

UNIVERSITY OF WYOMING

Track and Field 2007-2008 Prospectus

Wyoming Track and Field Quick Facts

University Information

School:	University of Wyoming
Location:	Laramie, Wyoming
Enrollment:	13,207
Founded:	1886
President:	Tom Buchanan
Athletics Director:	Tom Burman
Deputy Director of Athletics:	Barbara Burke
Nickname:	Cowboys/Cowgirls
Colors:	Brown and Gold
Conference:	Mountain West
Affiliation:	NCAA Division I
Indoor Facility:	War Memorial Fieldhouse (5,000)
Outdoor Facility:	Memorial 8 Track at Louis S. Madrid Sports Complex

Track and Field Staff

Head Coach:	Don Yentes (Eighth Season)
Alma Mater:	Judson College '81
Cross Country Coach:	Randy Cole (Fifth Season)
Alma Mater:	Cal Poly '80
Assistant Coach (Throws):	Paul Barrett (14th Season)
Alma Mater:	Washington St. '91
Assistant Coach (Jumps):	Quincy Howe (Fifth Season)
Alma Mater:	Wyoming '03
Track and Field Office Phone:	(307) 766-7210
Best Time to Reach Coaching Staff:	Contact SID

Team Information

2007 MWC Championship Results:

Indoor:	Men - 4th (100 points) Women - 5th (47 points)
Outdoor:	Men - 5th (85 points) Women - 8th (42 points)

Lettermen Returning/Lost:

Indoor:	Men - 6/9 Women - 6/2
Outdoor:	Men - 3/8 Women - 7/4

Top Returners

2007 MWC All-Conference

Indoor:	Women: Shaylee Babbit (60-meter Hurdles)
	Men: John Alderson (Triple Jump) Mark Korir (3,000 meter, Distance medley relay) Jake Shanklin (35lb. Weight Throw) Keith Brauneis (Distance Medley Relay)
Outdoor:	Women: Shaylee Babbitt (100-meter Hurdles)
	Men: John Alderson (Long Jump, Triple Jump) Jake Shanklin (Hammer Throw)

2007 MWC Individual Champions

Indoor:	Mark Korir (3,000 meter run) Jake Shanklin (35 lb. Weight Throw)
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2007 NCAA Championship Participants

Indoor:	Jake Shanklin (35 lb. Weight Throw)
Outdoor:	Jake Shanklin (Hammer throw)

Key Loses

Women:	Adriana Friezen (60-meter Hurdles) Shannon Popp (20 lb. Weight Throw, Hammer Throw)
Men:	Blake Jackson (Long Jump, Triple Jump) Olav Roe (Decathlon) Philemon Tanui (3,000-meter Steeplechase)

Media Relations Information

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Official UW Athletics Web Site

www.wyomingathletics.com

Mailing Address

Athletics Media Relations
University of Wyoming
Department 3414
1000 E. University Avenue
Laramie, WY 82071-3414



UNIVERSITY OF WYOMING **Wyoming Coaching Staff**



Don Yentes

Track & Field Head Coach
(Judson College '81)

Don Yentes is entering his eighth season as the head coach of the Wyoming track and field team. During that time, Yentes has been named Mountain West Coach of the Year four times, and Wyoming's track and field program has experienced a tremendous amount of success in his tenure. In his seven seasons at the helm of the Wyoming program, UW has produced 22 All-Americans, 44 conference champions, 46 NCAA Championship participants, and earned 208 Academic All-Conference awards. He has coached 202 All-Mountain West Conference performers and Wyoming athletes have broken or tied 93 school records under Yentes' leadership.

Prior to taking over the program, he was an assistant coach with the Wyoming program in charge of sprints, jumps and hurdles from 1997-2000. As an assistant, Yentes coached athletes who won six conference titles and earned 18 All-Conference honors. He was hired as Wyoming's head track and field coach on June 30, 2000.

