



# TRACK & FIELD

## MEN AND WOMEN'S

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**Weekly Release** — February 23, 2004

### Media Relations Information

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### 2004 Schedule

Date	Opp/Event	Location
1/15-17	Oval Open Invitational	Salt Lake City, UT
1/23-24	Air Force Invitational	Colorado Springs, CO
1/30	Montana State Invite	Bozeman, MT
1/31	Utah State University	Logan, UT
2/6-7	Mountain State Games	Pocatello, ID
2/13-14	Washington Invite	Seattle, WA
2/26-28	MWC Championships	Colorado Springs, CO
3/5-6	Last Chance	Pocatello, ID
3/12-13	NCAA Indoor Champs	Fayetteville, AR
3/18-20	Cal-Poly	San Luis Obispo, CA
3/25-27	Stanford Invitational	Palo Alto, CA
4/1-3	Texas Relays	Austin, TX
4/2	BYU Cougar Invite	PROVO, UT
4/9-10	Sun Angels Invite	Tempe, AZ
4/12	Weber Invitational	Ogden, UT
4/15-17	Mt. SAC Relays	Walnut, CA
4/17	Utah State Invite	Logan, UT
4/21-24	BYU Robison Invite	PROVO, UT
5/1	BYU Invitational	PROVO, UT
5/7	Cougar Twilight Elite	PROVO, UT
5/8	Modesto Relays	Modesto, CA
5/12-15	MWC Championships	Las Vegas, NV
5/28-29	Regional Qualifier	Northridge, CA
6/9-12	NCAA Outdoor Champs	Austin, TX
6/24-26	Pre-Olympic Trial Invite	PROVO, UT

### 2003 Results

#### MEN

MWC Indoor: 1st Place  
NCAA Indoor: 27th Place, 9 pts.  
MWC Outdoor: 1st Place  
NCAA Outdoor: 27th, 8 pts.

#### WOMEN

MWC Indoor: 1st Place  
NCAA Indoor: 13th Place, 15 pts.  
MWC Outdoor: 2nd Place  
NCAA Regionals: 7th Place  
NCAA Outdoor: 15th Place, 17.5 pts.

## Mountain West Conference INDOOR CHAMPIONSHIPS

**February 26-28, 2004**

### On the Road to Conference Championships...

PROVO, Utah (Feb. 25, 2004) – Looking for a repeat of last years Mountain West Conference Indoor Championships the Cougars are heading to Colorado Springs to claim the 2004 Indoor Conference men and women's titles.

The women will be defending their indoor conference title, having finished first in their conference every year since the 1994-95 season.

"We expect to go out and win the championship," women's head coach Craig Poole said. "We are ready and we will perform well."

The men's team looks to add a fourth championships title to their name. The team has won 14 out of the last 15 conference titles.

"We are excited to finally compete all at once against the best the conference has to offer," men's head coach Mark Robison said. "We are going into this meet looking to defend our title and will line-up our runners in order to do that."

Several of the BYU athletes and every single relay team enter the conference championships with the top conference marks this season.

Both of the teams will not leave any event open, but all will be filled by the best BYU has, women's distance coach Patrick Shane said.

"Our job is to score as many points as possible this weekend," Shane said. "Some of our athletes will compete in double or even triple events so we can cover our bases."

Competition starts Thursday with the pentathlon and continues through Saturday afternoon when the MWC will hold their annual indoor awards ceremony.

Please see the extended release for more information on individual events line-ups for both teams.

**BYU Quick Facts**

Location: Provo, Utah 84602  
Enrollment: 32,122 (Daytime)  
Founded: Oct. 15, 1875, by The Church of Jesus Christ of Latter-day Saints  
Colors: Blue and White  
Nickname: Cougars  
Mascot: Cosmo (the Cougar)  
Affiliation: NCAA Division I  
Conference: Mountain West Conference  
President: Cecil O. Samuelson  
Athletic Director: Val Hale and Elaine Michaelis

**Men's Track and Field Staff:**

Head Coach: Mark Robison  
Alma Mater/Year: BYU, 1982  
Years at School: 15th Year  
Years as Head Coach: 4th Year

Track Office Phone: (801) 422-3329  
Best Time to Contact: Weekday Mornings

Assistant Coaches  
Distance Coach: Ed Eyestone  
Sprint Coach: Leonard Miles-Mills  
Pole Vault Coach: Larry Berryhill

Trainer: Kevin Morris

**Women's Track and Field Staff:**

Head Coach: Craig Poole  
Years at School: 24th Year

Track Office Phone: (801) 422-372-0421  
Best Time to Contact: Weekdays after 11 a.m.

