloway School)**

### PERSONAL BESTS

1,600-meters: 4:21

3,200-meters: 9:21

5,000-meters: 14:48

10,000-meters: 32:24

**HIGH SCHOOL:** Friedman, the 2014-15 Georgia Gatorade Boys Runner of the Year, earned eight letters (four cross country and four track and field) as a member of The Galloway School and won three straight cross country titles (2012-14). Also the Runner of the Year as named by the Atlanta Track Club, Friedman took sixth at the Nike Cross Nationals Southeast Regional championships, and then finished 28th at the NXN Final. In addition to finishing unbeaten against Georgia prep cross country competitors in 2014, he broke the tape in 14:48.20 at Alexander High's Asics Invitational, which ranked as the state's fastest 5K of the season. On the track, Friedman was a three-time state champion in the 3,200-meter run (2013-15) and a two-time runner-up in the 1,600 (2012, '13). In 2015, he placed sixth at the New Balance Indoor Championships in the 5k. Friedman owns several school records, including the 1,600 (4:21) and 3,200 (9:24). He was also recruited by Northern Arizona, Georgia, Virginia, Portland, New Mexico, Ole Miss and Georgia Tech.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:21; 3,200-meters:

9:21; 5,000-meters: 14:48; 10,000-meters: 32:24.

**IN THE CLASSROOM:** Friedman is majoring in mathematics.

**PERSONAL:** Reilly Griffin Friedman was born on June 11, 1997 in Atlanta, Ga. He is the son of Brion Friedman and Deirdre Lavieri and has one brother, Haines. He is an Eagle Scout and enjoys collecting music and exploring.

## PADEN GATLIN



**Throws**  
**Sophomore, VR/VR**  
**Lancaster, Texas**  
**(Jesuit Dallas)**

### PERSONAL BESTS

#### INDOOR

Weight Throw: 46-10.25/14.28m (2015)

#### OUTDOOR

Discus: 153-8/46.85m (2015)

Hammer Throw: 139-4/42.48m (2014)

### ACADEMIC HONORS

Pac-12 All-Academic honorable mention (2015)

**2015: Indoor:** Gatlin concentrated on the weight throw during the indoor season. Gatlin's season best of 46-10.25 came at the Potts Invite (1/17), which was 10th overall.

**Outdoor:** Gatlin focused on the discus and hammer throw in his first outdoor season. He threw the hammer at four meets and recorded his season best of 133-11 at the Jack Christiansen Invite (4/25). Gatlin focused more on the discus, competing in 10 meets. He launched a season best mark of 153-8 at the Cowpoke Open (5/1).

**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.

**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.

## ANDREW GHIZZONE



**Combine Events**  
**Sophomore, VR/VR**  
**Union, N.J.**  
**(Union Catholic)**

### PERSONAL BESTS

#### INDOOR

Heptathlon: 5,020 (2015)  
 60-meters: 7.41 (2015)  
 Long jump: 22-7.25/6.82m (2015)  
 Shot Put: 31-3.25/9.53m (2015)  
 High jump: 5-11.50/1.82 (2015)  
 60-meter hurdles: 8.82 (2015)  
 Pole Vault: 15-9/4.80m (2015)  
 1,000-meters: 2:37.45 (2015)

#### OUTDOOR

Decathlon: 6,670 (2015)  
 100-meters: 11.63 (2015)  
 Long jump: 21-11.75/6.70m (2015)  
 Shot put: 37-8  
 High jump: 6-1.50/1.87m (2015)  
 400-meters: 49.32  
 110-meter hurdles: 14.30  
 Discus: 128-9/39.24m (2015)  
 Pole vault: 16-0  
 Javelin: 147-1/44.83m (2015)  
 1,500-meters: 4:15.53 (2015)  
 200-meters: 22.80  
 400-meter hurdles: 54.64

**2015: Indoor:** Ghizzone had a great first season with the Buffs, becoming the sixth best performer in CU heptathlon history with 5,020 points, which is also the 11th best score by a Buff. He recorded the score at the MPSF Championships and placed ninth overall. His pole vault mark (6-9) is the CU heptathlon record as he surpassed the previous mark of 15-7 from 2001 and his 1,000-meter time was just shy of the record (2:36.03 from 2010).

**Outdoor:** Ghizzone competed in three decathlons for the Buffs. His personal record of 6,670 came at the Pac-12 Championships, which placed him 11th. His 1,500 time set the CU decathlon record. Ghizzone went on to compete at the USA Junior Championships and placed 10th with a score of 6,522. He recorded PRs in the 100 (11.63) and shot put (35-3.75).

**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.

## ETHAN GONZALES



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

### PERSONAL BESTS

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

**2015: Indoor:** Redshirt. Did not compete.

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

**CROSS COUNTRY:** Redshirt. Did not compete.

**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 3.00.

**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.

## NATE GRAVELDING



**Combined Events**  
**Freshman, HS/HS**  
**Golden, Colo.**  
**(Lakewood)**

### PERSONAL BESTS

Long Jump: 20-6 (2015)

**HIGH SCHOOL:** Graveling earned three letters on the Lakewood High School track and field team. As a senior in 2015, he placed third at the league championship in the pole vault. At that same meet, he placed fifth in the high jump and was 13th in the 110-meter hurdles. Graveling went on to compete at the state championships and placed 17th in the pole vault.

**HIGH SCHOOL BESTS:** Long Jump: 20-6

**IN THE CLASSROOM:** Graveling is majoring in biology.

**PERSONAL:** Nathan D. Graveling was born on February 26, 1997 in Denver. He is the son of Dan and Naomi Graveling of Golden, Colo. and has one brother, Connor. He enjoys rock climbing, swimming and listening to music.

## NICK HARRIS



**Distance**  
**Junior, TR/TR**  
**Niwot, Colo.**  
**(Niwot/Washington)**

### PERSONAL BESTS

#### INDOOR

800-meters: 1:50.06  
 Mile: 4:05.09  
 3,000-meters: 8:17.71

#### OUTDOOR

800-meters: 1:50.75  
 1,500-meters: 3:42.84

#### HONORS

2014 All-America honorable mention

#### ACADEMIC HONORS

2015 Pac-12 All-Academic honorable mention  
 2014 Pac-12 All-Academic honorable mention

**CROSS COUNTRY:** (2015) Harris started his career with the Buffs at the Colorado State Invitational, placing 25th overall. He moved up to 10th overall at the Rocky Mountain Shootout, crossing the finish as CU's No. 6 harrier. His next race was NCAA Pre-Nationals, where he placed 94th in the open race. Harris finished the season at Pac-12s, coming in 44th overall.

**AT WASHINGTON:** Harris competed two cross country seasons for the Huskies, redshirting the 2012 season. In 2013, he placed 53rd at the Pac-12 Championships after opening the season 30th at the Sundodger Invite. Harris

only ran once in 2014, placing 91st at the Washington Invitational after suffering a fall during the race. On the track, he ran three indoor and two outdoor seasons. Harris advanced to the NCAA West Prelims twice in the 1,500 (2014 and '15) and made the semifinals in 2014. At prelims in 2014, he set the UW freshman record, running 3:52.84, which also ranked sixth all-time at UW. Indoors, Harris placed eighth in the 800 at the 2015 MPSF Championships with a PR of 1:50.06 that ranks eighth in UW history. He was also a part of the DMR that finished third in 2015 (9:34.81), the third fastest in UW history. During the 2014 season, Harris placed third in the mile at MPSFs in 4:05.09.

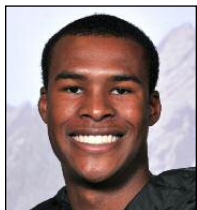
**HIGH SCHOOL:** Harris finished ninth at the 2011 Colorado 4A state meet after placing 13th as a junior in 2010. On the track, he won the 1,600-meter title in a PR of 4:18.79. He also took sixth in the 3,200 at the state meet. Harris clocked his 9:32.53 PR in the 3,200 to win the Tri-Valley/Northern Conference meet.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:18.79; 3,200-meters: 9:32.53.

**IN THE CLASSROOM:** Harris is majoring in history.

**PERSONAL:** Nick Harris was born in Denver, Colo. He is the son of former Buffs Colin and Maribeth. Colin was a four-year letterwinner on the track & field team, while Maribeth was a four-year letterwinner on the ski team, including the 1982 team that won the NCAA Championship. Harris has three older brothers, Colin, Kevin and Quinn. His uncle Richie Harris ran at Colorado State.

## DARRIN HAYNES



**Sprints**  
**Sophomore, 1L/1L**  
**Colorado Springs, Colo.**  
**(Cheyenne Mountain)**

### PERSONAL BESTS

#### INDOOR

200-meters: 22.65 (2015)

400-meters: 48.96 (2015)

#### OUTDOOR

100-meters: 11.04

200-meters: 22.26

400-meters: 48.18 (2015)

#### MPSF SCORING

2015 4x400-Meter Relay, 7th (3:16.91)

#### PAC-12 SCORING

2015 4x400-Meter Relay, 6th (3:13.90)

**2015: Indoor:** Haynes raced at three meets for the Buffs. He ran 22.65 in his only 200 of the year at the Air Force Open (1/9) and clocked in at 48.96 in the 400 at the MPSF Championship. Haynes was part of the 4x400-meter relay that placed seventh at conference in 3:16.91.

**Outdoor:** Haynes raced the 400 as well as the 4x400-meter relay during the season. He clocked a season best 48.18 in the 400 at the Tom Benich Invite (4/4) which was fourth overall. At the Pac-12 Championships, he placed 11th in the 400 prelims (48.80). The 4x400 relay placed sixth at the

conference meet, finishing in 3:13.90.

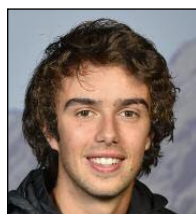
**HIGH SCHOOL:** Haynes was a part of two CMHS record setting relay teams, the 4x100 (42.27) and the 4x200 (1:28.38). His 4x100 relay placed second at the state championships, while the 4x200 team was third in the 4A division. Haynes was named to the 4A Pikes Peak Athletic Conference second team in the 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 economics major.

**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.

## CHRIS HERRICK



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

### PERSONAL BESTS

#### INDOOR

Mile: 4:26.11 (2015)

3,000-meters: 8:25.70 (2015)

#### OUTDOOR

1,600-meters: 4:23

3,200-meters: 9:17

**2015: Indoor:** Herrick raced a pair of mile runs and 3,000's during his first track season. He clocked a PR of 4:26.11 at the Potts Invite (1/17) in the mile before running 4:26.92 at the Air Force Invite (1/24). Herrick switched gears to the 3k after those and recorded a season best of 8:25.70 at the MSPF Championship.

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

**CROSS COUNTRY:** (2015) Herrick ran in two races for the Buffs during his redshirt freshman season. He was 47th overall at the Rocky Mountain Shootout and 65th in the open race at NCAA Pre-Nationals.

**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 greater than 3.70 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**  
**Junior, VR/VR**  
**Eugene, Ore.**  
**(South Eugene/Oregon)**

### PERSONAL BESTS

#### OUTDOOR

1,500-Meters: 3:58.53 (2012)

3,000-Meter Steeplechase: 9:30.00 (2015)

#### ACADEMIC HONORS

Academic All-MPSF (2015)

Pac-12 All-Academic Second Team (2015)

**2015: Indoor:** Holvey raced twice for the Buffs during the indoor season, a mile at the Potts Invite (1/23) in 4:38.93 and a 3,000 at the Air Force Invite (1/24).

**Outdoor:** Holvey mainly raced the 3,000-meter steeplechase. He improved in each race and in his last meet of the season, the Bryan Clay Invite (4/17), Holvey recorded a personal record of 9:30.00.

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

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

**CROSS COUNTRY:** (2015) Did not compete. (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

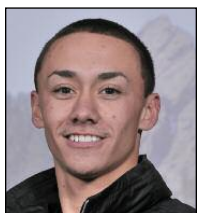
State Athletic Association Outdoor 6A State Championships in the 1,500, finishing with a time of 3:58.53.

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

**IN THE CLASSROOM:** Holvey is majoring in ecology and evolutionary biology 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.

## ISAIAH KAISER



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

### PERSONAL BESTS

#### INDOOR

400 Meters: 50.99 (2015)  
 60-Meter Hurdles: 8.74 (2015)  
 300-Meter Hurdles: 36.68 (2015)

#### OUTDOOR

110-Meter Hurdles: 16.89 (2015)  
 400-Meter Hurdles: 54.67 (2015)

**2015: Indoor:** Kaiser's main race was the 60-meter hurdles. He clocked his season-best mark of 8.74 in the preliminary rounds of the Air Force Invite (1/23), placing 12th overall. Kaiser had two other sub-nine second races. He clocked in at 8.78 at the Potts Invite (1/17) and 8.90 at the Air Force Open (1/9).

**Outdoor:** Kaiser mainly focused on the 400-meter hurdles, although he did race a couple of 110-hurdles. He ran a personal best 54.67 in the 400-hurdles at the Jack Christiansen Invite, finishing eighth overall. Kaiser ran both events at Texas Relays (3/26-28). He clocked in at 55.41 in the 400-hurdles and recorded a PR 16.89 in the 110-hurdles.

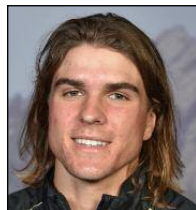
**HIGH SCHOOL:** Kaiser placed third at the Colorado State High School 5A Championships in the 300-meter hurdles, crossing the finish in 38.52 after winning the preliminary round in 39.04. CTHS was third at the state championships that year after winning the team title in 2013. The Cougars were also 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 and owns a GPA greater than 3.00.

**PERSONAL:** Isaiah Omayr 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.

## JOE KLECKER



**Distance**  
**Freshman, HS/HS**  
**Minnetonka, Minn.**  
**(Hopkins)**

### PERSONAL BESTS

800-meters: 1:56.44  
 Mile: 4:04.13  
 1,600-meters: 4:06.54  
 3,200-meters: 8:50.12

**CROSS COUNTRY:** (2015) Redshirt. Did not compete.

**HIGH SCHOOL:** Klecker captured two individual state championships his senior season and led the Royals to a third-place finish as a team at the Class AA state meet en route to earning the Gatorade Minnesota Boys Track & Field Athlete of the Year. Klecker set a state record in the 1,600-meter run with a time of 4:06.54 and also took first in the 3,200 in 8:57.76. A First Team All-State selection, he earned fourth-place in the mile at the prestigious Adidas Grand Prix, crossing the line in 4:04.13, which ranked as the nation's No. 5 performance among prep competitors in 2015 at the time of his selection. He was named to the USA Today All-America second team. In the fall of 2014, Klecker placed third at the Minnesota State High School Class AA State Cross Country Championships, finishing the course in 15:26.2. He owns HHS records in the 1,600, 3,200 and 5,000 on the cross country course. Minnesota, Furman, Georgetown and Tulsa all recruited Klecker before he chose CU.