Yentes came to Wyoming from Eastern Michigan University. While at EMU, he coached the Eagles to 1997 Indoor and Outdoor Championship titles. He also coached them to their first ever Michigan Intercollegiate Championship that same year. He also served as an assistant cross country and track coach at Butler County Community College (1987-'89) producing 21 All-Americans. As an assistant track coach at Barton (1991-95), he helped the women win seven Indoor and Outdoor National Championships. Barton's women also won the triple crown (cross country, indoor and outdoor) in back-to-back seasons, and he coached 152 All-Americans and 20 NJCAA National Champions. From 1989-91, he was the head cross country coach at Neosho County Community College coaching seven All-Americans, a program where he helped start the track and field program.

Yentes' coaching resume at the junior college level includes nine NJCAA Women's National Championship teams and 180 All-Americans. Yentes attended the USATF National Hurdles Summit in Las Vegas, Nevada in 2006 where he was given the opportunity to speak about UW All-American, Shauna Smith.

Yentes is a USATF Level II coach in sprints and jumps and is currently working on his Level III certification. Yentes enjoys jetskiing and walking his dog Mooch. Don and his wife, Sande, have two children: Morgan, 25 and Dylan, 23.



UNIVERSITY OF WYOMING

Wyoming Coaching Staff



Randy Cole

Cross Country Head Coach

Assistant Coach - Distance

(Cal Poly, '80)

Randy Cole enters his fifth season with the Wyoming track and field program after completing his fourth season at the helm of the cross country program. During this time, the Wyoming harriers have improved into the upper half of the MWC, and have provided numerous individual highlights. Among those highlights includes having the opportunity to accompany junior Mark Korir to the 2006 and 2007 NCAA National Cross Country Championships where Korir became the third runner in UW history to earn All-America status twice in his career. In Cole's first cross country season, he was named the 2004 Women's Mountain West Coach of the Year. So far

he has coached four National Qualifiers, five All-Mountain Region performers, seven All-MWC performers and two All-Americans in the hill and dale sport.

As the distance coach for the UW track and field program, Cole has used his knowledge to coach one All-American, two National Qualifiers, four Regional Qualifiers, four Conference Champions, 12 All-Conference performers, two school record holders and 29 top five All-Time performers.

Before accepting his current position at Wyoming, Cole guided the Kansas State cross country teams from 1997-2003. He led the Wildcats women's cross country program to three straight regional championships (1998, 1999, 2000) and a Big 12 Conference Championship in 1998, the first ever in program history. He was named Big 12 Conference Women's Cross Country Coach of the Year in 1998 and was named the Midwest Region Women's Cross Country Coach of the Year three of his last four seasons at Kansas State. In Cole's six years with the KSU cross country program, he coached 11 All-Americans, 23 All-Midwest Region honorees and 17 Big 12 All-Conference performers.

On the track, Cole guided ten distance runners to All-America honors, six to indoor Big 12 individual titles and five toward outdoor Big 12 individual titles. Also, eight distance school records were established during his time at KSU.

Before his tenure at Kansas State, he served as the head cross country coach at Barton County Community College in Barton, Kan. from 1985-1997. While at Barton County he took control of the track and field program in 1991 and held that position until 1997. He was named National Junior College Athletic Association Cross Country Coach of the Year ten times and the Region VI Coach of the Year 12 times. In March of 2002, he was inducted into the NJCAA Track and Field Hall of Fame.

Under his leadership, Cole took the Barton County cross country and track and field programs to national dominance. The women's team captured four national titles in cross country, eight titles in outdoor track and field and seven indoor track and field titles. His men's program had 23 top-five national finishes under his direction.

His resume speaks volumes for his knowledge of track and field, and he knows what it takes to build a dominant distance program. The foundation of his success can be seen when looking at his accomplishments as a student-athlete. He was an intricate part of a Cal Poly program that won NCAA Division II national championships in cross country in 1978 and 1979, and track and field titles in 1979 and 1980.

He is USATF Level II certified in endurance events and is the NCAA Women's Mountain Region cross country representative.