Assistant Coaches  
Distance Coach: Patrick Shane  
Pole Vault: Larry Berryhill  
Throws/Pole Vault: Richard Legas

Administrative Assistant: Doug Padilla

**The BYU Line-up . . .****60-meter**

Women's: Matching up in the 60-meter on the women's side will be freshman Amy Menlove who is seated fifth in the conference rankings with her opening meet time of 7.64. Following close behind her is junior Jennifer Rockwell who two weeks ago ran a 7.74. Both women did not compete at last year's championships.

Men's: Running for the Cougars will be Paul Smith and Nathan Soelberg. Currently Soelberg is ranked second in the conference performance lists with a time of 6.83 with Smith tied for sixth place with 6.97. Smith looks to improve upon his eighth place finish in this event at last year's Indoor Championships.

**200-meter**

Women's: Junior Jennifer Rockwell looks to score for the Cougars as the only BYU women entering the event. Currently Rockwell sits at eighth place in the conference performance lists. Last year at conference she placed fourth in this same event. Rockwell will face tough competition in this event from San Diego State who takes four of the top five performance spots in this event.

Men's: Competing for the Cougars in the 200-meter will be Benjamin Gardner, Paul Smith, David Chesser and Matt Rowe. Last year both Smith and Rowe competed at the MWC Indoor Championships placing second and seventh respectively. Both Chesser and Rowe have not yet competed in this event this season.

**400-meter**

Women's: Junior Jennifer Rockwell also looks to lead BYU in the 400-meter with a time two weeks ago of 55.79. However, she will face the pressure of two women from Wyoming who both have automatically qualified for Nationals.

Men's: The powerhouse of the men's team is their 400-meter team who take the top four places in the conference performance lists. Competing for the Cougars are Matt Rowe, David Chesser, Greg Flint and Ben Gardner. Rowe is the only conference returnee of the group and looks to defend his title he claimed last year in the 400-meter.

**800-meter**

Women's: After some changes in the BYU line-up, sophomores Kristy Barrus and Anne Heiner running 2:25.61 and 2:18.21 will lead the Cougars in the competition. The women are currently ranked 6th and 10th place in the performance lists. Also running for the Cougars will be All-American Kassi Andersen who has not run this event all season.

Men's: Similar to the powerhouse of the 400-meter team, the 800-meter team leads the MWC pack placing first, third, fourth and fifth in the conference performance rankings with Lars Kjerengtroen, Scott Adams, Chad Simpkins and Jeffrey Hopkinson. Overall the Cougars take the top five of six spots in the conference rankings. Both Kjerengtroen, Adams and Simpkins all are returning from last year's competition. The Cougars will face tough competition from Wyoming in this event.

**1-Mile**

Women's: In traditional BYU fashion, distance runner All-American Kassi Andersen leads the pack in the one-mile with her NCAA provisional time of 4:44.49. Andersen is currently ranked No. 17 in the nation for this event. Coming in fifth in the MWC performance listing is sophomore Anne Heiner in 5:06.14. However, returning for the Cougars as last year's

MWC Champion in the one-mile is senior Michaela Mannova who will be running this event for the first time this season.

Men's: Leading the Cougars and the MWC in the one-mile will be juniors Nathan Robison, Bryan Lindsay, senior Rich Evanson and sophomore Josh McAdams. Both Robison and Lindsay have clocked provisional qualifying times for nationals and are ranked first and second in the MWC performance charts. In addition, they are ranked seventh and ninth in the national individual standings. Evanson is ranked eighth and McAdams is ranked eighteenth. Both Robison, Evanson and Lindsey all competed at last years Indoor Championships placing second, fifth and sixth respectively in this event.

