

## INDOOR

December 10-12	CSM Alumni Classic and Multi	Steinhauer Fieldhouse	Golden, Colo.
December 11	Air Force Holiday Open	Cadet Field House	USAFA, Colo.
December 11	Power Meet	Hager-LeBar Indoor Track	Laramie, Wyo.
January 8	Air Force All-Comers	Cadet Field House	USAFA, Colo.
<b>January 15-16</b>	<b>Potts Indoor Invitational</b>	<b>Balch Fieldhouse</b>	<b>Boulder, Colo.</b>
January 22-23	Air Force Invitational	Cadet Field House	USAFA, Colo.
January 30	UW Invitational	Dempsey Indoor	Seattle, Wash.
February 5-6	Wyoming Invitational	Hager-LeBar Indoor Track	Laramie, Wyo.
February 12-13	Don Kirby Collegiate Open	Albuquerque Convention Center	Albuquerque, N.M.
February 12-13	Husky Classic	Dempsey Indoor	Seattle, Wash.
February 13	Air Force Collegiate Open	Cadet Field House	USAFA, Colo.
February 19-20	Rocky Mountain Classic	Hager-LeBar Indoor Track	Laramie, Wyo.
February 20	Joe Davies Open	Steinhauer Fieldhouse	Golden, Colo.
February 26-27	Mountain Pacific Sports Federation Championships	Dempsey Indoor	Seattle, Wash.
March 11-12	NCAA Indoor Championships	Birmingham CrossPlex	Birmingham, Ala.

## OUTDOOR

<b>March 18-19</b>	<b>Jerry Quiller Classic</b>	<b>Potts Field</b>	<b>Boulder, Colo.</b>
March 22-25	Texas Relays	Mike A. Myers Stadium	Austin, Texas
March 26	Fum McGraw Quadrangular	Jack Christiansen Track	Fort Collins, Colo.
April 1-2	Stanford Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
April 2	Air Force Multis/Relays	Cadet Outdoor Track & Field Complex	USAFA, Colo.
<b>April 8-9</b>	<b>CU Invitational</b>	<b>Potts Field</b>	<b>Boulder, Colo.</b>
April 12-16	Mt. SAC Relays	Hilmer Lodge Stadium	Walnut, Calif.
April 13-16	Bryan Clay Invitational	Cougar Athletic Stadium	Azusa, Calif.
April 13-16	Beach Invitational	Jack Rose Stadium	Cerritos, Calif.
April 22-23	Jack Christiansen Invitational	Jack Christiansen Track	Fort Collins, Colo.
May 1	Payton Jordan Cardinal Invitational	Cobb Track & Angell Field	Palo Alto, Calif.
May 6	Cowpoke Open	Madrid Sports Complex	Laramie, Wyo.
May 6-7	Longhorn Invitational	Mike A. Myers Stadium	Austin, Texas
May 7-8	Pac-12 Combined Events Championships	Husky Track	Seattle, Wash.
May 14-15	Pac-12 Outdoor Championships	Husky Track	Seattle, Wash.
May 26-28	NCAA West Preliminary Championships	Rock Chalk Park	Lawrence, Kan.
June 8-11	NCAA Outdoor Championships	Hayward Field	Eugene, Ore.
July 1-10	U.S. Olympic Trials	Hayward Field	Eugene, Ore.

*\* Schedule is tentative and subject to change*

The 2015-16 University of Colorado track and field season started with a few small meets in December, but things will really kick into high gear in January.

As in the past, CU will host three home meets. The Potts Indoor Invitational (January 15-16) is the only indoor home meet the Buffs will host at Balch Fieldhouse, but they will host a pair of outdoor meets as well at Potts Field, the Jerry Quiller Classic, March 18-19, and the Colorado Invitational, April 8-9.

## DISTANCE

Colorado, under the direction of head coach Mark Wetmore and assistant coach Heather Burroughs, is one of the top distance programs in the country. Both teams had an excellent 2015 cross country season, winning the Pac-12 and NCAA Mountain Region Championships, before recording runner-up finishes at NCAAs.

The men's side is loaded with talent and has six cross country All-Americans ready to compete on the track. Fifth-year seniors Ammar Moussa, Pierce Murphy, Morgan Pearson and Connor Winter, as well as junior Ben Saarel and true freshman John Dressel are ready to get back to business after some time off over the winter break.