UNIVERSITY OF WYOMING Wyoming Coaching Staff



Paul Barrett

Assistant Coach - Throws
(Washington State '91)

Paul Barrett is entering his 14th year as the Cowboy and Cowgirl Throwing Coach for the University of Wyoming Track and Field Program. The 2007-08 campaign marks Barrett's eighth year back at UW after spending two years coaching the throws at the University of Kentucky and one year at the University of Colorado. He previously coached at Wyoming from 1991-1997.

Barrett has coached 13 All-Americans and 16 Conference Champions while at Wyoming. He has also had 33 conference runner-ups and a total of 72 All-Conference (Top 3) award winners. Top athletes coached by Barrett at Wyoming include three time All-American thrower Ryan Butler, who was the 1996 NCAA Champion in the 35lb weight throw (71' 1.5"); two time All-American Matt Spears in the shot put (61' 5.5"); two time All-American Jason Hammond in the 35lb and hammer throws (69' 1.5" / 221' 1") and shot put (61' 10.25"); All-American Andrea Batt with marks of (168' 8") in the javelin, (53' 4.25") shot put, (167' 8") discus, and (64' 10.5") in the 20lb weight; All-American Julie Thomas in the 20lb weight throw (64' 2.25"); Conference champion Kamber Backman in the javelin (170' 6"); All-American Zack Schaefer in the 35lb (68' 6") and hammer (213' 10") and All-American Kyle Herl in the hammer (219' 10"), 35lb weight throw (67' 5.25") and shot put (59' 11.75"). Current athletes Jake Shanklin in the 35lb (69' 2.5") and hammer (212' 3") and Kate Burton in the 20lb (61' 8.5") and hammer (197' 11").

While at the University of Kentucky (1997-1999), he coached two time All-American Matt Kavanaugh, who placed seventh in the hammer (221' 4") at the 1999 NCAA Outdoor Championships, finished as the third best American in that event.

Barrett competed at the college level for Washington State University, where he was a PAC-10 finalist in the hammer throw and a consistent scorer for the Cougars in the discus and javelin events as well. He stays competitive by competing in Masters track and field competitions. In April 2003, he set a World Record in the weight pentathlon for the 35-39 age group. The weight pentathlon consists of five events; hammer throw, shot put, discus, javelin, and 35lb weight throw. Barrett's score of 3,783 points eclipsed the mark of 3,762 by Dean Crouser of Oregon in 1998. Barrett also won the 2003 National Weight Pentathlon Championships in August of that year.

Barrett graduated from Washington State University in 1991 with a bachelors degree in sport management. Paul has two children: daughters Kala, 14 and Kelsey, 9.



Quincy Howe

Assistant Coach - Jumps / Multi - Events
(Wyoming '03)

Quincy Howe is entering his fifth year as the jumps and his third year as the multi-events coach for the University of Wyoming. Howe has coached National qualifiers and Regional qualifiers as well as athletes to top five finishes at the MWC indoor and outdoor conference championships. This list includes: Blake Jackson (NCAA indoor qualifier TJ, 52' 2 3/4", Outdoor regional qualifier TJ, and All-MWC honors LJ, 23' 11 1/2") Courtney Schlegel (All-MWC honors TJ, 40' 2"), Olav Roe (NCAA provisional qualifier Heptathlon, top 5 at MWC indoor), Phillip Thomas and Ashley Shriver, who had Top 5 finishes at MWC outdoor conference championships. In 2007, Jon Alderson and Blake Jackson earned regional berths and Olav Roe placed 17th in the Decathlon at the NCAA Championships.

Howe began his collegiate career for the University of Wyoming. He earned All-American honors twice in 2001-02 in the triple jump and was never beaten in the event during his competition in the WAC and MWC, winning eight conference titles. He currently owns Wyoming and Mountain West Conference records in both the indoor and outdoor triple jumps with marks of 54' 9 1/4" and 54' 4 3/4".

In 2002, he competed in the NACAC games where he placed third and the Commonwealth Games placing ninth, representing his native country of Trinidad & Tobago. He was also a 2003 Pan-Am Games team selection.