### **3,000-meter**

Women's: BYU dominates this race taking four of the top five performance spots in the 3,000-meter. Leading the group is senior All-American Michaela Mannova with a time of 9:04.06. Mannova's time is an automatic NCAA qualifying time and ranks her No. 2 in the nation in this event. Following behind her is All-American Laura Turner who currently ranks No. 30 in the national individual standings. Look for a sweep of BYU in this event with freshman Ruth Graham, Emily Raymond, Katie Moon and Lisa Antonelli.

Men's: Leading the Cougars in the 3,000-meter are provisional qualifiers Bryan Lindsay and Josh Rohatinsky who are ranked first and second respectively in the conference rankings and tenth and twenty-seventh in the national rankings. Also competing for the Cougars will be conference ranked No. 7 Nathan Robison, No. 19 Josh McAdams, No. 20 Chad Durham and Rich Evanson who has not yet competed in the event this season. Chad Durham is the only conference returnee in the 3,000-meter, where he placed seventh last year. The main competition the men will face is from Colorado and Air Force who also have top distance runners.

### **5,000-meter**

Women's: Once again the BYU distance team reigns in this event taking the top four spots on the performance lists. Leading the squad is senior Laura Turner who has automatically qualified for nationals with her top time and currently ranks seventh in the nation, followed by Lisa Antonelli the only runner who ran in this event last year at Indoor Championships. In addition, Katie Moon and Emily Raymond all who have seen significant action this indoor season in preparation for this meet will run for the Cougars. Adding to the event for the first time this season will be All-American Michaela Mannova.

Men's: Competing for the men's team is conference placed No. 3 Chad Durham in the 5,000-meter. Running with him will be Josh Rohatinsky who has not yet ran in the 5,000-meter this season. Neither man competed in the MWC Indoor Championships in the 5,000-meter last year.

### **60m High Hurdles**

Women's: Competing for the Cougars this weekend in this event is freshman Amy Menlove who earlier this season hit provisional NCAA marks in a 55-meter run with a converted time of 8.34. This time places her No. 23 in the nation. Menlove leads the MWC in the performance lists in this event, but following close behind her is senior Miriam Fisher in 8.47 where she takes third place on the performance lists. Also competing for the Cougars will be Hillary Enloe and Katie Montgomery. All of the women competing in this event have not seen any MWC action before.

Men's: Both Ben Gardner and Curtis Pugsley, who place seventh and ninth in the conference performance lists, will compete in the men's side for the 60m-high hurdles. Neither man competed in this event last season but look to place this weekend.

### **4x400y-relay**

Women's: Running in this years relay will be sophomore Mary Bennion, freshman Amy Menlove, junior Jennifer Rockwell and anchoring freshman Laura Evans. The women have not run this event together before but look to beat last years MWC Champion time BYU recorded of 3:47.49.

Men's: Competing for the men will be David Chesser, Matt Rowe, Paul Smith and Greg Flint in the 4x400y-relay. The BYU team leads the MWC performance list and look to defend their title from last year.

### **Distance Medley Relay**

Women's: After a small line-up change the Cougars will run sophomore Kassi Andersen, freshman Laura Evans, senior Michaela Mannova and senior Laura Turner in the DMR. The women have never run this event together before but hope to clock a time ahead of BYU's cham-

pionships title run last year of 12:27.63.

Men's: The men's DMR team has set a provisional time earlier this season against top PAC-10 competition. The team includes Bryan Lindsay, Greg Flint, Jeffery Hopkinson and anchor Nathan Robison. Currently the team is ranked No. 14 in the nation. Last year's team won the Indoor conference DMR race and the team this year looks to repeat that top performance.

### **High Jump**

Women's: Leading the MWC is sophomore Lindsey Metcalf who with her jump of 6-0.25 (1.84m) has qualified automatically for Nationals and currently ranks her No. 7 in the nation. Coming in close behind her are Liis Berendsen and AnnaLee Walcott who are currently tied for fourth place in the MWC performance lists.