Murphy recorded a pair of All-American track honors, indoor and out, in 2015. He placed sixth in the indoor 5,000 and went on to take fifth in the outdoor 10k. Pearson has recorded three All-American honors on the track, one first team, two second. In 2015, he was a first team indoor 3k and a second team indoor 5k performer. Winter also qualified for the 2015 NCAA Championship finals in the 3,000-meter steeplechase.

Saarel is also a track All-American, earning a pair of honors in 2014. He was third in the indoor 3,000 and 16th in the 1,500 (outdoors). Moussa won the Pac-12 10,000-meter title in 2015, his first conference title. He also placed seventh in the 5k the following day to score 12 points for the Buffs at the Pac-12 meet.

Sophomores Erin Clark and Kaitlyn Benner will take on leadership roles this spring after picking up All-American status last November in

cross country. Clark finished 11th at NCAAs, while Benner recorded a 16th place finish. Both have already had success on the track as well, winning individual conference titles in 2015. Benner won the 5k at the MPSF Championship, while Clark was the Pac-12 steeplechase champion.

Graduate student Lucy Cheadle also joins the Buffs. Cheadle was a successful NCAA Division III student-athlete, earning All-American recognition 13 times. She won the 2014 and '15 NCAA steeplechase title and was the 2015 indoor 5k champion. Several other Buffs have contributed to the teams' success in the past and will likely do the same this year, including previous Pac-12 scorers Maddie Alm, Val Constien, Melanie Nun and Carrie Verdon.

CU added some of its best middle distance talent ever in freshmen Dani Jones and Tabor Scholl.

## JUMPS/COMBINED EVENTS

Assistant coach Lindsey Malone is in her ninth year at the helm of the combined events and jumps program and has another great group of athletes this year. The men's side is young. Sophomore Andrew Ghizzone is the top returning combined events athlete, but he is poised to have an outstanding season. Ghizzone ranks sixth on CU's all-time performers list in the heptathlon and is 12th in the decathlon.

In the open jumps, the Buffs have added a trio of high/long jumpers who will look to crack into CU's record books quickly with freshmen Duane McClurkin Jr., DeJour Plunkett-Elliott and Dionne Taylor.

Abrianna Torres is the only senior on the women's side and she will provide a great deal of leadership as she heads into her final season with the Buffs. Torres is one of CU's best combined event athletes, ranking third in the pentathlon and the heptathlon. She is also one of the best in the open long jump, ranking third on CU's all-time list. Other veterans returning to the line-up are junior Mariah Slack and sophomore Michaela Wenning.



**Kelsey English**



**Eileen Gehring**



**Andrew Ghizzone**



**Sophie Hallam-Eames**

Senior Kelsey English returns for her final season after redshirting the 2015 season. She is one of the best high jumpers CU has had, ranking fourth on the outdoor list and sixth indoors. English has scored for the Buffs at the MPSF and Pac-12 meets, and came close to advancing to the NCAA Championship after placing 13th at the 2013 NCAA West Preliminary Championship. Sophomore Rajon O'Quinn is also looking to make a big impact this season.

**SPRINTS/HURDLES**

Assistant coach Burke Bockman is in his first season at the helm of the Buffalo sprinters and hurdlers and there is a lot of talent on both the men's and women's teams. Junior Jaron Thomas has been a solid contributor to the team since his freshman campaign, scoring for the Buffs indoors and outdoors. He is one of the top hurdlers CU has seen and he will continue to perform at an elite level for the Buffs. Junior Austin Mitsch has been coming on strong and is sure to make an impact on the team score this season.

The CU women have a strong group and will be led by senior Eileen Gehring and sophomore Ana Holland, who combine for a pair of CU outdoor records. Holland is the 200-meter record holder (23.54), while Gehring is the 400 record holder (53.23) and is the former 200 record holder (23.80). The duo looks to be a strong 1-2 punch.

**THROWS**

Casey Malone, a two-time Olympian and two-time U.S. Discus Champion, is at the helm of the Buffs throwers for the 16th season. Over the course of the last few years, his team has made huge strides, qualifying for NCAAAs and setting CU records.

Senior Brady Rutt is looking to have a breakout season in his final campaign. He has scored for the Buffs at a conference level, placing fifth in 2012 in the discus (168-4) and has come close several other times. His teammates, sophomore Matthew Denton, junior Paden Gatlin, freshman Austin Swanson and sophomore Grayson Webber will also look to contribute to the team.