Howe received his bachelors degree in bioelectrical engineering from UW in 2003, and is currently pursuing a Masters degree in biomechanics. His study emphasis is muscle fiber length and its influence on maximum vertical jumping.

He is a USATF level I and level II (jumps) certified coach.



UNIVERSITY OF WYOMING **2007-08 Track & Field Schedule**

INDOOR

<u>Date</u>	<u>Meet</u>	<u>Location</u>
Sat., Dec. 8	Wyoming Open	Laramie, Wyo.
Fri.-Sat., Jan. 18-19	Holiday Inn Classic	Lincoln, Neb.
Fri.-Sat., Feb. 1-2	AFA Invitational	Colorado Springs, Colo.
Sat., Feb. 9	Adidas Invitational	Lincoln, Neb.
Sat., Feb. 16	Husky Invitational	Seattle, Wash.
Fri., Feb. 22	Shine Invitational	Laramie, Wyo.
Thurs.-Sat., Feb. 28-March 1	MWC Championships	Colorado Springs, Colo.
Fri.-Sat., March 14-15	NCAA Indoor Championships	Fayetteville, Ark.

OUTDOOR

<u>Date</u>	<u>Meet</u>	<u>Location</u>
Sat., March 22	Potts Invitational	Boulder, Colo.
Sat., March 29	Upton Invitational	Ft. Collins, Colo.
Sat., March 29	Arizona International	Tucson, Ariz.
Fri.-Sat., April 4-5	Stanford Invitational	Palo Alto, Calif.
Fri., April 4	Cougar Invitational	Provo, Utah
Sat., April 5	Benich Invitational	Greeley, Colo.
Sat., April 12	John Jacobs Invitational	Norman, Okla.
Sat., April 12	CU Invitational	Boulder, Colo.
Sat., April 19	Ram Open	Ft. Collins, Colo.
Thurs.-Sat., April 24-26	Drake Relays	Des Moines, Iowa
Fri.-Sat., April 25-26	Oregon Invitational	Eugene, Ore.
Sat., April 26	Jack Christiansen Invitational	Ft. Collins, Colo.
Sat., May 3	Front Range Championships	Laramie, Wyo.
Wed.-Sat., May 14-17	MWC Championships	Ft. Worth, Tex.
Fri.-Sat., May 30-31	NCAA Midwest Regional	Lincoln, Neb.
Wed.-Sat., June 11-14	NCAA Championships	Des Moines, Iowa