**HIGH SCHOOL BESTS:** 800-meters: 1:56.44; Mile: 4:04.13; 1,600-meters: 4:06.54; 3,200-meters: 8:50.12.

**IN THE CLASSROOM:** Klecker intends to major in chemistry.

**PERSONAL:** Joseph Richard Klecker was born on November 16, 1996 in Minneapolis, Minn. He is the son of Barney and Janis Klecker of Minnetonka, Minn. His father owns the U.S. record for the 50 mile ultramarathon (4:51:25) and his mother competed at the 1992 Summer Olympics (marathon) and won two U.S. marathon national championships. Both ran track and cross country in college. Klecker is one of six children. Three of his siblings run at college: Mary at Augsburg, John at Augustana (S.D.), and Sarah at Minnesota. His two other siblings, Elizabeth and James, are in high school.

## GARRETT LOSTY



**Sprints/Hurdles**  
**Junior, 1L/2L**  
**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: 53.57 (2015)

#### MPSF SCORING

2015 4x400-Meter Relay, 7th (3:16.91)

#### PAC-12 SCORING

2014 4x100-Meter Relay, 6th (41.38)  
 2014 4x400-Meter Relay, 6th (3:14.35)  
 2015 4x400-Meter Relay, 6th (3:13.90)

#### ACADEMIC HONORS

Academic All-MPSF (2015)  
 Pac-12 All-Academic honorable mention (2015)

**2015: Indoor:** Losty mostly raced 400s during the indoor season. He clocked a season-best 50.40 at the Air Force Open (1/9), which placed eighth overall. He was also a big part of the 4x400 and mile relays. The 4x400 relay placed seventh at the MPSF Championship, finishing in 3:16.91.

**Outdoor:** Losty focused mainly on the 400-meter hurdles, but also ran in the 4x400 relay. He tallied a personal record of 53.57 at the CU Invite, finishing second overall. At the Pac-12 Championships, Losty raced the 4x400, which placed sixth in 3:13.90.

**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 in 2012. 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 a finance major and currently has a GPA greater than 3.30.

**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.

## CHRISTIAN MARTIN



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

### PERSONAL BESTS

1,600-meters: 4:26  
 5,000-meters: 15:50

**2015: Indoor:** Redshirt. Did not compete.

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

**CROSS COUNTRY:** (2015) Martin saw action in four meets for the Buffs. He made his CU debut at the Colorado State Invitational, placing 17th overall. He improved to 11th at the Rocky Mountain Shootout and then went on to place sixth in the open race at NCAA Pre-Nationals. Martin's final race was at Pac-12s, where he finished 68th overall.

**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.

## JOSEPH MARTINEZ



**Combined Events**  
**Freshman, HS/HS**  
**Greeley, Colo.**  
**(Greeley Central)**

### PERSONAL BESTS

High Jump: 6-4  
 400-meters: 50.41

**HIGH SCHOOL:** Martinez has competed in a variety of events while a member of the Greeley Central High School team, including the high jump, long jump, 400 and 800-meter runs and sprint relays. A two-time team captain, he has qualified for the state meet. As a senior, Martinez won the high jump at the conference meet and went on to place 10th at the state championship, jumping 6-00. He also ran the 400 at the state meet, finishing 11th overall in 50.42, a personal record. Martinez recorded a personal best in the high jump earlier in the season (6-00.50) at the St. Vrian Invitational. In 2014, he ran on the 4x400-meter relay team which set the GCHS record at 3:21.69. Martinez also ran cross country and played tennis for the Wildcats.

**HIGH SCHOOL BESTS:** High Jump: 6-4; Long Jump: 19-6; 400-meters: 50.41.

**IN THE CLASSROOM:** Martinez is a mechanical engineering major.

**PERSONAL:** Joseph Leonard Martinez was born on August 21, 1996 in Scottsdale, Ariz. He is the son of Matthew and Patricia Martinez of Greeley, Colo. He has one sister, Janelle, who is a member of the Oklahoma State track & field and cross country teams. Martinez enjoys hiking, biking, golfing and reading.

## DUANE McCLURKIN JR.



**Combined Events**  
**Freshman, HS/HS**  
**Colorado Springs, Colo.**  
**(Fountain-Fort Carson)**

### PERSONAL BESTS

200-meters: 21.54  
 400-meters: 47.97  
 High jump: 6-8

**HIGH SCHOOL:** McClurkin earned four letters for the Trojans, competing in the springs and jumps. The Trojans were the 2014 and '15 Colorado 5A Track and Field State Champions. In 2015, he placed second at the state championship in the 400, finishing in 48.02 after winning the prelims in 48.22. McClurkin also placed fourth at state in the high jump, clearing 6-6. He recorded a personal best 47.97 in the 400 at the Colorado Springs Metro Championships. Earlier in the season, McClurkin jumped 6-8 at the Pomona Invitational.

**HIGH SCHOOL BESTS:** 200-meters: 21.54; 400-meters: 47.97; High Jump: 6-8.

**IN THE CLASSROOM:** McClurkin is majoring in business.

**PERSONAL:** Duane Eugene McClurkin Jr. was born on September 12, 1997 in Baton Rouge, La. He is the son of Duane and Yakila McClurkin.

## PAUL MILLER



**Distance**  
**Sophomore, VR/VR**  
**Fort Collins, Colo.**  
**(Poudre)**

### PERSONAL BESTS

**INDOOR**  
 3,000-meters: 8:15.68 (2015)  
 5,000-meters: 14:31.79 (2015)  
**OUTDOOR**  
 3,000-meters: 8:39.26 (2015)

**2015: Indoor:** Miller competed three times for the Buffs in his first season. He debuted at the Air Force Invite (1/24), finishing his first 3,000 in 8:42.79, which was third overall. Miller followed up that performance by running a season-best 8:15.68 at the Husky Classic (2/14). His final race of the season was the 5k at the MPSF Championships where he placed 19th in 14:31.79.

**Outdoor:** Miller raced once for the Buffs, clocking 8:39.26 in the 3,000-meter run at the Jerry Quiller Classic (3/21) for second overall.

**CROSS COUNTRY:** (2015) Miller finished fifth at the USA Junior Cross Country Championships in February in

25:53, which earned him a trip to the IAAF World Junior Cross Country Championships in China. There he placed 74th overall. During the fall season, Miller earned a spot on the varsity roster. He was 13th at the Colorado State Invitational and the Rocky Mountain Shootout to start the season. At NCAA Pre-Nationals, he placed 18th in the open race. Miller finished the season at Pac-12s, placing 53rd overall. (2014) Redshirt. Did not compete.

**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 a neuroscience major and has a GPA greater than 3.60.

**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**  
Junior, VR/1L  
Sacramento, Calif.  
(Jesuit)

### PERSONAL BESTS

#### INDOOR

60-meters: 6.93 (2014)

200-meters: 21.98 (2014)

#### OUTDOOR

100-meter: 10.61 (2015)

200-meters: 21.03 (2015)

**2015:** *Indoor:* Mitsch's main focus was the 60, but he also raced a few 200s. He ran a personal best 6.93 in the 60 at the Joe Davies Open (2/21), which placed second overall. In eight of his nine 60-meter races, Mitsch finished under seven seconds. Mitsch also recorded a PR in the 200 during the season, clocking in at 21.74 at the Air Force Invite (1/23) for third place.

*Outdoor:* Mitsch led CU in the short sprints during his sophomore season. He clocked personal bests in both the 100 and 200 at the Beach Invitational (4/18). Mitsch won the 200 in 21.03 and sprinted to a time of 10.61 in the 100, which was 12th overall. His also ran 10.61 in the 100 at Mt. SAC Relays (4/17) the day before. He competed in both events at the Pac-12 Championships. Mitsch tied for ninth in the 200, finishing in 21.41, and placed 14th in the 100. As

a member of the 4x100-meter relay, Mitsch helped the team place eighth in 41.05.

**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. Mitsch 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).

**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**  
Senior, 1L/1L  
Arcadia, Calif.  
(Arcadia)

### PERSONAL BESTS

#### INDOOR

Mile: 4:15.82 (2015)

3,000-Meters: 7:53.76 (2015)

5,000-Meters: 13:48.34 (2015)

#### OUTDOOR

800-Meters: 1:52.42 (2014)

1,500-Meters: 3:42.68 (2015)

5,000-Meters: 13:41.87 (2015)

10,000-Meters: 29:34.28 (2015)

#### MPSF SCORING

2015 3,000-Meters, 7th (7:53.61)

#### PAC-12 SCORING

2015 5,000-Meters, 7th (14:01.04)

2015 10,000-Meters, 1st (29:34.28)

**2015:** *Indoor:* Moussa had a break out season on the track for CU, entering the top-10 in two different

events for the Buffs as well as his first All-America track honor. At the Husky Classic (2/14), Moussa ran the 5,000-meter run in 13:48.34. That time made him the ninth fastest performer in CU history. Moussa switched gears to the 3k in his next race at the MPSF Championship where he took seventh in 7:53.61 to become the seventh fastest performer in school history. Moussa advanced to his first NCAA Indoor Championship in the 5k and placed 10th in 14:01.22 for All-America second team honors.

*Outdoor:* Moussa followed up his great indoor season, with an even more impressive outdoor season. He mainly raced the 5,000 and 10,000-meter runs. Moussa clocked a personal best of 13:41.87 at Mt. SAC Relays (4/17). He also PR'd in the 10k at the Pac-12 Championships, winning his first conference title in 29:34.28. The win was the first 10k conference victory for the Buffs since 2011. Moussa qualified for the NCAA West Prelims in both the 5k and 10k runs.

**2014:** *Indoor:* Moussa ran in three meets for the Buffs, starting out with a mile run at the Air Force Invitational (1/24) and a 3k at the Husky Classic (2/15). Two weeks later, at the MPSF Championships, Moussa ran a season-best 3k of 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). A few weeks later, Moussa ran the 800 at the CU Invite (4/12), clocking in at 1:52.42. 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:* At the Mt. SAC Relays, Moussa ran a 1,500 season best of 3:47.01. He mainly focused on the 5k and ran a season-best 13:57.96 at the Payton Jordan Cardinal Invite (4/29). Moussa recorded a time of 14:27.90 at the Pac-12 Championships and ended the season with a 5k at the NCAA West Preliminary Championships.

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

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2015) Moussa finished his career with the Buffs with another great season. He recorded a 14th place finish at NCAA Pre-Nationals, placing third for the Buffs. At Pac-12s, he was again third for the Buffs, placing seventh overall for All-Pac-12 honors while helping the Buffs to their fifth straight conference title. Moussa earned all-region honors two weeks later, placing 15th. He ended his career with a 42nd place finish at NCAAs. (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 NCAAs, crossing the finish fifth overall for his first All-America honor, while CU won its second straight NCAA title. (2013) At the Pac-12 Championships, Moussa was 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. His 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 Spanish.

## PIERCE MURPHY



**Distance**  
**Senior, 1L/2L**  
**Hanalei, Hawai'i**  
**(Island)**

### PERSONAL BESTS

#### INDOOR

3,000-Meters: 7:59.73 (2015)

5,000-Meters: 13:39.29 (2015)

#### OUTDOOR

1,500-Meters: 3:44.31 (2015)

5,000-Meters: 13:37.05 (2015)

10,000-Meters: 28:52.70 (2015)

### PAC-12 SCORING

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

2015 5,000 Meters, 4th (13:48.43)

### NCAA SCORING

2015 (I) 5,000-Meters, 6th (13:54.36)

2015 (O) 10,000-Meters, 5th (29:15.18)

### HONORS

2015 All-America First Team (Indoor 5k)

2015 All-America First Team (Outdoor 10k)

**CAREER UPDATE:** Murphy came to CU as a walk-on, but when he leaves after his senior season, he will leave as one of CU's top runners. Entering the 2016 track season, he is a two-time All-American, earning the distinction for indoor (5,000) and outdoor (10,000) track in 2015. Murphy is in the record book as the Buffs' third fastest indoor 5k performer (13:39.29). Outdoors, he ranks ninth in the 5k (13:37.05) and 11th on CU's 10,000 performers list (28:52.70).

**2015:** *Indoor:* Murphy ran a pair of 3,000 and 5,000-meter runs during the indoor season. He debuted in the 3k at the Air Force Invite (1/24), winning the race in 8:38.92. A couple weeks later at the Husky Classic (2/13), he won the 5k in 13:39.29, which made him CU's third fastest performer in the event. The time also qualified him for NCAAs. Murphy went back to the 3k at the MSPF Championship and finished the race in 7:59.53. His final race of the indoor season was the 5k at NCAAs where he earned his first track All-America honor with a sixth place finish (13:54.36).

*Outdoor:* Murphy continued to have a great season and earned his first outdoor All-America honor in the process. He PR'd in each of the three events he ran. Murphy only ran the 1,500 once, clocking in at 3:44.31 at the Bryan Clay Invite (4/17). At the Stanford Invite (4/3), he became the 11th best CU performer after finishing in 28:52.70. Murphy's PR of 13:37.05 (the ninth best in CU history) was run at the Payton Jordan Invite (5/2). He only ran the 5k at the Pac-12 Championships, finishing fourth overall (13:48.43). Murphy advanced to the NCAA West Prelims in both the 5k and 10k.

He ran his 10k in 29:45.35 for seventh place and qualified for the NCAA finals, where he earned All-America honors in the 10k, finishing fifth in 29:15.18.