The women are led by senior Sophie Hallam-Eames and sophomore Mariah Walker. Both are on the verge of scoring for the Buffs on the conference level. They will be joined by redshirt freshman Elisa Grandemange, freshman Delaney Hall and junior Makenzie Kline.

**THE MEET SCHEDULE**

A small group of athletes began competing in December before winter break, but the season will start for the entire team at the beginning of January. The Air Force Open is the first meet on the schedule (Jan. 8) before CU hosts the Potts Indoor Invitational Jan. 15-16. The Buffs will stay on the Front Range for most of the indoor season, but there will be a chance to head to Seattle for the Husky Classic (Feb. 12-13). A group of athletes will also compete at the Don Kirby Collegiate Open (Feb. 12-13) in Albuquerque, N.M.

The University of Washington will host the 2016 Mountain Pacific Sports Federation Championships in Seattle, February 26-27, and the NCAA Indoor Championships will follow March 11-12 in Birmingham, Ala. for those who qualify.

As soon as the indoor season is over, the Buffs will switch gears to the outdoor campaign, hosting the first of its two home meets at Potts Field. CU will host the Jerry Quiller Classic March 18-19, and the second home meet is the Colorado Invitational, slated for April 8-9.

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

Washington will host the 2016 Pac-12 Outdoor Track & Field Championships. The combined events portion of the meet will be contested May 7-8, while all other event areas will compete May 14-15. Kansas will host the NCAA West Preliminary Championships, May 26-28. The 2016 NCAA Outdoor Championships are June 8-11 in Eugene, Ore. at Hayward Field, which is also the site of the U.S. Olympic Team Trials, July 1-10.