Home Meets in Bold



UNIVERSITY OF WYOMING

2007-08 Men's Track & Field Roster

<u>Name</u>	<u>Event</u>	<u>Class</u>	<u>Height</u>	<u>Hometown/Previous School</u>
John Alderson	Jumps	SO/JR	6-1	New Castle, Colo. (Rifle HS)
David Armentrout	Distance	FR/FR	5-11	Loveland, Colo. (American School of The Hague)
TJ Baldwin	Sprints	FR/FR	5-10	Riverton Wyo. (Riverton HS)
Keith Brauneis	Sprints	SO/SO	6-2	Lander, Wyo. (Lander HS)
Kekoa Chavez	Sprints	JR/SO	6-3	Hilo, Hawaii (Hilo HS)
Travis Corrow	Jumps	FR/FR	5-9	Colorado Springs, Colo. (Wasson HS)
Chris Dilley	Throws	JR/JR	6-4	Portland, Ore. (Clackamas CC)
Seth Grossman	Distance	FR/FR	5-10	Kalispell, Mont. (Flathead HS)
Sam Hansen	Sprints	FR/FR	5-9	Lingle, Wyo. (Lingle/Ft. Laramie HS)
Michael Huntington	Distance	JR/SR	6-2	Littleton, Colo. (Columbine HS)
Jeremiah James	Jumps	FR/FR	6-1	Morne Fortune, St. Lucia (St. Mary's College)
Alan John	Throws	FR/FR	6-1	Jackson, Wyo. (Jackson HS)
Taylor Kelting	Distance	FR/FR	6-1	Gillette, Wyo. (Campbell County HS)
Mark Korir	Distance	JR/SR	5-3	Eldoret, Kenya (Moi University)
Sam Lambert	Throws	JR/JR	6-6	Stratford, Iowa (Iowa Central CC)
Noel Limo	Distance	FR/FR	6-2	Eldoret, Kenya (Nairobi HS)
Tony Michaelis	Jumps	SO/SO	5-11	Loveland, Colo. (Roosevelt HS)
Greg Miller	Distance	FR/FR	6-0	Winnipeg, Manitoba, Canada (Kelvin HS)
Devin Oderwald	Spints/Hurdles	FR/FR	6-2	Tabernash, Colo. (Middle Park HS)
Jay Petsch	Sprint/Hurdles	SO/SO	5-10	Mesa, Ariz. (Red Mountain HS)
Reed Rudkin	Jumps	FR/FR	5-9	Casper, Wyo. (Kelly Walsh HS)
Brett Schuler	Distance	JR/JR	6-0	Wright, Wyo. (Wright HS)
Jake Shanklin	Throws	JR/JR	6-4	Ellensburg, Wash. (Spokane CC)
Tommy Sheriff	Throws	FR/FR	6-6	Belleview, Wash. (Belleview HS)
David Siuta	Distance	FR/FR	5-8	Titusville, N.J. (Hopewell Valley Central HS)
Geoffrey Standen	Middle Distance	JR/JR	5-10	Scarborough, Canada (University of Memphis)
Shadrack Too	Distance	JR/SR	6-1	Kapsabet, Kenya (Kapsabet Boys HS)
Vashone West	Sprints	SR/SR	5-11	Fountain Springs, Colo. (Fountain Ft. Carson)

Roster Breakdown:

By Class:

Seniors(2)-- Michael Huntington, Vashone West

Juniors(8)-- Kekoa Chavez, Chris Dilley, Mark Korir, Sam Lambert, Brett Schuler, Jake Shanklin, Geoffrey Standen, Shadrack Too

Sophomores(4)-- John Alderson, Keith Brauneis, Tony Michaelis, Jay Petsch

Freshman(14)-- David Armentrout, TJ Baldwin, Travis Corrow, Seth Grossman, Sam Hansen, Jeremiah James, Alan John, Taylor Kelting, Noel Limo, Greg Miller, Devin Oderwald, Reed Rudkin, Tommy Sheriff, David Siuta