**2014:** *Indoor:* Murphy ran a personal best of 13:56.37 in the 5k at the Husky Classic (2/14). He competed in the 3k at the MSPF 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. 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:** (2015) Murphy had one of the best individual seasons for a Buff, leading CU in all five varsity races. Murphy won the Rocky Mountain Shootout and went on to take fifth overall at NCAA Pre-Nationals. He helped the Buffs to their fifth straight Pac-12 Championship a couple weeks later, placing fourth overall. He recorded all-region honors with a seventh place finish and ended his career with a third place finish at NCAAs for his third straight All-American honor. It was the best finish for a Buff since 2003 when Dathan Ritzenhein won the meet. (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 finish 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. 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. He 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**  
**Senior, 2L/2L**  
**New Vernon, N.J.**  
**(Morristown/Duke)**

### PERSONAL BESTS

#### Indoor

3,000-Meters: 7:51.93 (2015)

5,000-Meters: 13:43.37 (2015)

#### Outdoor

800-Meters: 1:52.89 (2015)

1,500-Meters: 3:43.31 (2015)

5,000-Meters: 13:36.22 (2015)

10,000-Meters: 29:41.84 (2015)

### MPSF SCORING

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

2015 3,000-Meters, 3rd (7:51.93)

### PAC-12 SCORING

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

2015 5,000-Meters, 3rd (13:47.83)

2015 10,000-Meters, 3rd (29:41.84)

### NCAA SCORING

2015 (I) 3,000-Meters, 5th (8:01.89)

### ACADEMIC HONORS

Academic All-MPSF (2015)

Pac-12 All-Academic Second Team (2015)

USTFCCCA Academic (2014)

### HONORS

2014 All-America Second Team (Indoor 5k)

2015 All-America First Team (Indoor 3k)

2015 All-America Second Team (Indoor 5k)

**CAREER UPDATE:** Pearson continues to be one of the best indoor performers for the Buffs, entering the 2016 season as a three-time indoor track All-American. He put his name in the CU record book a few times in 2015. Pearson became the fourth fastest Buff in the indoor 3k, clocking in at 7:51.93 during the MPSF Championships. He also ranks seventh in indoor 5k record book with a 13:43.37 mark. Pearson's success spans the outdoor season where he is the eighth fastest Buff in the 5k (13:36.22).

**2015:** *Indoor:* Pearson had a great season, recording a pair of All-America honors. He became the seventh fastest CU 5k performer after clocking in at 13:43.37 at the Husky Classic (2/14), which was good for fourth overall. Pearson also became the fourth best CU 3k performer with a 7:51.93 third-place performance at the MPSF Championships. He raced both the 5k and the 3k at NCAAs. The 5k was first and he earned second team All-America honors with a 14th place finish (14:16.63). Pearson had a better performance the following night in the 3k, placing fifth in 8:01.89 to take fifth overall.

*Outdoor:* Pearson showed he was becoming one of CU's best runners during the indoor season and kept that momentum going into outdoors. He tallied personal bests in

all four distance events, starting at the CU Invite (4/11) where he ran 1:52.89 in the 800. The next meet for Pearson was Mt. SAC Relays, where he PR'd in the 5k (13:36.22) to become the eighth fastest CU performer. He also clocked a personal record in the 1,500 at the Payton Jordan Invite (5/2). Pearson went on to compete in the 5k and 10k at the Pac-12 Championships, placing third in both events. He ran a PR of 29:41.84 in the 10k on May 16 and the next day came back to race 13:47.83 in the 5k. Pearson raced 14:12.46 in the NCAA West Prelims, 10th overall, to advance to NCAAs.

**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. 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. At the NCAA West Preliminary Championships, Pearson again ran both events.

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

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2015) Pearson returned to CU's line-up ready to compete. He placed second overall at the Rocky Mountain Shootout, finishing just behind teammate Pierce Murphy. At NCAA Pre-Nationals, Pearson was 14th, scoring as CU's No. 4 runner. He was also fourth for the Buffs at Pac-12s, finishing 14th (All-Pac-12 Second Team) while helping CU win its fifth straight Pac-12 title. Pearson improved at regionals, recording an eighth place finish as CU's second finisher. He earned All-American honors for the second time in his career with a 25th place finish at NCAAs. (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. 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 indoor and outdoor track & field teams.

**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, VR/VR**  
**Kalispell, Mont.**  
**(Flathead)**

### PERSONAL BESTS

#### INDOOR

3,000-Meters: 8:12.31 (2014)

#### OUTDOOR

800-meters: 1:52.05 (2014)

1,500-meters: 3:43.00 (2015)

**2015: Indoor:** Redshirt. Did not compete.

**Outdoor:** Perrin focused on the 1,500 during his first outdoor campaign. At the Payton Jordan Invite (5/2), he ran a time of 3:43.81 in the 1,500. Perrin ran a season best 3:43.00 in the prelims at the Pac-12 Championships, placing seventh in the process. He went on to finish 10th in the finals (3:48.88), but did qualify for the NCAA West Prelims where he would finish 20th in 3:49.77 to wrap-up his season.

**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:** (2015) Perrin won the Colorado State Invitational to start the season and then placed fourth at

the Rocky Mountain Shootout. He was 68th for the Buffs at NCAA Pre-Nationals before improving to 38th at Pac-12s. Perrin recorded all-region honors with an 18th place finish. He ended the season with a 195th place finish at NCAAs. (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. 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.

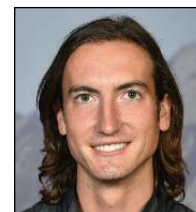
**HIGH SCHOOL:** Perrin won four Montana State High School Championships. He won the 2012 cross country championship after a runner-up finish his junior year. Perrin raced in the Foot Locker West Regional and took eighth overall before placing 10th at the Foot Locker Nationals in 2012. On the track, 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**  
**Junior/Sophomore,**  
**VR/1L**  
**Missoula, Mont.**  
**(Hellgate)**

### PERSONAL BESTS

#### INDOOR

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

#### OUTDOOR

1,500-meters: 3:47.22 (2015)

3,000-meter steeplechase: 8:48.68 (2015)

### PAC-12 SCORING

2015 3,000-Meter Steeplechase, 8th (8:58.04)

### ACADEMIC HONORS

Academic All-MPSF (2015)

Pac-12 All-Academic First Team (2015)

**2015: Indoor:** Peterman clocked in at 8:16.33 at the Husky Classic (2/28) and then ran a season best of 8:14.40 at the MPSF Championship two weeks later.

**Outdoor:** Peterman's main event was the steeplechase, but he did race a couple of 1,500s during his first outdoor season. He raced a personal best 3:47.22 in the 1,500 at the Payton Jordan Invite (5/2), finishing second in the seventh section. Peterman had a huge PR of 8:48.68 at Mt. SAC Relays (4/16), winning the 'B' section. He went on to place eighth at the Pac-12 Championships, finishing in 8:58.04. At the NCAA West Prelims, Peterman finished 13th overall in 8:50.72, just off his PR.

**2014: Indoor:** Peterman focused solely on the 3,000-meter run as a freshman. At the Husky Classic (2/15), 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:** (2015) Did not compete. (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 studies 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.

## DEJOUR PLUNKETT-ELLIOTT



**Jumps**  
Freshman, HS/HS  
Denver, Colo.  
(Thomas Jefferson)

### PERSONAL BESTS

Triple Jump: 47-6 (2015)

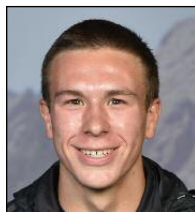
**HIGH SCHOOL:** Plunkett-Elliott recorded the best jump in Colorado (47-6) on April 25, 2015 at the Liberty Bell Invite. It was also the TJHS record. He placed sixth at the 2015 state championships, jumping 43-8.25. As a senior, he was a member of the 4x100 and 4x200-meter relays.

**HIGH SCHOOL BESTS:** Triple Jump: 47-6.

**IN THE CLASSROOM:** Plunkett-Elliott is undecided on a major but is interested in marketing.

**PERSONAL:** DeJour Leshawn Plunkett-Elliott was born on June 17, 1997 in Park Hill, Colo. He is the son of Chris Plunkett and Jasmine Elliott and has two sisters, Jamaika and Ayanna.

## JUSTICE RAMOS



**Distance**  
Freshman, HS/HS  
Delores, Colo.  
(Montezuma-Cortez)

### PERSONAL BESTS

400-meters: 49.67  
800-meters: 1:55.74

**HIGH SCHOOL:** A multi-sport athlete, Ramos lettered in cross country, track and field, football and wrestling at Montezuma-Cortez High School. He raced his personal bests in the 400 (49.67) and 800 (1:55.74) at the 2015 Colorado 4A State Championship and earned all-conference distinctions in both. Ramos was named the MCHS Sprinter of the Year as a sophomore and in his junior season, he garnered the MCHS Distance Runner of the Year. Ramos qualified for the state wrestling meet three times.

**HIGH SCHOOL BESTS:** 400-meters: 49.67; 800-meters: 1:55.74.

**IN THE CLASSROOM:** Ramos is a mechanical engineering major and is also interested in architecture.

**PERSONAL:** Justice Thomas Ramos was born on November 2, 1996 to Joe and Jennie Romas in Lubbock, Texas. He has one sister, Jordan, and one brother, Josh. He has worked with his mom's first grade class helping the students with reading and math.

## BRADY RUTT



**Throws**  
Senior, VR/1L  
Hastings, Neb.  
(Hastings)

### PERSONAL BESTS

**INDOOR**  
Shot Put: 47-06.25 (2012)  
Weight Throw: 59-1.25/18.01m (2015)  
**OUTDOOR**  
Discus: 170-11/52.09m (2015)  
Shot put: 49-5.75/15.08m (2013)  
Hammer Throw: 193-00/58.84m (2015)

### PAC-12 SCORING

2012 Discus, 5th (168-04)

**2015: Indoor:** Rutt focused solely on the weight throw during the season. He launched a personal best of 59-1.25 at the Potts Invite (1/17), which was third overall. Rutt's recorded his second best mark of 57-1 twice, once at the Husky Classic (2/14) and at the Air Force Collegiate Open (1/9). He competed at the MSPF Championships and placed

15th with a throw of 54-1.75.

**Outdoor:** Rutt competed in two events as a redshirt junior, the discus and hammer throws, and earned personal bests in both. He threw his PR of 193-00 in the hammer throw at the Tom Benich Invite (4/4), which was fifth overall. Rutt's main event was the discus, which he competed in at 10 meets. He launched a toss of 170-11, a PR, at the Air Force Twilight (5/8), placing second overall (the top collegiate athlete). Rutt competed at the Pac-12 Championships in both events. He placed 11th in the hammer (180-7) and was 11th in the discus (167-7).

**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 throw 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.

**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**  
**Junior, 1L/2L**  
**Salt Lake 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)  
 5,000-meters: 13:58.19 (2015)

#### 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)  
 2015 1,500-Meters, 3rd (3:46.90)

#### NCAA SCORING

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

#### ACADEMIC HONORS

CoSIDA Academic All-America Third Team (2015)  
 CoSIDA All-District First Team (2015)  
 Pac-12 All-Academic First Team (2015)  
 Academic All-MPSF (2015)  
 USTFCCA Academic (2014)

#### HONORS

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

**CAREER UPDATE:** In 2014, Saarel ran the fastest indoor 3,000-meter run debut by a Buff, finishing in 7:52.61 at the Husky Classic. At the time, it was the third fastest time ever run by a Buff (it now ranks fifth overall). During the 2014 outdoor season, Saarel became the fifth fastest Buff in the 1,500, running 3:41.54 at the Bryan Clay Invite. In his two years with the Buffs, he has collected two track and field All-American honors, once indoors and once outdoors.

**2015: Indoor:** Saarel only raced three times for CU as a sophomore. He started off by winning the mile (4:12.30) at the Air Force Open (1/24). He moved up to the 5k in his next race, and placed 14th in 13:58.19. Saarel's final race of the season was the 3k at the MPSF Championships. He finished 12th overall in 7:57.73.

**Outdoor:** Saarel concentrated on the 1,500 during his sophomore campaign. He ran his first race in a CU uniform at the Payton Jordan Invite (5/2), where he finished fourth in the third section in 3:41.90. His next meet was the Pac-12 Championships. He won the prelims in 3:41.85 before placing third the following day in 3:46.90. Saarel went on to race at the NCAA West Prelims, placing fourth in the first round (3:45.04). He was 12th in the semifinals (3:44.19), which advanced him to NCAAs where he placed 19th in the semifinals (3:47.07).

**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:** (2015) Saarel only raced twice for the Buffs, but excelled at both meets. He was 21st overall at the regional meet, earning all-region honors in the process. He earned his third consecutive All-American honor at NCAA with a 31st place finish. (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 3.885 GPA.

**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 Saarel of Cleveland, Ohio. 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, RS/RS**  
**Fort Collins, Colo.**  
**(Fort Collins/Western State)**

### PERSONAL BESTS

800 Meters: 1:55.33  
 1,500 Meters: 3:53.37 (2015)

**2015: Indoor:** Redshirt. Did not compete.

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

**CROSS COUNTRY:** Redshirt. Did not compete.

**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 an integrative physiology 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**  
**Sophomore, VR/1L**  
**Colorado Springs, Colo.**  
**(Fountain Fort Carson)**

### PERSONAL BESTS

#### INDOOR

60 Meters: 7.14 (2015)

200 Meters: 22.80 (2015)

#### OUTDOOR

100 Meters: 10.86

200 Meters: 21.64

#### PAC-12 SCORING

2015 4x100-Meter Relay, 8th (41.05)

**2015: Indoor:** Skrine competed in four meets for the Buffs in his first year. He clocked a 60-meter season-best time (7.14) at the Air Force Holiday Open (12/12/14) and at the Air Force Invite (1/24). Skrine also ran 7.19 (Potts Invite; 1/17) and 7.22 (Air Force Open, 1/9). He also ran one 200 at the AFA Open, finishing in 22.80.

**Outdoor:** Skrine raced the short sprints for the Buffs as a freshman. He recorded a season best in the 200, 22.04, at the Jack Christiansen Invite (4/25) for fourth place. Skrine earned his 100-meter season best time (10.92) at the Pac-12 Championships. He also finished 18th in the 200 prelims, clocking in at 22.46. Skrine raced on the 4x100-meter relay team for the Buffs which placed eighth at Pac-12s.

**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.

## TRENTON STRINGARI



**Sprints/Hurdles**  
**Freshman, HS/HS**  
**Canon City, Colo.**  
**(Canon City)**

### PERSONAL BESTS

110-meter hurdles: 14.31

300-meter hurdles: 37.56

400-meter hurdles: 52.89

**HIGH SCHOOL:** Stringari was a multi-sport athlete at CCHS, earning letters in football (three), basketball (three) and track and field (four). He won three state championships. In 2014, Stringari was the 300-meter hurdle state champion and repeated in 2015 while picking up the 110-hurdle title. He was also recruited by Iowa, Mississippi, Kansas, TCU and Ohio State.

**HIGH SCHOOL BESTS:** 110-meter hurdles: 14.31; 300-meter hurdles: 37.56; 400-meter hurdles: 52.89.

**IN THE CLASSROOM:** Stringari is undecided on a major.

**PERSONAL:** Trenton Oneil Stringari was born on January 9, 1997 in Canon City, Colo. He is the son of Kurt and Shelly Stringari and has two siblings, Trevor and Demi. Stringari enjoys all sports and playing video games.

## AUSTIN SWANSON



**Throws**  
**Freshman, HS/HS**  
**North Hollywood, Calif.**  
**(Notre Dame)**

### PERSONAL BESTS

Shot Put: 55-3.50 (2014)

**HIGH SCHOOL:** Swanson focused on the shot put during his high school career, earning three letters in the process. He recorded a season-best mark of 53-3 at the CIF-SS Division 3 Prelims, placing eighth. At the CIF-SS Division 3 Finals, he was seventh with a throw of 53-2.75. As a junior, Swanson won the Arcadia Invitational with a throw of 55-3.50. He also played football and earned three letters as a defensive lineman.