Men's: The men's high jump squad takes some of the top four spots in the conference with second placed Curtis Pugsley, No. 3 James Oman and No. 4 Jon Willison. Also competing for the Cougars is Rodrigo Mendes who has not yet competed in this event.

### **Pole Vault**

Women's: Vaulting for the Cougars at championships will be Kristen McGregor and Alicia Thompson who placed seventh and eighth place respectively at last years Indoor Championships.

Men's: Competing for the men's pole vault is the duo of Trent Powell and Robison Pratt who are tied for first place in the conference performance rankings. Both men have jumped with provisional heights and are ranked No. 16 and 17 in the nation currently. Also competing is Curtis Pugsley who is tied for sixth. The main competition for the men is Air Force. Powell will be returning to the conference meet after a second place finish last year in the pole vault.

### **Long Jump**

Women's: BYU dominates the long jump in the MWC with five of the top seven spots in the MWC performance lists. MWC leader freshman Amy Menlove will compete for the Cougars with her top jump of 19-9.25 (6.03m). Following close behind her is sophomore Kamila Rywelska who takes third on the MWC performance lists. BYU takes fifth, sixth and seventh place with the trio of Anna-Lee Walcott, Liis Berendsen and Lindsey Sommer. Sommer will be the only Cougar returning to the championships this year after her second place performance last year.

Men's: Jumping for the men's team will be nationally ranked No. 7 Rodrigo Mendes, the BYU superstar who after breaking his hand in the long jump went on to qualify provisionally in later that meet in the triple jump. Currently he is ranked first in the conference performance placing, followed by Curtis Pugsley who places fifth and Matt Anderson who is ninth. None of the three men placed in the long jump at conference last year.

### **Triple Jump**

Women's: The women's triple jump in the Mountain West is dominated by BYU sophomore Kamila Rywelska with her jump of 42-3 (12.88m). Rywelska's jump has qualified her provisionally for nationals and currently ranks her No. 21 in the nation. Returning for the Cougars as the triple jump defending champion is sophomore Lindsey Sommer who is currently ranked fourth on the conference performance lists. BYU will face competition from San Diego State who has two top triple jumpers. Also competing for the Cougars will be Kristen McGregor and Liis Berendsen.

Men's: Competing for the men's team is Rodrigo Mendes who with his long jumps has qualified provisionally in this event for Nationals. He currently leads the Mountain West in its performance records. Look for him to take the title this year. Matt Anderson also will be competing who placed eighth on the conference performance lists.

### **Shot Put**

Women's: Returning to the championships again this year for BYU is sophomore Maret Komorovia who placed seventh last year in the shot put. Currently she is ranked eleventh in the conference performance lists. Following closely behind is senior Chelsea Weenig-Forsythe.

Men's: The one-two-punch of the Arrhenius brothers leads the conference with freshman No. 7 Nic Arrhenius coming to his first conference

meet placing second in the conference performance lists. Following right behind him is his brother, No. 32, Dan who placed third in last year shot put indoor conference competition. Both of the brothers have thrown NCAA provisional distances. Their main competition will be Colorado and Wyoming.

**Weight Throw**

Women's 20lb. Weight Throw: Entering the competition for the Cougars is Malita Bingham, who competed at last years championships and placed sixth, and senior Chelsea Forsythe. Forsythe is currently ranked eighth on the conference performance lists.

Men's 35 lb. Weight Throw: Throwing solo for the men will be freshman Nic Arrhenius who places fifth on the conference performance lists after only throwing the weight one meet this season.

**Indoor Women's Pentathlon:** Competing for BYU in the pentathlon are sophomore Liis Berendsen who took eighth at last years championships and freshman Katie Montgomery. The women are currently ranked second and fifth on the conference performance lists.

**Indoor Men's Heptathlon:** Entering the competition for the Cougars are Devin Scoresby, Devin Howe and Chris Weirich. Scoresby, who is currently ranked No. 6 in the nation, heads back to conference action after placing second in the pentathlon last indoor conference championships. He currently places first in the conference performance lists with his automatic NCAA qualifying score. Howe places seventh in the conference performance lists and Weirich has not competed for a score in this event this season.