UNIVERSITY OF WYOMING

2007-08 Women's Track & Field Roster

Name	Event	Class	Height	Hometown/Previous School
Amanda Aimone	Throws	FR/FR	5-9	Kemmerer, Wyo. (Kemmerer HS)
Shaylee Babbitt	Sprints/Hurdles	SR/JR	5-8	Yoder, Wyo. (Southeast HS)
Tenny Bagley	Pole Vault	FR/FR	5-7	Auburn, Wyo. (Star Valley HS)
Kate Burton	Throws	SR/SR	5-8	Vancouver, Wash. (Clark JC)
Emily Byra	Distance	FR/FR	5-4	Laramie, Wyo. (Laramie HS)
Allie Childers	Sprints	SO/SO	5-10	Casper, Wyo. (Natrona HS)
Stephanie Clark	High Jump	FR/FR	5-10	Evansville, Wyo. (Kelly Walsh HS)
Jennifer Collen	Jumps	SR/SR	5-9	Buffalo, Wyo. (Buffalo HS)
Maricel DaCosta	Sprints	SR/SR	5-7	Panama, Fla. (A. Crawford Mosley HS)
Alysha Davis	Distance	FR/FR	5-4	Cambridge City, Ind. (Lincoln HS)
Olivia Davis	Middle Distance	FR/FR	5-6	Mountain View, Wyo. (Mountain View HS)
Brenna Dooley	Middle Distance	SO/SO	5-3	Worland, Wyo. (Worland HS)
Andrea Frary	Sprints	SO/SO	5-4	Sutherland, Neb. (Sutherland HS)
Lindsey Fuller	Jumps	JR/JR	5-9	Cheyenne, Wyo. (Cheyenne East HS)
Jannelle Garber	Sprints	SO/SO	5-2	Douglas, Wyo. (Douglas HS)
Amanda Gordon	Sprints	JR/JR	5-5	Carpenter, Wyo. (Burns HS)
Courtney Gougler	Throws	JR/JR	5-11	Glencoe, Okla. (Glencoe HS)
Carly Grubbs	Sprints	SR/SR	5-4	Cheyenne, Wyo. (Cheyenne Central HS)
Anna Hardy	Pole Vault/Hurdles	SR/SR	5-5	Cody, Wyo. (Cody HS)
Nicole Harris	Sprints	SO/SO	5-4	Aurora, Colo. (Cherokee Trail HS)
Erin Heffron	Distance	SO/SO	5-6	Alta, Wyo. (Teton HS)
Danna Herbert	Hurdles	SR/SR	5-6	Sheridan, Wyo. (Sheridan HS)
Emily Higgins	Distance	SO/SO	5-7	Deaver, Wyo. (Rocky Mountain HS)
Britney Jackson	Jumps	FR/FR	5-7	Casper, Wyo. (Natrona County HS)
Johnna Jeffries	High Jump	SO/SO	5-7	Grand Island, Neb. (Grand Island HS)
Gretchen Johnson	Distance	SR/SR	5-8	Basin, Wyo. (Sheridan HS)
Ashley Knight	Jumps	SR/SR	5-7	Poway, Calif. (Poway, HS)
Sharon Larrier	Sprints	SR/SR	5-7	St. Phillip, Barbados (Christ Church Foundation Secondary)
Sarah Lindemood	Throws	SO/SO	5-10	Mountain View, Wyo. (Mountain View HS)
McKynzie Maher	Distance	FR/FR	5-6	Fort Collins, Colo. (Rocky Mountain HS)
Sadie Nelson	Sprints	FR/FR	5-5	Pinedale, Wyo. (Pinedale HS)
Nikki Peterson	Middle Distance	JR/JR	5-8	Riverton, Wyo. (Indiana University)
Janet Rose	Sprints/Jumps	SO/SO	5-5	Big Piney, Wyo. (Idaho State)
Jennifer Schmitz	Hurdles	SO/SO	5-9	Torrington, Wyo. (Torrington HS)
Grace Shearrer	Distance	FR/FR	5-6	Denver, Colo. (Englewood HS)
Joi Smith	Sprints	JR/JR	4-11	Thornton, Colo. (Thornton HS)
Jennifer Swartwood	Throws	FR/FR	5-4	Pueblo Colo. (Rye HS)
Robyn Woodson	Sprints	FR/FR	5-10	Moscowmills, Mo. (Troy Buchanan HS)
Amanda Yentes	Sprints	SR/SR	5-7	Casper, Wyo. (Kelly Walsh HS)
Sara Ysebaert	Distance	SO/SO	5-5	Laramie, Wyo. (Laramie HS)

Roster Breakdown: **By Class:**

Senior (11)-- Shaylee Babbitt, Kate Burton, Jennifer Collen, Maricel DaCosta, Carly Grubbs, Anna Hardy, Danna Herbert, Gretchen Johnson, Ashley Knight, Sharon Larrier, Amanda Yentes

Junior (5)-- Lindsey Fuller, Amanda Gordon, Courtney Gougler, Nikki Peterson, Joi Smith

Sophomore(12)-- Allie Childers, Brenna Dooley, Andrea Frary, Jannelle Garber, Nicole Harris, Erin Heffron, Emily Higgins, Johnna Jeffries, Sarah Lindemood, Janet Rose, Jennifer Schmitz, Sara Ysebaert

Freshman(12)-- Amanda Aimone, Tenny Bagley, Emily Byra, Stephanie Clark, Alysha Davis, Olivia Davis, Britney Jackson, McKynzie Maher, Sadie Nelson, Grace Shearrer, Jennifer Swartwood, Robyn Woodson