**HIGH SCHOOL BESTS:** Shot Put: 55-3.50.

**IN THE CLASSROOM:** Swanson intends to major in business.

**PERSONAL:** Austin Brian Swanson is the son of Richard and Taraiaquia Swanson of North Hollywood, Calif. He has one younger sister, Audrey.

## DIONNE TAYLOR JR.



**Combined Events**  
**Freshman, HS/HS**  
**Colorado Springs, Colo.**  
**(Pine Creek)**

### PERSONAL BESTS

High Jump: 7-0

Triple Jump: 43-5

Long Jump: 22-0

**HIGH SCHOOL:** Taylor owns the PCHS high jump record at 7-0, which is in the top 10 all-time in Colorado history. He cleared the mark, which was the seventh best in the nation for the 2015 season, at the Colorado Springs Metro League Championships. Taylor placed third at the state championships, reaching 6-8 in the finals. Prior to that placing, he won the high jump at seven consecutive meets. Taylor also placed seventh in the long jump (21-4) and was 10th in the triple jump (42-11.50) at the 2015 state championship. He earned first team all-state honors (high jump) and was first team all-conference (high jump and long jump) as a senior. In 2014, Taylor was all-conference (high jump) and placed third at state (6-7).

**HIGH SCHOOL BESTS:** High Jump: 7-0; Triple Jump: 43-5; Long Jump: 22-0.

**IN THE CLASSROOM:** Taylor is majoring in economics.

**PERSONAL:** Dionne Lamontay Taylor Jr. was born on June 5, 1997 in Helena, Mont. He is the son of Dionne Taylor Sr. and Mia Lampley of Colorado Springs, Colo. He has two siblings, William and Myah.

## JARON THOMAS



**Sprints/Hurdles**  
**Sophomore, 1L/2L**  
**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)

#### MPSF SCORING

2015 60-Meter Hurdles, 8th (8.26)

#### PAC-12 SCORING

2014 110-Meter Hurdles, 6th (14.29)

2014 400-Meter Hurdles, 3rd (51.24)

2015 110-Meter Hurdles, 7th (14.32)

2015 400-Meter Hurdles, 6th (52.47)

**2015: Indoor:** Thomas again concentrated on the 60-meter hurdles. He won his first meet of the season at the Potts

Invite (1/17), finishing in 8.24. Thomas followed that up with another win at the Air Force Invite (1/24), finishing in 8.20. At the MSPF Championships, Thomas ran a season-best time of 8.10 to place eighth in the prelims. In the finals, he also took eighth in 8.26.

**Outdoor:** Thomas continued to do well for the Buffs in the hurdles during the outdoor season. He won the 400-hurdles at the CU Invite (4/11), clocking in at 52.35. Thomas placed 12th in the 400-hurdles invitational section at Mt. SAC Relays, crossing the finish in 52.60. At the Pac-12 Championships, Thomas scored for CU in both events. He placed sixth in the 400-hurdles (52.47) after placing third in the prelims (52.35), and was seventh in the 110-hurdles (14.32) after running seventh in the prelims (14.26). He qualified for NCAA West Prelims in the 110-hurdles, placing 31st in the prelims (14.22).

**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 an integrative physiology 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.

## GRAYSON WEBBER



**Throws**  
**Sophomore, TR/TR**  
**Colorado Springs, Colo.**  
**(Cheyenne**  
**Mountain/Lipscomb)**

### PERSONAL BESTS

*Indoor*  
 Shot Put: 42-2.25/12.88m (2015)  
 Weight Throw: 46-3/14.11m (2015)  
*Outdoor*  
 Shot Put: 42-9/13.03m (2015)  
 Discus: 162-11/49.66m (2015)  
 Hammer: 141-3/43.07m (2015)  
 Javelin: 160-5/2.44m (2015)

**AT LIPSCOMB (2015):** Webber won the Atlantic Sun Conference outdoor championship in the discus with a mark of 158-0. He was also sixth in the shot put (41-3) and was seventh in the hammer throw (128-2). During the indoor season, Webber was sixth in the weight throw (43-11.75) and placed eighth in the shot put (39-4.50).

**HIGH SCHOOL:** A team captain during the 2013-14 season, Webber earned four letters for the Indians in track and field. In 2014, he was named to the all-district team. Webber was also a member of the football team and earned three letters.

**HIGH SCHOOL BESTS:** Discus: 167-4; Shot Put: 45-11.

**IN THE CLASSROOM:** Webber is an integrative physiology major.

**PERSONAL:** Grayson Lawrence Webber was born on March 28, 1996 in Dallas, Texas. He is the son of Scott and Laura Webber and has two brothers, Matt and Jared, who both played football at Murray State. Webber enjoys hiking, skiing, climbing and volunteer work. He is an eagle scout.

## CONNOR WINTER



**Distance**  
**Senior, 1L/2L**  
**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: 3:43.34 (2015)  
 5,000-meters: 13:55.91 (2014)  
 3,000-meter steeplechase: 8:48.93 (2015)

### MPSF SCORING

2014 Mile, 8th (4:06.69)

### PAC-12 SCORING

2013 5,000-Meters, 4th (14:09.45)  
 2015 Steeplechase, 1st (8:48.93)

**2015:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Winter proved to be a quick study in the 3,000-meter steeplechase during his junior season and also ran a pair of 1,500-meter runs. His first 1,500 was at the Stanford Invite (4/3) where he clocked a personal best 3:43.34. One week later at the CU Invite (4/11), Winter won his first steeplechase, finishing in 9:10.60. He returned to the event just five days later at Mt. SAC Relays and improved his PR to 8:54.32, which placed him second in the 'B' section. Winter kept racing and the following night he ran the 1,500 in 3:45.58 at the Bryan Clay Invite. At the Pac-12 Championship, Winter again went to the line in the steeplechase and again PR'd, finishing in 8:48.93 to win his first conference title over teammate Blake Theroux (8:49.00). He placed 10th at the NCAA West Prelims (8:49.88) to advance to NCAAs where he finished 23rd overall in 9:04.37.

**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 at the Husky Classic where he ran a time of 8:02.70. 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.

**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.

**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:** (2015) Winter had a great final season for the Buffs. He was third overall at the Rocky Mountain Shootout and two weeks later, Winter was ninth at NCAA Pre-Nationals. At the Pac-12 Championships, he placed 15th, helping the Buffs win their fifth straight Pac-12 Championship. Winter was 23rd at regionals, earning all-region recognition. He finished his career at NCAAs with a 33rd place finish. (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 the 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  
Senior, 1L/1L  
Louisville, Colo.  
(Arapahoe)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:33.84 (2015)

5,000-meters: 16:25.86 (2015)

#### OUTDOOR

800-meters: 2:16.23 (2014)

1,500-meters: 4:18.84 (2015)

5,000-meters: 16:14.97 (2015)

#### MPSF SCORING

2015 5,000-Meters, 6th (16:25.86)

#### PAC-12 SCORING

2015 1,500-Meters, 7th (4:20.10)

#### ACADEMIC HONORS

Academic All-MPSF (2014, 15)

Pac-12 All-Academic honorable mention (2014, 15)

**2015: Indoor:** Alm raced the 3k at the Husky Classic (2/14) and finished with a season best of 9:33.84. Alm saved the best for last, racing the 5k at the MPSF Championship. She placed sixth overall to score for the Buffs, clocking in at 16:25.86.

**Outdoor:** Alm continued her breakout season during the outdoor season, concentrating on the 1,500, but running a couple of 5,000-meter runs as well. She ran a PR of 16:14.97 in the 5k at the Mt. SAC Relays (4/17), finishing third in the invitational 'B' section. At the Pac-12 Championships, Alm recorded a 4:18.84 PR to place third in the prelims; she finished seventh in the finals (4:20.10). Her PR put her ninth on CU's all-time performers list. Alm raced both events at the NCAA West Prelims. She was 24th in the first round of the 1,500 (4:28.02) and finished 19th overall in the 1,500 two days later (4:22.85). Alm also placed 34th in the 5k.

**2014: Indoor:** Alm earned a 3k season-best at the MPSF Championships at 9:52.46 which was 27th overall.

**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:** (2015) Alm finished her career with the

Alm after an outstanding senior season. She started out by placing third at the Colorado State Invitational before finishing second at the Rocky Mountain Shootout. At NCAA Pre-Nationals, she was 18th as CU's No. 3 runner. Alm placed eighth at Pac-12s (the Buffs' fourth runner), recording second team All-Pac-12 honors, before taking seventh overall at regionals (CU's No. 3) to earn all-region recognition. Alm finished the season placing 47th at NCAAs, helping CU to a second place team finish. (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 3.30. She was named to the Academic All-MPSF team and the Pac-12 All-Academic honorable mention team in 2014 and '15.

**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**  
**Sophomore, 1L/1L**  
**Superior, Colo.**  
**(Monarch)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:24.20 (2015)

5,000-meters: 16:08.22 (2015)

#### OUTDOOR

1,500-meters: 4:25.32 (2015)

3,000-meters: 9:48.74 (2015)

5,000-meters: 16:15.79 (2015)

#### MPSF SCORING

2015 5,000-Meters, 1st (16:06.22)

#### PAC-12 SCORING

2015 5,000-Meters, 8th (16:24.70)

**2015: Indoor:** Benner showed great potential in her debut season. Her first race was a 3k at the Air Force Invite and she did quite well placing second in 10:05.23. At the Husky Classic (2/14), she improved her time to 9:24.20. Her final race of the season was the 5k at the MPSF Championship. Benner won the race in 16:08.22, making her the seventh fastest CU performer in the event.

**Outdoor:** Benner continued to do well for the Buffs as a freshman. She won her first outdoor race, a 3,000, at the Jerry Quiller Classic (3/21), finishing in 9:48.74. Her next race was at the CU Invite (4/11) where she won the 1,500 in 4:30.08. Benner's season best in the 1,500 (4:25.32) came at the Payton Jordan Invite (5/2). She raced the 5,000 three times for the Buffs, clocking a 16:15.79 PR at Mt. SAC Relays. Benner placed eighth at the Pac-12 Championships (16:24.70) and finished her season 17th at NCAA West Prelims (16:28.10).

**CROSS COUNTRY:** (2015) Benner started the 2015 season early, competing at the USA Junior Cross Country Championships. She didn't just compete, she won the junior title, finishing in 21:48. Benner went on to lead the U.S. at the IAAF World Junior Cross Country Championships, placing 27th overall (21:45). Benner ran her first race as a sophomore for the Buffs at NCAA Pre-Nationals, recording a 15th place finish as the Buffs second scorer. She led CU in the following two meets, placing second at Pac-12s and regionals, earning All-Pac-12 and all-region honors. Benner finished the season on a strong note, crossing the finish 16th overall at NCAAs. She was the Buffs' No. 2 runner and helped the team place second. (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 owns a GPA greater than 3.90.

**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**  
**Sophomore, VR/VR**  
**Monrovia, Calif.**  
**(Alverno)**

### PERSONAL BESTS

#### INDOOR

800-meters: 2:18.64 (2015)

Mile: 4:57.62 (2015)

3,000-meters: 9:37.24 (2015)

#### OUTDOOR

800-meters: 2:17.14 (2015)

1,500-meters: 4:37.21 (2015)

3,000-meter steeplechase: 10:42.98 (2015)

#### ACADEMIC HONORS

Pac-12 All-Academic honorable mention (2015)

**2015: Indoor:** Blakely focused mainly on the middle distance events. She ran the 800 once, recording a time of 2:18.64 at the Air Force Invite (1/24) for sixth place. Her fastest mile time of the season, 4:57.62, was run at the MPSF Championships. Blakely also ran the 3k at the Husky Classic (2/14), finishing in 9:37.24.

**Outdoor:** Blakely mainly raced the steeplechase outdoors. At the Bryan Clay Invite she came away with a seventh place finish in 10:47.14. She clocked a 10:42.98 PR at the Pac-12 Championships to place 12th overall.

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

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

**CROSS COUNTRY:** (2015) Blakely ran in four races for the Buffs. She started off at the Colorado State Invitational, finishing 13th overall, and improved to 11th at the Rocky Mountain Shootout. Blakely rank in the open race at NCAA Pre-Nationals, and placed 10th, her best placing of the season. She ended the year with a 61st place finish at Pac-12s. (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**  
Sophomore, VR/1L  
Centennial, Colo.  
(Eaglecrest)

### PERSONAL BESTS

#### INDOOR

60-meters: 7.82 (2015)

200-meters: 24.79 (2015)

#### OUTDOOR

100-meters: 12.19 (2014)

200-meters: 24.40 (2014)

#### PAC-12 SCORING

2015 4x100-Meter Relay, 7th (45.39)

2015 4x400-Meter Relay, 7th (3:39.03)

**2015: Indoor:** Brown raced the 60 and the 200 as a freshman, and was a member of the relay teams. She recorded season best times in both events at the Air Force Invite (1/24). Brown clocked in at 7.82 in the 60, placing 11th, and finished the 200 in 24.79, which placed third. At the MPSF Championship, she was 25th in the 60 (8.01) and 19th in the 200 (25.08). The 4x400-meter relay was ninth, finishing in 3:46.13.

**Outdoor:** Brown raced the 200 as well as both the 4x100

and 4x400-meter relays. She recorded a season best 24.54 in the 200 at the Jerry Quiller Classic (3/21), which placed her second at the meet. The 4x100 relay ran its best time of the year at the conference meet, finishing seventh in 45.39. The 4x400 relay also took seventh at Pac-12s, clocking in at 3:39.03. The 4x400 raced at the NCAA West Prelims and despite its best finish of the season (3:38.20), finished 16th overall.

**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 arts and science 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 (Patos). She enjoys traveling and has volunteered at Smoky Hill Library with its summer reading program.

## MACKENZIE CALDWELL



**Distance**  
Sophomore, VR/VR  
Columbus, Ind.  
(Columbus North)

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:40.38 (2015)

#### OUTDOOR

1,500-meters: 4:45.24 (2015)

5,000-meters: 16:27.96 (2015)

10,000-meters: 34:39.01 (2015)

**2015: Indoor:** Caldwell raced the 3,000-meter run twice as a freshman. She debuted at the Husky Classic (2/14), finishing in 9:42.23. Caldwell cut a couple of seconds off her time two weeks later at the MPSF Championship, finishing in 9:40.38.