*Austin Mitsch*



*Morgan Pearson*



*Brady Rutt*



*Carrie Verdon*

# 2016 Track And Field Rosters

<b>MEN</b>	<b>Ht.</b>	<b>Yr.</b>	<b>In/Out</b>	<b>Event(s)</b>	<b>Hometown (High School/Previous College)</b>
Abdiel Agramonte-Moreno	5-10	Fr.	HS/HS	Sprints	Las Vegas, Neb. (Rancho)
Alexander Billing	6-1	Fr.	HS/HS	Sprints/Hurdles	Simi Valley, Calif. (Simi Valley)
Mason Chronowski	6-2	So.	VR/VR	Jumps	Pagosa Springs, Colo. (Pagosa Springs)
Matthew Denton	6-0	So.	VR/VR	Throws	Boulder, Colo. (Boulder)
John Dressel	6-0	Fr.	HS/HS	Distance	Colbert, Wash. (Mt. Spokane)
Ryan Forsyth	5-11	So./Fr.	VR/RS	Distance	Severna Park, Md. (Severna Park)
Reilly Friedman	5-11	Fr.	HS/HS	Distance	Atlanta, Ga. (The Galloway School)
Paden Gatlin	6-5	So.	VR/VR	Throws	Lancaster, Texas (Jesuit Dallas)
Andrew Ghizzone	5-11	So.	VR/VR	Combined Events	Union, N.J. (Union Catholic)
Ethan Gonzales	5-11	Fr.	RS/RS	Distance	Westminster, Colo. (Broomfield)
Nate Graveling	5-11	Fr.	HS/HS	Combined Events	Golden, Colo. (Lakewood)
Nick Harris	5-10	Jr.	TR/TR	Distance	Niwot, Colo. (Niwot/Washington)
Darrin Haynes	6-0	So.	1L/1L	Sprints	Colorado Springs, Colo. (Cheyenne Mountain)
Christopher Herrick	6-1	So./Fr.	VR/RS	Distance	Missoula, Mont. (Hellgate)
Joe Holvey	5-6	Jr.	VR/VR	Distance	Eugene, Ore. (South Eugene/Oregon)
Isaiah Kaiser	6-0	So.	VR/VR	Sprints	Aurora, Colo. (Cherokee)
Joe Klecker	6-0	Fr.	HS/HS	Distance	Minnetonka, Minn. (Hopkins)
Garrett Losty	6-0	Jr.	1L/2L	Sprints/Hurdles	Williamsburg, Va. (Lafayette)
Christian Martin	5-9	So.	RS/RS	Distance	Littleton, Colo. (Heritage)
Joseph Martinez	6-1	Fr.	HS/HS	Combined Events	Greeley, Colo. (Greeley Central)
Duane McClurkin Jr.	6-2	Fr.	HS/HS	Combined Events	Fountain, Colo. (Fountain-Fort Carson)
Paul Miller	6-2	So./Fr.	VR/VR	Distance	Fort Collins, Colo. (Poudre)
Austin Mitsch	5-10	Jr.	VR/1L	Sprints	Sacramento, Calif. (Jesuit)
Ammar Moussa	5-7	Sr.	1L/1L	Distance	Arcadia, Calif. (Arcadia)
Pierce Murphy	5-8	Sr.	VR/2L	Distance	Hanalei, Hawai'i (Island)
Morgan Pearson	5-11	Sr.	2L/2L	Distance	New Vernon, N.J. (Morristown/Duke)
Zach Perrin	6-0	So.	VR/VR	Distance	Kalispell, Mont. (Flathead)
Adam Peterman	6-2	Jr./So.	VR/1L	Distance	Missoula, Mont. (Hellgate)
DeJour Plunkett-Elliott	6-1	Fr./Fr.	HS/HS	Jumps	Denver, Colo. (Thomas Jefferson)
Justice Ramos	6-2	Fr.	HS/HS	Distance	Delores, Colo. (Montezuma-Cortez)
Brady Rutt	6-1	Sr.	VR/1L	Throws	Hastings, Neb. (Hastings)
Ben Saarel	6-1	Jr.	1L/2L	Distance	Salt Lake City, Utah (Park City)
Luke Sheesley	6-0	Fr.	RS/RS	Distance	Fort Collins, Colo. (Fort Collins/Western State)
Jaysean Skrine	5-7	So.	VR/1L	Sprints	Fountain, Colo. (Fountain Fort Carson)
Trenton Stringari	6-1	Fr.	HS/HS	Sprints/Hurdles	Canon City, Colo. (Canon City)
Austin Swanson	5-11	Fr.	HS/HS	Throws	North Hollywood, Calif. (Notre Dame)
Dionne Taylor Jr.	6-0	Fr.	HS/HS	Combined Events	Colorado Springs, Colo. (Pine Creek)
Jaron Thomas	6-1	Jr.	1L/2L	Sprints/Hurdles	Midlothian, Texas (Midlothian)
Grayson Webber	6-2	So.	TR/TR	Throws	Colorado Springs, Colo. (Cheyenne Mountain/Lipscomb)
Connor Winter	5-11	Sr.	1L/2L	Distance	Centennial, Colo. (Arapahoe)