**Outdoor:** Caldwell started with the shorter distance races and gradually moved all the way to the 10k during her first season. Her first two races were the 1,500 and she clocked her 4:42.24 PR at the CU Invite (4/11) for sixth place. Caldwell's only 5k was at Mt. SAC Relays, where she finished in 16:27.96 for second in the open 'C' section. Her

last two races were 10k's. Caldwell ran a season best 34:39.01 at the Pac-12 Championships and placed 12th. She qualified for NCAA West Prelims and finished 41st in 37:08.33.

**CROSS COUNTRY:** (2015) Caldwell started the season early at the USA Junior Cross Country Championships in February, finishing 14th in 23:36. She redshirted the 2015 NCAA season. (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).

## LUCY CHEADLE



**Distance**  
**Senior, TR**  
**Seattle, Wash.**  
**(Roosevelt/Washington**  
**U. in St. Louis)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:46.91 (2014)

5,000-meter: 16:44.86 (2015)

#### OUTDOOR

800-meters: 2:18.66 (2012)

1,500-meters: 4:33.32 (2014)

5,000-meters: 17:08.05 (2012)

3,000-meter steeplechase: 10:20.06 (2014)

### COLLEGE (AT WASHINGTON UNIVERSITY IN ST. LOUIS):

Cheadle was a 13-time NCAA Division III All-American at Washington University in St. Louis, four times for cross country, four for the indoor 5k, two for the indoor 3k and three for the steeplechase. She won the NCAA DIII steeplechase title in 2014 and '15 and was the 2015 indoor 5k champion. Cheadle also won three UAA cross country titles, as well as a two-time NCAA Midwest Region Cross Country Champion. In 2014, she was the NCAA XC runner-up. She also owns three WU records: indoor 3k (9:46.91), indoor 5k (16:44.86) and the steeplechase (10:20.06).

**HIGH SCHOOL:** Cheadle was a team captain and a four year letterwinner in cross country and track and field at Roosevelt. In 2010, she set the RHS record in the 800, clocking in at 2:16. Cheadle was the cross country MVP in 2008, '09 and '10 and was the track and field MVP in 2010 and '11. An all-state cross country selection (2009 and '10), Cheadle was a member of the honor roll and the salutatorian.

**HIGH SCHOOL BESTS:** 800-meters: 2:16.

**IN THE CLASSROOM:** Cheadle is pursuing a masters in civil, environmental and architectural engineering. At WU, she was a three-time Academic All-American (2013-15) and was named the 2015 Capital One Women's Track and Field/Cross Country Academic All-American of the Year.

**PERSONAL:** Lucy Clara Cheadle was born on December 5, 1992 in Seattle, Wash. She is the daughter of Allen Cheadle and Mary Paterson. She has four siblings, Harry and John Cheadle and Stella and George King.

## ERIN CLARK



**Distance**  
**Sophomore, 1L/1L**  
**Eugene, Ore.**  
**(South Eugene)**

### PERSONAL BESTS

#### INDOOR

Mile: 5:06.46 (2015)

3,000-meters: 9:19.60 (2015)

#### OUTDOOR

1,500-meters: 4:23.86 (2015)

5,000-meters: 15:57.54 (2015)

3,000-meter steeplechase: 9:59.54 (2015)

#### MPSF SCORING

2015 3,000-Meters, 5th (9:19.60)

#### PAC-12 SCORING

2015 Steeplechase, 1st (10:02.16)

2015 5,000-Meters, 2nd (16:16.37)

#### ACADEMIC HONORS

Pac-12 All-Academic honorable mention (2015)

#### HONORS

2015 Pac-12 Women's Track & Field Freshman of the Year

2015 Steeplechase All-America Second Team

2014-15 CU Female Co-Freshman of the Year

**CAREER UPDATE:** Clark didn't waste time becoming one of CU's best steeplechasers as just a freshman in 2015. Clark recorded a season-best 9:59.54, which put her fourth on CU's all-time list behind three Olympians (Jenny Simpson, Emma Coburn and Shalaya Kipp). She earned second team All-America honors as a redshirt freshman and was named the Pac-12 Women's Track & Field Freshman of Year after winning CU's seventh straight conference steeplechase title (she also placed second in the 5k at the meet). She also qualified for the 2015 NCAA final where she placed 15th. Clark also ranks ninth all-time for the Buffs in the indoor 3k, clocking in at 9:19.60 at the MPSF Championship.

**2015:** *Indoor:* After redshirting the 2014 season, Clark was ready to hit the track and made an impact right away. In the 3k at the Husky Classic (2/14), she clocked in at 9:23.77. Clark ended the season racing another 3k at the MPSF Championship and took fifth in 9:19.60, which put her ninth on CU's all-time performers list.

*Outdoor:* Clark had one of the best freshman seasons for the Buffs, earning several honors during the spring. She raced the 1,500, 5,000 and 3,000-meter steeplechase events and excelled in all three. Clark earned a season best of 4:23.86 in the 1,500 at the Payton Jordan Invite (5/2), her third 1,500 of the season. She clocked her 5k season best at the Stanford Invite (4/3), finishing in 15:57.54, which put her third in the second section. Her primary event became the 3,000-meter steeplechase. She debuted in the event at the CU Invite (4/11), winning in 10:33.27. Clark's next steeplechase was five days later at Mt. SAC Relays (4/16) and she improved her time to 10:10.62 to win section 'A'. Clark ran both the steeplechase and 5k runs at the Pac-12

Championships. She won the steeplechase in 10:02.16, CU's seventh straight conference steeple win, and placed second in the 5k (16:06.37) to pick up 18 points for the team score. With her performances, Clark was tabbed the Pac-12 Women's Track and Field Freshman of the Year. She went on to compete in both events again at the NCAA West Prelims. She was sixth in the steeplechase with a season best 9:57.67, which put her fourth on CU's all-time list behind Olympians Jenny Simpson, Emma Coburn and Shalaya Kipp, and placed 33rd in the 5k (17:03.19). Clark advanced to NCAAs and was 15th in the prelims (10:15.83) to earn second team All-America honors.

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

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2015) Clark led the Buffs in three of its five varsity races. She was undefeated through the first two meets, winning her second straight Rocky Mountain Shootout and NCAA Pre-Nationals. Clark was second for the Buffs at Pac-12s and regionals, placing fourth and third, respectively, to earn all-conference and all-region awards. Clark recorded her second All-American honor by placing 11th at NCAAs, leading the Buffs to a second place team finish. (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 ecology and evolutionary biology and currently has a GPA greater than 3.40.

**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.

## VALERIE CONSTIEN



**Distance**  
**Sophomore, VR/1L**  
**Edwards, Colo.**  
**(Battle Mountain)**

### PERSONAL BESTS

#### INDOOR

Mile: 4:51.06 (2015)  
 3,000-meters: 10:18.88 (2015)

#### OUTDOOR

1,500-meters: 4:33.53 (2015)  
 3,000-meters: 10:17.30 (2015)  
 3,000-meter steeplechase: 10:28.08 (2015)

#### PAC-12 SCORING

2015 Steeplechase, 7th (10:28.08)

**2015: Indoor:** Constien ran the mile in her final two meets. She recorded a season best time (4:51.06) at the MSPF Championship, which was 16th overall.

**Outdoor:** Constien ran a 1,500 (4:33.53) and 3k (10:17.30) during the season, but her main focus was the 3,000-meter steeplechase. Her first race was at the CU Invite (4/11) and she placed second in 11:09.03. A few days later at Mt. SAC Relays (4/16), she finished eighth in the 'B' section, clocking in at 10:45.46. Constien picked up a couple points for the Buffs at the Pac-12 Championships, placing seventh in the steeplechase with a season best 10:28.08. She qualified for NCAA West Prelims and placed 34th in 10:46.63.

**CROSS COUNTRY:** (2015) Constien made her cross country debut for the Buffs at the USA Junior Cross Country Championships, recording a runner-up finish in 21:54. The finish qualified her for the world championships where she placed 62nd in 22:58. Constien went on to race as a redshirt freshman in the fall. She finished sixth at the Rocky Mountain Shootout. At the open race at NCAA Pre-Nationals, Constien placed 13th overall. She didn't score for the Buffs in the last three races, but played an important part of the team. Constien was 29th at Pac-12s, 24th at regionals and 136th at NCAAs. Her performance at regionals garnered her all-region recognition. (2014) Redshirt. Did not compete.

**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 environmental 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.

## 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, 4th (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)

**2015: Indoor:** Redshirt. Did not compete.

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

**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 play 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, 3L/3L**  
**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)  
 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 SCORING

2012 4x400 Meter Relay, 5th (3:40.30)  
 2013 4x400 Meter Relay, 5th (3:36.95)  
 2015 4x100 Meter Relay, 7th (45.39)  
 2015 4x400 Meter Relay, 7th (3:39.03)

### ACADEMIC HONORS

Pac-12 All-Academic honorable mention (2015)

**CAREER UPDATE:** Gehring is the school record holder in the outdoor 400 (53.23) and ranks second in the 200 (23.80), clocking both of those times at Mt. SAC Relays in 2013. Gehring owns the top three times in the 400 and has six of the top 10 times. She is the third best performer in the indoor 200 (24.31) and is the second best in the indoor 400 (54.47). Gehring was also a member of the school record setting 4x400-meter relay team, which ran 3:43.52 at the 2013 Tyson Invitational.

**2015:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Gehring returned to the track after a year off due to injury in the spring and got better as the season went. She recorded a season best time (54.65) at the Tom Benich Invite (4/4), finishing second overall. Gehring raced both the 200 and 400 at the Pac-12 Championships. She was 13th in the 400 (54.83) and 17th in the 200 (24.38). She was a member of the 4x100 and 4x400-meter relays that competed at the conference meet, and both placed seventh. The 4x400 went on to race at the NCAA West Prelims and took 16th with a season-best 3:38.20.

**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. 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. Gehring was a member of the 4x400 relay, which placed fifth at the Pac-12 Championships (3:36.95). She qualified for both the 200 and 400, as well as the relay at the NCAA West Preliminary Championships.

**2012:** *Indoor:* Gehring led the Buffs as a freshman in the 60, 200 and 400-meter dashes. She placed first in the 60 at the Potts Invite (1/21), finishing in 7.80. Gehring's top times in the 200 and 400 came at the MPSF Indoor Championships. She was 11th in the 200, finishing in 24.65, and became the fifth best CU performer in the event. Gehring followed 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. 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 communication and studio art.

**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.

## ELISA GRANDEMANGE



**Throws**  
**Freshman, TR/TR**  
**Kennewick, Wash.**  
**(Kamiakin/Kent State)**

### PERSONAL BESTS

Shot Put: 36-9.50 (2013)  
 Discus: 146-6 (2013)  
 Javelin: 131-10 (2014)  
 Hammer: 167-9/51.15 (2015)

**AT KENT STATE (2015):** Redshirt. Did not compete. Grandemange did compete at the 2015 U.S. Junior National Championships and placed 10th with a toss of 167-9 (51.15m).

**HIGH SCHOOL:** Grandemange was ranked 12th nationally in the hammer out of high school and was a two-time Washington State discus champion. As a senior in 2014, she won with a throw of 144-11 and in 2013 she recorded a throw of 138-00 for the win. Grandemange is the KHS discus record holder with her mark of 144-11. She was also successful in other throws. In 2014, Grandemange was the state runner-up in the javelin, recording a mark of 131-10.

**HIGH SCHOOL BESTS:** Shot Put: 36-9.50; Discus: 146-6; Javelin: 131-10; Hammer: 160-8.

**IN THE CLASSROOM:** Grandemange is an integrative physiology major and is also interested in chemical engineering.

**PERSONAL:** Elisa M. Grandemange was born on June 4, 1996 in France. She is the daughter of Dominique and Leila Grandemange of Durham, Conn. She has one older brother, Jeremie. Grandemange moved to the United States when she was six. Her mother was a professional ballerina and she grew up performing ballet as well. Grandemange also enjoys hiking and being outdoors.

## DELANEY HALL



**Throws**  
**Freshman, HS/HS**  
**Lakeview, Ore.**  
**(Lakeview)**

### PERSONAL BESTS

Javelin: 146-1 (2015)

**HIGH SCHOOL:** Hall was ranked 19th nationally out of high school and was a two-time Oregon State Champion (javelin). Hall won the 2015 state meet with a toss of 144-10 and in 2014, she won with a throw of 137-4. Her personal best in high school was 146-1, which she threw on April 29, 2015. Hall also competed in other events at LHS. She ran the 100 and 200 meter dashes and competed in the pole vault, long jump, high jump and shot put. She also played volleyball and basketball at LHS. Washington State, Oregon State, Texas Tech and Kentucky also recruited Hall.

**HIGH SCHOOL BESTS:** Javelin: 146-1.

**IN THE CLASSROOM:** Hall is undecided on a major.

**PERSONAL:** Delaney Marie Hall was born on May 7, 1997 in Lakeview, Ore. She is the daughter of Jeff and Patsy Hall and has three older siblings, Daniel, Keli and Kati. Keli was a member of the track and field team at Idaho. Hall enjoys water sports, card games, fishing, hiking and snowboarding.

## SOPHIE HALLAM-EAMES



**Throws**  
**Senior, VR/VR**  
**Seattle, Wash.**  
**(Nathan Hale)**

### PERSONAL BESTS

**INDOOR**  
 Weight Throw: 55-4.75/16.88m (2015)  
**OUTDOOR**  
 Discus: 147-10/45.07m (2014)  
 Hammer Throw: 177-9/54.18m (2015)

### ACADEMIC HONORS

Academic All-MPSF (2015)  
 Pac-12 All-Academic honorable mention (2015)

**2015: Indoor:** Hallam-Eames had a breakout indoor season. At the Potts Invite (1/17), she launched the weight throw 55-4.75 to become the fifth best performer in CU history. The mark placed her fourth at the meet. During the season, Hallam-Eames recorded seven top-10 performances. At the MPSF Championships, she placed 18th with a throw of 52-8.75.

**Outdoor:** Hallam-Eames concentrated again on the discus and hammer throws. She recorded seven top-10 performance in the discus, her highest was seventh at Fum McGraw (3/28) with a throw of 134-1. Hallam-Eames also had three top-10 finishes in the hammer throw, which included her personal best mark of 177-9 at the Cowpoke Open (5/1), a fifth place performance. That mark put her third on CU's all-time list. She competed in both events at the Pac-12 Championships. Hallam-Eames placed ninth in the discus, throwing a season best toss of 143-8, and was 13th in the hammer throw (165-4).

**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). 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 during her first outdoor campaign. 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 recorded her season best throw at the Air Force Team Challenge (1/28) with a toss of 47-03. 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 and geography 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.

## ANA HOLLAND



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

### PERSONAL BESTS

#### INDOOR

60-meters: 7.52 (2015)  
 200-meters: 24.18 (2015)

#### OUTDOOR

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

#### MPSF SCORING

2015 200 Meters, 5th (24.18)

#### PAC-12 SCORING

2015 100 Meters, 8th (11.70)  
 2015 4x100 Meter Relay, 7th (45.39)  
 2015 4x400 Meter Relay, 7th (3:39.03)

#### HONORS

CU Outdoor 200-Meter Dash Record Holder (23.54)  
 2015 World University Games participant

**CAREER UPDATE:** Holland etched her name in CU's record book as a redshirt freshman in several indoor and outdoor sprints. She became the second fastest 200-meter performer in CU history after running 24.18 at the MPSF Championship (2015). She was also third in the 60 (7.52), running the fastest time since 2001. Outdoors, Holland broke CU's 200 record, clocking in at 23.54 at the Tom Benich Invite (4/4/15). Her breakout season garnered her national attention as she was selected to the U.S. team that competed at the World University Games where she helped the 4x100-meter relay to a silver medal.

**2015:** *Indoor:* Holland didn't waste time entering the CU record book as a redshirt freshman. She became the third fastest CU performer in the 60-meter dash, clocking in at 7.52 at the Air Force Invite in January. Holland won the 60, as well as the 200 in 24.46. She won the 60 at the Joe Davies Open (2/21) as well, finishing in 7.55. Holland didn't stop there and became the second fastest 200-meter performer at CU when she clocked in at 24.18 to place fifth at the MPSF Championship. She was also a member of the 4x400-meter relay team that placed ninth at the conference meet (3:46.13).

*Outdoor:* Holland kept the fast times rolling into the outdoor season, and set the CU 200-meter record at 23.54 at the Tom Benich Invite (4/4), which also won the event. She has three of the top four times in the 200. Her mark of 23.80 from Mt. SAC Relays (4.17) tied the second best time in school history and 23.81 from NCAA West Prelims (5/29) is the fourth fastest in school history. Holland also ranks high in the 100 for the Buffs; she is tied for third overall with her 11.69 from the CU Invite (4/11). At the Pac-12 Championships, Holland placed eighth in the 100 (11.70) and was 10th in the 200 (23.89). She also raced on the 4x100 and 4x400 relays, which both placed seventh.

Holland went on to race at NCAA West Prelims in the 200 where she finished 16th in 23.81. The 4x400 relay also took 16th after clocking in at 3:38.20. Holland was selected to compete for Team U.S.A. at the World University Games in South Korea. She tied for 17th in the first round of the 200 (24.41) before placing 16th in the semis (24.29). Holland also helped the 4x100-meter relay team to a second place finish (44.95).

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

### PERSONAL BESTS

#### INDOOR

60-Meters: 8.07 (2015)  
 200-Meters: 25.96 (2015)

#### OUTDOOR

100-Meters: 12.22  
 200-Meters: 25.23

#### PAC-12 SCORING

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

**2015:** *Indoor:* Holland raced the 60 and 200 during her first indoor season. She clocked season best times in both events at the Air Force Invite (1/24). Holland finished the 60 in 8.07 and the 200 in 25.96. Holland also ran in the mile relay at the same meet and helped the squad to a second place finish (3:51.80).

*Outdoor:* Holland ran the 100 and 200, as well as a few relays during her junior season. She ran season bests in both events at the Jack Christiansen Invite (4/25). She was sixth in the 100 (12.47) and took ninth in the 200 (25.31).

**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. At the Pac-12 Championships she was 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 a psychology 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.

## DANI JONES



**Distance**  
**Freshman, HS/HS**  
**Phoenix, Ariz.**  
**(Desert Vista)**

### PERSONAL BESTS

800-meters: 2:08  
 Mile: 4:39  
 1,600-meters: 4:44  
 3,200-meters: 10:09

**CROSS COUNTRY:** (2015) Jones earned a spot on the varsity roster quickly as a true freshman and scored for the Buffs in each of the five races she competed in. She started the season by placing fourth at the Rocky Mountain Shootout. Jones was 62nd overall at NCAA Pre-Nationals and improved to 24th at Pac-12s. Jones earned all-region honors by placing 16th at regionals and finished the season with a 49th place finish at nationals as the team earned a second place finish.

**HIGH SCHOOL:** The 2014-15 Arizona Gatorade Girls Cross Country Runner of the Year, Jones won the state cross country championship with a course record time of 17:26, leading her team to its second straight state title. Jones placed third at the 2014 Nike Cross Nationals Final, pacing her team to a fifth-place national finish overall and earning All-American honors in the process. She was also runner-up at the Nike Pre-Nationals, the Woodbridge Classic and the Desert Twilight Festival. In 2013, she won her first state cross country title and was 15th at Nike Cross Nationals, which also earned her All-American honors. Jones has been very successful on the track as well. She owns state records in the 1,600 (4:44), mile (4:39) and 3,200 (10:09) and owns the school 800 record (2:08). Jones won state titles in the 800, 1,600 and 3,200 as a senior, the 1,600 and 3,200 as a junior and during her sophomore year, she was the 800 and 1,600 champion. She was also recruited by Michigan State, Georgetown, Duke and Indiana.

**HIGH SCHOOL BESTS:** 800-meters: 2:08; mile: 4:39; 1,600-meters: 4:44; 3,200-meters: 10:09.

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

**PERSONAL:** Danielle 'Dani' Alex Jones was born on August 21, 1996 in Fort Wayne, Ind. to Darcy and Tana Jones. She has one sister, Baylee, who was the Arizona state runner-up in the 1,600 and 3,200. Both of her parents ran track and cross country at Indiana State. She enjoys hiking and reading.

## ANNIE KELLY



**Distance**  
**Sophomore, VR/VR**  
**Alpharetta, Ga.**  
**(Milton/Mississippi)**

### PERSONAL BESTS

#### INDOOR

3,000-meters: 9:35.18 (2015)

5,000-meters: 16:38.27 (2015)

#### OUTDOOR

1,500-meters: 4:32.78 (2015)

5,000-meters: 16:12.36 (2015)

10,000-meters: 34:23.60 (2015)

**2015:** *Indoor:* Kelly ran the 5k at the Husky Classic, finishing in 16:38.27. At the MPSF Championship, Kelly switched to the 3k and ran a huge season best of 9:35.18.

*Outdoor:* Kelly ran the longer distances for CU, but she did race a couple of 1,500's before the longer races. Kelly ran a personal best 4:32.78 in the 1,500 at the Bryan Clay Invite (4/17). Her only 5,000-meter run was at the Stanford Invite (4/3), where she clocked in at 16:12.36. Kelly's final two races were 10,000-meter runs. She ran her season best of 34:23.60 at the Pac-12 Championships, placing 11th overall. Kelly's time was quick enough to qualify her for NCAA West

Prelims where she placed 26th.

**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:** (2015) Redshirt. Did not compete (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, 28th 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**  
**Junior, VR/VR**  
**Reno, Nev.**  
**(Galena)**

### PERSONAL BESTS

#### INDOOR

Weight Throw: 39-10.75/12.16m (2015)

#### OUTDOOR

Discus: 132-8/40.42m (2015)

Javelin: 108-9/33.14m (2015)

Hammer Throw: 104-9/31.92m (2015)

**2015:** *Indoor:* Kline competed in the weight throw during her first indoor season. She placed ninth at the Potts Invite (1/17) with a season best throw of 39-10.75.

*Outdoor:* Kline returned to the throwing ring to compete in three events, the discus, javelin and hammer. Kline's final meet, the Cowpoke Open, saw her record a season best the discus as she threw 132-8 for ninth place.

**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.

**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.

medley relay (1:48.21) records. Her cross country team won the Colorado 5A Championship three times (2011, '12, and '13) and in 2013, the team placed fifth at Nike Cross Nationals. The Coyotes placed second at the state meet her senior year (2014), but they won the Front Range League Championship all four seasons (2011-14). On the track, the 4x800 relay was the state runner-up four times (2012-15), which included her sister Karina. Mann earned four letters on the cross country team and four letters on the track team at MHS. She was a conference all-academic selection for both teams all four years, and a CHSAA Academic All-State First Team selection her sophomore, junior and senior years. Utah and Nebraska-Omaha also recruited Mann.

**HIGH SCHOOL BESTS:** 400-meters: 57.46; 800-meters: 2:10.39; 1,600-meters: 5:07.12.

**IN THE CLASSROOM:** Mann is an integrative physiology major and is also interested in studio arts and ceramics.

**PERSONAL:** Elissa Marie Mann was born on February 9, 1997 in Louisville, Colo. She is the daughter of Rick and Viki Mann and has two sisters, Jessie and Karina, her twin, who is also a member of the CU cross country and track and field team. She enjoys snowboarding, rock climbing, hiking and ceramics. Mann has also volunteered at the Ironman Boulder (2014 and '15).

### KARINA MANN



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

#### PERSONAL BESTS

400-meter: 59.53  
800-meters: 2:13.67  
1,600-meters: 5:08.51

**HIGH SCHOOL:** Mann helped the Coyotes to three Colorado State 5A Cross Country Championships (2011-13) and one runner-up finish (2014). MHS won the Front Range League Championship all four of those years. In 2013, the team placed fifth at Nike Cross Nationals. Mann was a part of two MHS record. The 4x400 relay recorded a time of 3:55.68 at the 2015 state meet and the 4x800-relay finished in 9:11.89 for a runner-up finish at state in 2014. On the track, the 4x800 relay was the state runner-up four times (2012-15), which included her sister Elissa. She was a Front Range All-Conference cross country second team selection in 2013 and in 2012, she earned academic all-conference and all-state honors. Mann was recruited by Boise State, Northern Arizona and Nebraska-Omaha.

**HIGH SCHOOL BESTS:** 400-meter: 59.53; 800-meters: 2:13.67; 1,600-meters: 5:08.51.

**IN THE CLASSROOM:** Mann is an integrative physiology major.

**PERSONAL:** Karina Lynn Mann was born on February 9, 1997 in Louisville, Colo. She is the daughter of Rick and Viki Mann and has two sisters, Jessie and Elissa, her twin, who is also a member of the CU cross country and track and field team. She enjoys snowboarding, listening to music, playing with her dog and anything outdoors.

### LUCY MAY



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

#### PERSONAL BESTS

##### INDOOR

Mile: 4:55.24 (2014)

##### OUTDOOR

800 meters: 2:15.19 (2015)

1,500 meters: 4:37.60 (2015)

#### ACADEMIC HONORS

Academic All-MPSF (2015)

**2015: Indoor:** Redshirt. Did not compete.

**Outdoor:** May started the spring by running an 800 at the Jerry Quiller Classic (3/21), clocking a runner-up finish in 2:15.19. Her next race was a first place finish in the 1,500 (4:37.60) at the Fum McGraw Quadrangular (3/28). May's final event was her 3,000-meter steeplechase debut at the CU Invite (4/11).

**2014: Indoor:** May raced the mile three times during her first season with the Buffs. She ran the mile in 5:02.97 at the Husky Classic (2/15) and finished the season with a season-best time of 4:55.24 at the MPSF Championships.

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

**CROSS COUNTRY:** (2015) May raced four times for the Buffs as a sophomore before serving as the alternate at regionals and NCAAs. She started the season with a ninth place finish at the CSU Invite before placing fifth at the Rocky Mountain Shootout. At NCAA Pre-Nationals, she was 134th overall. Her final race of the season was Pac-12s where May took 53rd overall. (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 finance 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.

### ELISSA MANN



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

#### PERSONAL BESTS

400-meters: 57.46  
800-meters: 2:10.39  
1,600-meters: 5:07.12

**HIGH SCHOOL:** Mann has been an important part of the Monarch High school cross country and track and field teams, setting five school records. Mann owns the 400 (57.46) and 800-meter (2:10.39) records and is a part of the 4x400 (3:55.68), 4x800 (9:11.89) and 800 meter sprint

**MAKENA MORLEY**

**Distance**  
**Freshman, TR/TR**  
**Bigfork, Mont.**  
**(Bigfork/Montana)**

**PERSONAL BESTS**

800-meters: 2:12.62  
 1,600-meters: 4:50.19  
 3,200-meters: 10:16.38

**AT MONTANA:** Morley ran one cross country season at Montana. She led the Grizzlies in her first meet, finished first at the UM Invite in 16:43. Morley's following meet was NCAA Pre-Nationals, where she placed 39th (20:40). In just the third race of her collegiate career, Morley came away with the Big Sky Championship, winning in 17:45. She went on to race at the NCAA Mountain Region Championship, taking eighth overall to qualify for NCAAs as an individual. Morley ended the season at nationals with a 97th place finish (20:49).

**HIGH SCHOOL:** Morley won several state championships spanning her high school career. As a senior, she won the 3,200-meter run (10:37.76) and she was also a member of the 4x400-meter relay team (4:01.71) with her younger sister, Bryn. Morley was also second in the 800 (2:16.70) and 1,600 (5:01.69) as well in 2014. During her junior year, she won the 800 (2:12.62), 1,600 (4:53.83) and 3,200 (10:58.85). Morley earned All-American distinction twice on the track. She placed fifth in the two-mile run at New Balance Indoor nationals and was second in the two-mile at New Balance Outdoor nationals in 2014. On the cross country course, Morley was a four-time state champion. She ran at the Foot Locker National Championship four years, placing third as a senior. Morley also represented Team USA in January, 2015, and won the Great Buppa Cross Country Championships in Scotland. She was a three-time All-American, earning first team honors in 2014 and second team recognition in 2011 and 13. Morley was also recruited by Utah, Boise State, Iowa State, Stanford and Northern Arizona.

**HIGH SCHOOL BESTS:** 800-meters: 2:12.62; 1,600-meters: 4:50.19; 3,200-meters: 10:16.38.

**IN THE CLASSROOM:** Morley intends to major in anthropology and is also interested in environmental studies and archeology.

**PERSONAL:** Makena Marie Morley was born on November 21, 1996 in Maui, Hawai'i. She is the daughter of Steve and Jill Morley and has two siblings, Logan and Bryn. She enjoys snowboarding, kayaking, cross country skiing, hiking, swimming, biking and reading.

**MELANIE NUN**

**Distance**  
**Junior, 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)

**ACADEMIC HONORS**

USTFCCCA Academic (2014)

**2015:** *Indoor:* Nun competed at four meets during the indoor season, racing the mile and 3k twice. Her best performance of the season was in the 3k at the MPSF Championship where she ran 9:34.70 for 12th place.

*Outdoor:* Nun ran two races for the Buffs as a sophomore, a 1,500 at the Jerry Quiller Classic (3/21) and the steeplechase at the Bryan Clay Invite (4/17).