## PRONUNCIATION GUIDE

Mason CHRONOWSKI....CROW-now-SKI  
 Ryan FORSYTH.....FOR-SITH

Reilly FRIEDMAN.....FREED-man  
 Andrew GHIZZONE.....GEH-zone

Ammar MOUSSA.....MOO-sah  
 Ben SAAREL.....SAH-rell

# TRACK & FIELD 2016 Track And Field Rosters

<b>WOMEN</b>	<b>Ht.</b>	<b>Yr.</b>	<b>In/Out</b>	<b>Event(s)</b>	<b>Hometown (High School/Previous College)</b>
Madeline Alm	5-3	Sr.	1L/1L	Distance	Louisville, Colo. (Monarch)
Kaitlyn Benner	5-6	So.	1L/1L	Distance	Superior, Colo. (Monarch)
Eryn Blakely	5-3	So.	VR/VR	Distance	Monrovia, Calif. (Alverno)
Tashay Brown	5-3	So.	VR/1L	Sprints	Centennial, Colo. (Eaglecrest)
Mackenzie Caldwell	5-3	So.	VR/VR	Distance	Columbus, Ind. (Columbus North)
Lucy Cheadle	5-8	Grad.	TR/TR	Distance	Seattle, Wash. (Roosevelt/Washington U.)
Erin Clark	5-5	So.	1L/1L	Distance	Eugene, Ore. (South Eugene)
Valerie Constien	5-6	So.	VR/1L	Distance	Edwards, Colo. (Battle Mountain)
Kelsey English	6-2	Sr.	2L/1L	Jumps	Colorado Springs, Colo. (Doherty)
Eileen Gehring	5-6	Sr.	3L/3L	Sprints	Madison, Wis. (Edgewood)
Elisa Grandemange	5-5	Fr.	TR/TR	Throws	Kennewick, Wash. (Kamiakin)
Delaney Hall	5-6	Fr.	HS/HS	Throws	Lakeview, Ore. (Lakeview)
Sophie Hallam-Eames	6-3	Sr.	VR/VR	Throws	Seattle, Wash. (Nathan Hale)
Ana Holland	5-2	So.	1L/1L	Sprints	Centennial, Colo. (Regis Jesuit)
Mia Holland	5-4	Jr./Sr.	VR/1L	Sprints	Centennial, Colo. (Regis Jesuit)
Dani Jones	5-5	Fr.	HS/HS	Distance	Phoenix, Ariz. (Desert Vista)
Annie Kelly	5-6	So.	RS/RS	Distance	Alpharetta, Ga. (Milton/Mississippi)
Makenzie Kline	5-11	Jr.	VR/VR	Throws	Reno, Nev. (Galena)
Kaleigh Kroeker	5-2	Fr.	HS/HS	Distance	Colorado Springs, Colo. (Pine Creek)
Elissa Mann	5-10	Fr.	HS/HS	Distance	Louisville, Colo. (Monarch)
Karina Mann	5-9	Fr.	HS/HS	Distance	Louisville, Colo. (Monarch)
Lucy May	5-4	So.	VR/VR	Distance	St. Louis, Mo. (St. Joseph's Academy)
Makena Morley	5-3	Fr.	TR/TR	Distance	Bigfork, Mont. (Bigfork/Montana)
Melanie Nun	5-4	Jr.	VR/1L	Distance	Broomfield, Colo. (Legacy)
Rajon O'Quinn	5-10	Fr.	HS/HS	Jumps	Fountain, Colo. (Fountain Fort Carson)
Mandy Ortiz	5-1	So.	VR/VR	Distance	Vail, Colo. (Battle Mountain)
Alexandria Peters	5-4	So.	TR/TR	Sprints	Keller, Texas (Keller Central/TCU)
Abigail Regner	5-5	Fr.	HS/HS	Distance	Basking Ridge, N.J. (Ridge)
Tabor Scholl	5-8	Fr.	HS/HS	Distance	Kremmling, Colo.
Brianna Schwartz	5-8	Fr.	HS/HS	Distance	Pittsburgh, Pa. (Shaler Area)
Gabby Scott	5-9	Fr.	HS/HS	Sprints	San Diego, Calif. (Westview)
Cayla Seligman	5-2	Fr.	HS/HS	Distance	Issaquah, Wash. (Issaquah)
Lauren Sharpe	5-8	Fr.	HS/HS	Combined Events	Longmont, Colo. (Niwot)
Rachel Sharpe	5-8	Fr.	HS/HS	Combined Events	Longmont, Colo. (Niwot)
Mariah Slack	5-11	Jr.	VR/VR	Combined Events	Vista, Calif. (Vista)
Abrianna Torres	5-7	Sr.	2L/3L	Combined Events	San Luis Obispo, Calif. (San Luis Obispo)
Taylor Tuttle	5-3	RFr.	TR/TR	Distance	Snellville, Ga. (Providence/Georgia)
Carrie Verdon	5-2	Jr.	1L/1L	Distance	Moraga, Calif. (Campolindo)
Mariah Walker	5-5	So.	VR/VR	Throws	Colorado Springs, Colo. (Sand Creek)
Michaela Wenning	5-11	So.	VR/VR	Combined Events	Celina, Ohio (Celina)
Maja Wichart Donzo	5-10	Fr.	HS/HS	Combined Events	Catonsville, Md. (Catonsville)

**HEAD COACH:** Mark Wetmore

**ASSISTANT DISTANCE COACH:** Heather Burroughs

**ASSISTANT SPRINTS COACH:** Burke Bockman

**ASSISTANT THROWS COACH:** Casey Malone

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

**RECRUITING COORDINATOR/ASSISTANT DISTANCE COACH:** Billy Nelson

## PRONUNCIATION GUIDE

Valerie CONSTIEN .....CON-STEEN

Eileen GEHRING.....GARE-ring

Kaleigh KROEKER.....CROW-ker

RAJON O'Quinn .....RAY-jon

MAJA WICHART DONZO

MAYA Wick-HEART Done-ZOH