**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:** (2015) Nun came back to the Buffs and had a strong showing after redshirting the 2014 season. At NCAA Pre-Nationals, she was 67th overall. She had her best race of the season at Pac-12s, finishing seventh overall for first team all-conference honors. She was also named all-region after placing 23rd at regionals. Nun wrapped up the season at NCAA with a 65th place finish, helping CU take second in the team competition. (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. Nun won the 5A Region 3 Championship in 2012 and the 5A Region 4 Championship in 2011. She owns school records in the 800 (2:17), 1,600 (5:08), 3,200 (10:57), the 4x800-relay (9:47) and in the 5k cross country course (17:35). In 2013, Nun placed fourth in the 3,200 and was eighth in the 1,600 at the state championships. She was named the LHS Athlete of the Year as a senior and was a finalist for the Boettcher Scholarship.

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

**IN THE CLASSROOM:** Nun is majoring in mathematics and economics. She has a GPA greater than 3.80.

**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**

**Combined Events**  
**Sophomore, VR/VR**  
**Fountain, Colo.**  
**(Fountain Fort Carson)**

**PERSONAL BESTS**

**INDOOR**  
 High Jump: 5-8.75/1.75m (2015)  
**OUTDOOR**  
 High Jump: 5-9  
 100-meters: 12:53 (2015)  
 200-meters: 24.49 (2015)

**2015:** *Indoor:* O'Quinn concentrated on the high jump, but also competed in the 60, 400 and 4x400-meter relays. She won the Air Force Invite with a season best leap of 5-8.75, which put her ninth on CU's all-time performers list. She ran season best times of 7.84 in the 60 and 57.89 in the 400. At the MPSF Championship, O'Quinn tied for ninth in the high jump (5-5.25) and ran in the 4x400 relay that placed ninth in 3:46.13.

*Outdoor:* O'Quinn mainly jumped for the Buffs as a freshman, but she did run a couple of sprints during the season. She clocked a season best 12.53 in the 100 at the Jerry Quiller Classic (3/21) and ran 24.49 in the 200 at the Fum McGraw Quadrangular (3/28). In the high jump, O'Quinn cleared 5-6 at the Jerry Quiller Classic, which tied for third. She reached 5-5.75 at the Pac-12 Championships

for 13th overall. O'Quinn qualified for the USA Junior Championships and cleared a season best 5-7 for seventh place. The mark also put her 11th on CU's all-time performers list.

**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 a dance major and has a GPA greater than 3.20.

**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**  
**Sophomore, VR/VR**  
**Vail, Colo.**  
**(Battle Mountain)**

### PERSONAL BESTS

#### INDOOR

3,000-Meters: 11:08.17 (2015)

#### OUTDOOR

1,500-meters: 5:06.55 (2015)

5,000-meters: 18:40.96 (2015)

**2015:** *Indoor:* Ortiz competed at two meets during her redshirt freshman season, running the mile at the Potts Invite (1/17) and the 3k at the Air Force Invite (1/24).

*Outdoor:* Ortiz ran two events, the 1,500 and 5,000, in her first outdoor season. She ran the 1,500 at the Fum McGraw Quadrangular (3/28) and the 5k at the Bryan Clay Invite.

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

*Outdoor:* Redshirt. Did not compete.

**CROSS COUNTRY:** (2015) Did not compete. (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.

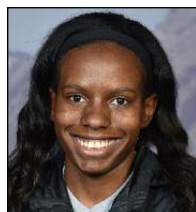
**HIGH SCHOOL:** Ortiz recorded a top-15 finish at the 2013 Colorado State 4A Cross Country Championships (15th overall) and placed sixth at the 4A Region 6 Championships as a senior. During her junior season, Ortiz won the 4A Region 5 Championships and placed 11th at state. As a senior on the track, 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 GPA greater than 3.90.

**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.

## ALEXANDRIA PETERS



**Sprints**  
**Sophomore, TR/TR**  
**Keller, Texas**  
**(Keller Central/TCU)**

### PERSONAL BESTS

#### Indoor

200-meters: 25.23

400-meters: 56.10

#### Outdoor

200-meters: 25.24

400-meters: 54.93

**AT TCU (2014-15):** Peters did not compete in 2015, but in 2014 as a freshman, she qualified for NCAAs in the 4x400-meter relay. Peters, a 400-meter runner, clocked her fastest time of the season (54.93) in the preliminary round at the Big 12 Championships. She was second in the 400 at the Michael Johnson Invitational (56.39) and placed third at the Rafer Johnson/Jackie Joyner Kersee Invitational (55.83). Peters was a member of the 4x400 team that placed fourth at the Big 12 meet (3:37.59). During the indoor season, she ran a season best 25.23 at the New Mexico Invitational.

**HIGH SCHOOL:** Peters competed in the 100, 200 and 400-meter dashes, as well as the long and triple jumps. She placed second in the 100 (12.31), 400 (56.99) and triple jump (36-9.75) at the 2013 Texas District 4-5A Championships. Peters won the Texas 5A Area 3-4 titles in the long jump (17-7.25) and 400 (57.17). In 2013, she competed at the 2013 USA Track and Field Junior Olympics in the 400, finishing 11th overall in 55.76. Peters won the Texas 5A District 7 titles in the triple jump (36-9) as a junior.

**HIGH SCHOOL BESTS:** 100-meters: 12.31; 200-meters: 25.70; 400-meters: 55.31; long jump: 17-4; triple jump: 37-2.75

**IN THE CLASSROOM:** Peters is majoring in film studies.

**PERSONAL:** Alexandria Jade Peters was born on March 1, 1995 in Norman, Okla. She is the daughter of Terry and Arva Peters of Fort Worth, Texas, and has two siblings, Bethany and Taryn.

## ABBY REGNER



**Distance**  
**Freshman, HS/HS**  
**Basking Ridge, N.J.**  
**(Ridge)**

### PERSONAL BESTS

800-meters: 2:14

1,600-meters: 5:02

**HIGH SCHOOL:** Regner is a part of five RHS track and field records. Individually, she owns the indoor 800 (2:14) and the outdoor 800 (2:14). Regner is also part of the indoor 4x800-meter relay (9:13), outdoor 4x800-relay (9:09) and the outdoor distance medley relay (10:12) where she ran the 1,200-meter leg. Regner earned three letters on the cross country team and three on the track and field team at RHS. The Red Devils won the NJSIAA Indoor Track and Field North II Group IV State Section in 2014 and '15 and they won the cross country (2014) and outdoor section (2015) as well. She was on the 4x800-relay that won the 2015 NJSIAA Meet of Champions. Regner was an All-Skyland Conference track and field selection in the 800 and 1,600, as well as all-state for the 4x800 her senior year. She earned all-conference honors in cross country and the 800 and was also named All-Somerset County First Team for the indoor and outdoor 800 as a junior.

**HIGH SCHOOL BESTS:** 800-meters: 2:14; 1,600-meters: 5:02.

**IN THE CLASSROOM:** Regner is a studio art major.

**PERSONAL:** Abigail Catherine Regner was born on February 9, 1997 in Basking Ridge, N.J. She is the daughter of Randolph, who played soccer at Denison University, and Carol Regner and has three siblings, Randy, Charles and Meredith. Her grandfather, William Regner, ran track and field at Ohio State University. Regner loves art, rock climbing, skiing, hiking and running.

## TABOR SCHOLL



**Distance**  
**Freshman, HS/HS**  
**Kremmling, Colo.**

### PERSONAL BESTS

800-meters: 2:11

1,600-meters: 4:49

3,200-meters: 11:09

2,000-meter steeplechase: 7:20

**HIGH SCHOOL:** Scholl won the 2014 Colorado 2A State Cross Country Championship in 19:59.7 after winning the region championship in 19:05.00. During her senior year, she ran at the CU Time Trial, placing fifth overall (22:27.1) behind four Buffs. She also won the state 3A championship

as a freshman (18:37.6) and placed second her sophomore season (20:07.6). Scholl had success on the track and owns three WGHS records. She clocked 2:11 in the 800, 4:49 in the 1,600 and 11:09 in the 3,200. Scholl won the 800 and 1,600 state titles as a freshman and repeated as the 1,600 champion as a sophomore and also placed second in the 800. As a junior, she was the runner-up in both events. During her senior year, Scholl won the Simplot Games mile in 4:56. Utah, Boise State, Montana State, California and Montana also recruited Scholl.

**HIGH SCHOOL BESTS:** 800-meters: 2:11; 1,600-meters: 4:49; 3,200-meters: 11:09; 5,000-meters: 17:32.96; 2,000-meter steeplechase: 7:20.

**IN THE CLASSROOM:** Scholl is an integrative physiology major.

**PERSONAL:** Tabor Alex Scholl was born on February 4, 1997 in Steamboat Springs, Colo. She is the daughter of Shawn and Stephanie Scholl of Kremmling, Colo. She has one brother, Tyler. She enjoys cycling, rowing, Nordic skiing, ranching and baking.

## BRIANNA SCHWARTZ



**Distance**  
Freshman, HS/HS  
Pittsburgh, Pa.  
(Shaler Area)

### PERSONAL BESTS

800-meters: 2:10  
Mile: 4:42  
1,600-meters: 4:45  
3,200-meters: 10:10

**HIGH SCHOOL:** Schwartz won several state championships at Shaler Area High School. As a senior, she was the state cross country champion. Schwartz was the indoor mile and outdoor 1,600-meter state champion her junior year after placing fifth at the cross country championship. She placed sixth at Foot Locker Nationals that same year. Her sophomore season saw Schwartz placing third at the state cross country meet as well as winning the 1,600. She is the Pennsylvania state high school mile record holder (4:42) and ran the second fastest time (17:38) at the state cross country meet. Schwartz owns district track records in the 800 (2:10), 1,600 (4:45), 3,200 (10:10) and on the cross country course, her mark of 17:25 is the record. Villanova, Notre Dame, Syracuse and Virginia also recruited Schwartz.

**HIGH SCHOOL BESTS:** 800-meters: 2:10; mile: 4:42; 1,600-meters: 4:45; 3,200-meters: 10:10.

**IN THE CLASSROOM:** Schwartz is an arts and science major.

**PERSONAL:** Brianna Marie Schwartz was born on July 9, 1997 in Pittsburgh, Pa. She is the daughter of Joseph and Paulette Schwartz and has three siblings, Joseph, Alexis and Jocelyn. She enjoys biking and played basketball until 10th grade. She also volunteered as a Sunday school teacher.

## GABBY SCOTT



**Sprints**  
Freshman, HS/HS  
San Diego, Calif.  
(Westview)

### PERSONAL BESTS

100-meter: 12.54  
200-meter: 25.36  
400-meter: 56.30

**HIGH SCHOOL:** Scott is the WHS 400-meter record holder after clocking 56.30 at the Arcadia Invitational April 11, 2015. She also ran on the 4x400-meter relay team that set the school record in 2014 after finishing in 4:03.34. Scott was the 2014 and '15 400 Palomar League Champion, as well as the San Diego CIF Runner-up and a two-time state qualifier. She was honored as the WHS Female Athlete of the Year her junior and senior years. Scott was a first team All-Palomar League selection in 2014 and '15. Scott also played on the soccer team that won the state championship. She was also recruited by Utah, Boise State, UCSB, Stanford and Michigan.

**HIGH SCHOOL BESTS:** 100-meter: 12.54; 200-meter: 25.36; 400-meter: 56.30.

**IN THE CLASSROOM:** Scott is a business management major.

**PERSONAL:** Gabriella R. Scott was born on January 13, 1997 in Weisbaden, Germany. She is the daughter of Gregg Scott and Rosa Puig of San Diego, Calif. She enjoys traveling, writing, biking and hiking.

## CAYLA SELIGMAN



**Distance**  
Freshman, HS/HS  
Issaquah, Wash.  
(Issaquah)

### PERSONAL BESTS

1,600-meters: 4:59.74  
3,200-meters: 10:43.43

**HIGH SCHOOL:** Seligman owns multiple records at IHS. She is the junior class 1,600 (4:59.74) and 3,200-meter record holder (10:43.83), as well as the senior class record holder in the same events (1,600/5:03.23; 3,200/10:46.08). Seligman ran the 5k cross country record of 18:07. In 2014, the Eagles were the 4A KingCo Conference and 4A BiDistrict I/II Cross Country Champions. During the 2015 track and field season, IHS won the 4A state championship after winning the 4A KingCo Conference and 4A BiDistrict I/II meets. Seligman served as the cross country team captain her senior year and was named to the All-KingCo

and All-BiDistrict first teams, as well as an all-state medalist. On the track, she was the 3,200-meter KingCo champion and a state medalist. Seligman was named the track and field team's most improved athlete as a junior after winning the 3,200 KingCo title and also earned state medalist honors. She was also recruited by Northern Arizona and Portland.

**HIGH SCHOOL BESTS:** 1,600-meters: 4:59.74; 3,200-meters: 10:43.43.

**IN THE CLASSROOM:** Seligman is majoring in psychology.

**PERSONAL:** Cayla Esther Seligman was born on August 22, 1997 in Issaquah, Wash. She is the daughter of David and Heidi Seligman and has one brother, Jeffrey. Her father ran cross country and track at Willamette. She enjoys hiking and cooking.

## LAUREN SHARPE



**Combined Events**  
Freshman, HS/HS  
Longmont, Colo.  
(Niwot)

### PERSONAL BESTS

100-meters: 13.16  
200-meters: 26.45  
400-meters: 1:01.4  
800-meters: 2:33.87  
High Jump: 5-2

**HIGH SCHOOL:** Sharpe was on the NHS team that won the 2013-15 Colorado 4A State Track & Field Championship. In 2015, she was a member of the 4x200-meter relay team that broke the state meet record in 1:41.13, the 4x400-meter relay team that placed second and the sprint medley relay that placed third. Sharpe was named to the Academic All-State First Team all four years. She graduated in the top 10 percent of her class and was on the student council all four years. Sharpe served as junior class and sophomore class president. Sharpe was also selected to be on the student advisory committee.

**HIGH SCHOOL BESTS:** 100-meters: 13.16; 200-meters: 26.45; 400-meters: 1:01.4; 800-meters: 2:33.87; High Jump: 5-2.

**IN THE CLASSROOM:** Sharpe is majoring in environmental engineering.

**PERSONAL:** Lauren Christine Sharpe was born on March 26, 1997 in Boulder, Colo. She is the daughter of Glenn Sharpe and Lynn Sharpe. She has one older sister, Elizabeth, who is studying integrative physiology at CU, and a twin sister, Rachel, who is also a heptathlete at CU. She enjoys drawing, hiking, biking, drama (acting) and running. Sharpe has been involved in drama since her freshman year of high school. During the summer leading up to her senior year of high school, Sharpe did an internship at the National Center of Atmospheric Research in Boulder, working with a scientist to help prepare for a research project that would

take place the following summer (2015) called PECAN (Plain Elevated Convection at Night) field study. She studied elevated and surface based thunderstorms from radar data throughout the Southern Great Plains.

## RACHEL SHARPE



**Combined Events**  
**Freshman, HS/HS**  
**Longmont, Colo.**  
**(Niwot)**

### PERSONAL BESTS

100-meters: 12.64  
 200-meters: 25.83  
 400-meters: 57.14  
 800-meters: 2:25.37  
 Long Jump: 16-4.50  
 Triple Jump: 35-2.50

**HIGH SCHOOL:** Sharpe was on the NHS team that won the 2013-15 Colorado 4A State Track & Field Championship. She was a member of the 4x400 relay that won the state title in 2013 and 14, as well as the 4x200 relay that won the state championship her senior year in meet record time (1:41.13). She also placed fifth at the 2015 Colorado State High School meet in the 400, clocking 57.14. Sharpe was an all-conference selection all four years and was a two-time all-state selection her junior and senior years. Sharpe graduated in the top 2 percent of her class. She was the NHS Student Body Vice-President her senior year and was class president her sophomore and junior years.

**HIGH SCHOOL BESTS:** 100-meters: 12.64; 200-meters: 25.83; 400-meters: 57.14; 800-meters: 2:25.37; Long Jump: 16-4.50; Triple Jump: 35-2.50.

**IN THE CLASSROOM:** Sharpe is majoring in electrical engineering.

**PERSONAL:** Rachel Mae Sharpe was born on March 26, 1997 in Boulder, Colo. She is the daughter of Glenn Sharpe and Lynn Sharpe. She has one older sister, Elizabeth, who is studying integrative physiology at CU, and a twin sister, Lauren, who is also a heptathlete at CU. She enjoys running, hiking, acting and reading. Sharpe served as a student member of the Niwot High School Board of Education.

## MARIAH SLACK



**Combined Events**  
**Junior, 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: 4,340 (2015)  
 100-meter hurdles: 15.93  
 High Jump: 5-6  
 Shot Put: 31-4/9.55 (2015)  
 200-meters: 26.1  
 Long Jump: 17-7  
 Javelin: 61-10/18.86m (2015)  
 800-meters: 2:18.04  
 400-meters: 58.99

### ACADEMIC HONORS

Academic All-MPSF (2015)  
 Pac-12 All-Academic Second Team (2015)

**2015:** *Indoor:* Slack put together three pentathlons during the season, saving her best performance for last at the MPSF Championships. There she placed 10th with a personal best score of 3,420 as she recorded four PRs in the five events. She ran 9.70 in the 60-meter hurdles, jumped 5-5 in the high jump, threw the shot put 30-4.75 and ran 2:17.30 in the 800. Slack did record a PR in the long jump (17-6.25) at the CSM Alumni Open (12/12/14). Slack also placed sixth in the pentathlon at the CSM Alumni Open (3,318) and was 10th at the Air Force Invite (1/22) with 3,160 points.

*Outdoor:* Slack completed two heptathlons as a sophomore. She posted her personal best score (4,340) at the California Invitational with four individual PR's. Slack cleared 5-3.75 in the high jump, threw the shot put 31-4, jumped 17-1.50 and ran the 800 in 2:18.81. She also competed at the Pac-12 Championships and placed 13th with a 4,326 point score.

**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 3.50.

**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.

## ABRIANNA TORRES



**Combined Events/Jumps**  
**Senior, 2L/3L**  
**San Luis Obispo, Calif.**  
**(San Luis Obispo)**

### PERSONAL BESTS

**INDOOR**  
 Pentathlon: 4,025 (2015)  
 60-Meter Hurdles: 8.88 (2015)  
 High Jump: 5-05.75/1.67m (2015)  
 Shot Put: 44-8/13.61m (2015)  
 Long Jump: 19-8.75/6.01m (2013)  
 800 Meters: 2:26.66 (2015)  
**OUTDOOR**  
 Heptathlon: 5,545 (2015)  
 100-Meter Hurdles: 14.35 (2015)  
 High Jump: 5-6.5/1.68m (2015)  
 Shot Put: 45-4.50/13.83m (2013)  
 200-Meters: 25.58 (2015)  
 Long Jump: 20-2.25/6.15m (2013)  
 Javelin: 132-11/40.52m (2013)  
 800-Meters: 2:23.59 (2015)  
 Triple Jump: 39-06.5

### MPSF SCORING

2013 Pentathlon, 4th (3,832)  
 2015 Pentathlon, 1st (4,025)

### PAC-12 SCORING

2013 Heptathlon, 3rd (5,357)  
 2013 Long Jump, 7th (19-11.75/6.09m)  
 2014 Heptathlon, 8th (4,810)  
 2015 Long Jump, 8th, 19-4.25/5.90m  
 2015 Heptathlon, 5th (5,455)

### ACADEMIC HONORS

Academic All-MPSF (2015)  
 Pac-12 All-Academic honorable mention (2015)

**CAREER UPDATE:** Torres has become one of CU's best all-time combined events athletes. She ranks third in both the pentathlon (4,025) and heptathlon (5,545), as well as in the indoor (19-8.75) and outdoor (20-2.25) open long jump. Torres is the CU pentathlon and heptathlon shot put record holder and ranks high in several other categories. She advanced to NCAA outdoors in 2015, the first Buff since 1997.

**2015: Indoor:** Torres had an outstanding junior indoor season, becoming the third best CU performer in the event. Torres competed in four pentathlons and with each one, she showed huge improvement. She started the year winning the first two at the CSM Alumni Open (12/12/14) and at the Air Force Invite (1/22). Torres broke 4,000 points when she placed second at the UW Open (1/30) with 4,002. She didn't stop there and at the MPSF Championship, she recorded 4,025 points for the third best score in CU history and won her first conference championship. Torres tallied three PRs at the championship. She ran the fourth fastest pentathlon 60-meter hurdle time (8.88) and broke her shot put record of 44-8. Torres also ran 2:26.66 in the 800.

**Outdoor:** Torres continued to have a great deal of success during the outdoor season, recording three of the top 10 CU heptathlon scores. She became the third best CU performer after scoring 5,545 points at the California Invitational (4/16), which placed fourth overall at the meet and ranks fifth in CU history. Torres, at that time, tallied personal bests in the high jump (5-6), 200 (25.58), long jump (20-1), javelin (123-8) and 800 (2:23.59). The long jump mark ranks fifth in CU heptathlon history. At the Pac-12 Championships, she placed fifth with the ninth best total in CU history (5,455). Torres recorded season bests in the 100-meter hurdles (14.35) and broke the CU heptathlon shot put record with a mark of 45-3.50. She also placed eighth in the open long jump at Pac-12s, jumping 19-4.25. Torres ranked 22nd overall in the NCAA and became the first Buff since 1997 to qualify for the NCAA Championships. She earned a 20th place finish. Her score of 5,483 points ranks seventh at CU and included a high jump PR (5-6.50).

**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 and has a GPA greater than 3.00.

**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.

## TAYLER TUTTLE



**Distance**  
**Freshman, TR/TR**  
**Snellville, Ga.**  
**(Providence**  
**Christian/Georgia)**

### PERSONAL BESTS

Mile: 4:53  
 1,600-meters: 4:52  
 3,200-meters: 11:03

**AT GEORGIA:** Tuttle ran one cross country season for the Bulldogs. She won her first collegiate meet after clocking 18:14.80 at the Georgia Cross Country Invitational and was named the SEC Women's Runner of the Week. She earned that same distinction for the second time after placing sixth at the Furman Invitational. Tuttle led the Bulldogs at the SEC Championships with a 26th place finish to earn All-SEC Freshman honors. At the NCAA South Region Championships, she recorded a 37th place finish.

**HIGH SCHOOL:** Tuttle was the state cross country runner-up as a senior and placed third as a junior, which helped her team to second place finishes both season. She was named the 2013 Gwinnet County Cross Country Runner of the Year and was part of the All-Metros cross country team. Tuttle was the PCHS MVP for cross country and track and field. In 2014, she placed eighth in the mile at New Balance Outdoor Nationals.

**HIGH SCHOOL BESTS:** Mile: 4:53; 1,600-meters: 4:52; 3,200-meters: 11:03.

**IN THE CLASSROOM:** Tuttle is an integrative physiology major.

**PERSONAL:** Tayler Nicole Tuttle was born on August 8, 1996 in Las Vegas, Nev. She is the daughter of Charles and Cindy Tuttle of Snellville, Ga. Tuttle is a triplet; her sisters are Mackenzie and Brittany and they both play softball at Berry College. She enjoys art and swimming and also played softball for eight years.

### CARRIE VERDON



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

**PERSONAL BESTS**

*INDOOR*

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)

**2015:** *Indoor:* Redshirt. Did not compete.

*Outdoor:* Redshirt. Did not compete.

**2014:** *Indoor:* At the Husky Classic (2/15) Verdon raced the 3k and finished ninth 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:** (2015) Verdon returned to the CU lineup, after redshirting the 2014 season, at NCAA Pre-Nationals, finishing 92nd. At Pac-12s, Verdon improved to 27th overall. She placed 36th at regionals and ended the season with a 146th place finish at NCAAs. (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 Pre-Nationals, 10th at Pac-12s and fourth at regionals. She finished the season at NCAA with a 132nd-place finish (CU's No. 5) after falling twice due to extremely muddy conditions. Verdon earned All-Pac-12 Second Team and all-region honors during the campaign. (2012) Verdon made an immediate impact during her freshman campaign and was CU's No. 2 scorer in four of five races. The only race she didn't lead the Buffs in was at the Rocky Mountain Shootout where she was the team leader, crossing the finish third. Two weeks after that, she recorded a 37th-place finish at pre-nats. Verdon continued to do well and took 16th at the Pac-12 Championships. She followed up the performance with a seventh-place run at regionals; earning her first all-region honor in the process. Verdon finished the campaign at nationals by placing 136th overall, but she wasn't done yet. She earned a spot on the U.S. team to compete at the IAAF World Junior Cross Country Championships after placing third overall at the U.S. Championships. Verdon was the top American at worlds, finishing 20th overall.

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

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

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

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

### MARIAH WALKER



**Throws**  
**Sophomore, VR/VR**  
**Colorado Springs, Colo.**  
**(Sand Creek)**

**PERSONAL BESTS**

*INDOOR*

Shot Put: 47-6.50/14.49m (2015)  
 Weight Throw: 53-0/16.15m (2015)

*OUTDOOR*

Shot Put: 47-10/14.58m (2015)  
 Hammer Throw: 139-1/42.40m (2015)  
 Discus: 145-10/44.44m (2015)

**2015:** *Indoor:* Walker led the Buffs in the shot put as a freshman. She won the Rocky Mountain Classic (2/20) with a season best throw of 47-6.50 which placed her seventh on CU's all-time performers list. Walker's second best toss of the season (45-11.25) came at the MPSF Championship where she finished 13th. She also competed in the weight throw. She launched a season best of 53-0 at the Potts Invite (1/17) and placed fifth.

*Outdoor:* Walker became one of the best CU shot put throwers as just a freshmen. She ranks fifth on the all-time performers list with a mark of 47-10 from the Jack Christiansen Invite (4/25). That throw is the best by a Buff since 2001. At that same meet, Walker recorded personal bests in the hammer throw (139-1) and discus (145-10). She competed in the shot put and hammer at the Pac-12 Championships. Walker placed 10th in the shot put (45-6.25) and was 12th in the discus (133-7). She also competed at the USA Junior Championships in the shot put (43-5.75).

**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**  
**Sophomore, VR/VR**  
**Celina, Ohio**  
**(Celina)**

### PERSONAL BESTS

#### INDOOR

Pentathlon: 3,224 (2015)  
 60-meter hurdles: 9.35 (2015)  
 High Jump: 5-5/1.65m (2015)  
 Shot Put: 32-10.25/9.10m (2015)  
 Long Jump: 16-4.50/4.99m (2015)  
 800-meters: 2:23.06 (2015)

#### OUTDOOR

Heptathlon: 4,549 (2015)  
 100-meter hurdles: 15.34  
 High Jump: 5-6  
 Shot put: 33-7.50/10.25m (2015)  
 200-meters: 27.23 (2015)  
 Long Jump: 16-11.50/5.17m (2015)  
 Javelin: 116-8/35.57m (2015)  
 800-meters: 2:21.32  
 400-meters: 58.63

**2015: Indoor:** Wenning competed in three pentathlons for the Buffs. Her best one was at the CSM Alumni Open (12/12/14) where she placed ninth with a season high total of 3,224 points. She also placed 14th at the MPSF Championship with 3,173 points and was 11th at the Air Force Invite with 3,149 points.

**Outdoor:** Wenning participated in a pair of heptathlons in her first season with the Buffs. She recorded a personal best score (4,540) at the Pac-12 Championships where she placed 12th overall. At the meet, she cleared a season best mark of 5-5.75 in the high jump. Wenning also recorded a score of 4,542 at the California Invite (4/15-16). There she earned three season bests. She threw the shot put 33-7.50, ran 27.23 in the 200 and finished the 800 in 2:23.99.

**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 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 a chemical engineering major. She recorded a 4.00 GPA.

**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.

## MAJA WICHHART DONZO



**Combined Events**  
**Freshman, HS/HS**  
**Catonsville, Md.**  
**(Cantonsville)**

### PERSONAL BESTS

Heptathlon: 4.379  
 100-meters: 12.94  
 200-meters: 26.54  
 400-meters: 59.84  
 100-meter hurdles: 15.05  
 Long Jump: 18-15  
 Triple Jump: 38-2.50

**HIGH SCHOOL:** Wichhart Donzo was a four-time Baltimore County triple jump champion. As a senior, she placed second at the state championship, jumping a personal best of 38-2.50. She was also third that year in the long jump, which was another PR (18-1.50). Wichhart Donzo owns CHS records in the 100-meter hurdles (15.19), long jump (18-15) and triple jump (38-2.50). She was named first team all-county all four years and was first team all-metro her junior and senior years. A three-sport athlete (volleyball and basketball), she was also recruited by Villanova, UMass and Illinois State.

**HIGH SCHOOL BESTS:** Heptathlon: 4.379; 100-meters: 12.94; 200-meters: 26.54; 400-meters: 59.84; 100-meter hurdles: 15.05; Long Jump: 18-15; Triple Jump: 38-2.50.

**IN THE CLASSROOM:** Wichhart Donzo is majoring in international affairs.

**PERSONAL:** Maja Cera Grace Wichhart Donzo was born March 6, 1997 and is the daughter of Lori Wichhart of Catonsville, Md. She has a twin brother, Musa, and has lived in three countries. Wichhart enjoys reading, hiking and watching movies.