



2011-12 WYOMING TRACK AND FIELD

May 22, 2012

This week:

Fourteen UW tracksters head to the NCAA West Preliminary round, which will begin Thursday and run through Saturday in Austin, Texas. The 14 qualifiers consist of nine Cowboys and five Cowgirls.

The UW men to earn bids to the West Preliminary include sophomore Garrett Zans, senior Taylor Kelting, senior Greg Miller, senior Nick Ekel, junior Lenyn Leonce, senior Jeremiah James, junior Joe Plante, freshman Paul Thomas and junior Henry Ferreira.

Qualifiers for the Cowgirls were sophomore Candace Wollert, sophomore Erin Kirby, junior Mollie Dahl, freshman Shreese Daniels and senior Ashley Hutchinson.

Last event:

The Wyoming men finished sixth out of six teams with 96 points, while the UW women finished eighth out of eight squads with 63 points at the Mountain West Outdoor Championships. The 63 points was the most points scored at the championships by the UW women since 2005.

Cowgirl highlights

In the shot put, junior Mollie Dahl was fifth with a throw of 48-11.50; while senior Ashley Hutchinson was sixth, 48-10.25. Hutchinson's mark was good enough to crack the all-time top-10 list, as she now sits in seventh.

Sophomore Jenna Mann was seventh in the 100-meter hurdles with a time of 14.24, while sophomore Candace Wollert earned All-Conference honors with her third-place performance in the 800-meter run. Wollert earned an altitude-converted time of 2:08.61.

Sophomores Erin Kirby and Taylor Gardner and junior Diana Long were the stars of the 400-meter hurdles. Kirby grabbed her second All-Conference honor in the event after taking first last year. She finished second with a time of 59.87, while Gardner was fifth (1:00.60) and Long was seventh, 1:01.74.

Freshman Samantha Kee was seventh in the 200-meter dash, crossing the line with a time of 24.89. Freshman Holly Page added two more points when she crossed the line in seventh in the 5,000-meter run with an altitude-converted time of 17:08.21.

The 4-by-400-meter relay team of freshman Audrey West, senior Lindsey Simmons, Kee and Kirby finished third with a time of 3:42.70, good for eighth place in Wyoming history.

Cowboy highlights

In the javelin, junior Henry Ferreira was the MW runner up with a mark of 203-6. That toss was a personal best and fourth in Wyoming history.

The 4-by-100-meter relay team of Travis Gunderson, Jason Roascio, Stephen Michel and Lenyn Leonce was fourth, 41.07. That is No. 10 in UW history.

Senior Taylor Kelting was seventh in the 1,500-meter run with a time of 3:53.00, while junior Brandon Douglass finished seventh in the 110-meter hurdles with a time of 14.45.

Senior Jeremiah James was third in the men's triple jump with a season-best leap of 51-3.50. Teammate Jaymes Talkington, a junior, was seventh with a mark of 47-2.25. Aaron Praska, a junior, finished seventh in the 400-meter hurdles.

Four Pokes scored in the 5,000-meter run, including senior Greg Miller (second), senior Nick Ekel (fifth), senior Taylor Kelting (seventh) and sophomore Garrett Zans, who was eighth.

Wyoming Quick Facts

University Information

Location	Laramie, Wyo.
Enrollment	13,476
Founded	1886
President	Dr. Tom Buchanan
Athletics Director	Tom Burman
Nickname	Cowboys/Cowgirls
Colors	Brown and Gold
Conference	Mountain West
Affiliation	NCAA Division I
Indoor Facility	Hager-LeBar Indoor Track at War Memorial Fieldhouse (5,000)
Outdoor Facility	Memorial 8 Track at Louis S. Madrid Sports Complex (1,500)

Track and Field Staff

Head Coach	TBA
Cross Country Coach	Randy Cole (Cal Poly, '80)
Assistant Coach	Paul Barrett (Washington State, '91)
Assistant Coach	Quincy Howe (Wyoming, '03)
Assistant Coach	Amanda Clower (Lamar, '08)
Track and Field Office Phone	307-766-5365

Media Information

Track and Field Contact	Andy Chapman
E-Mail	achapman@uwyo.edu
Office Phone	307-766-5516
Cell Phone	307-760-0122
Office Fax	307-766-2346
Mailing Address	UW Athletics Media Relations Department 3414 1000 E. University Avenue Laramie, Wyo. 82071-3414
Website	www.wyomingathletics.com

2012 MWC Championship Results

Indoor	Men - 6th (38 points) Women - 8th (27 points)
Outdoor	Men - 6th (96 points) Women - 8th (63 points)

2012 All-MW Honorees

Indoor - Erin Kirby (400-meter dash)
Outdoor - Nick Ekel (10,000-meter run), Jeremiah James (triple jump), Greg Miller (5,000-meter run), Henry Ferreira (javelin), Joe Plante (discus), Garrett Zans (3,000-meter steeplechase), Ashley Hutchinson (hammer throw), Kirby (400-meter hurdles), Jenna Mann (heptathlon), Candace Wollert (800-meter run), 4-by-400-meter relay team of Audrey West, Lindsey Simmons, Samantha Kee and Kirby.

2011-12 Schedule

Indoor

Dec. 2	Wyoming Power Meet	NTS
Dec. 9	Blue and Silver Open	NTS
Jan. 20-21	Potts Multi Event	NTS
Jan. 26-27	Air Force Indoor Combined	NTS
Jan. 28	Air Force Team Challenge	W-5th, M-6th
Feb. 3-4	Husker Invite	NTS
Feb. 10-11	Air Force Invite	NTS
	Husky Classic	NTS
Feb. 17	Shine Invite	NTS
Feb. 23-25	MWC Championships	W-8th, M-6th

Outdoor

March 3	UNLV Track Classic	NTS
March 16	Tom Benich Classic	NTS
March 28-31	Texas Relays	NTS
March 31	Fum McGraw Quad	Men 3-1, Women 3-1
April 5	Mesa Classic	NTS
April 5-6	Air Force Hept-Dec	NTS
April 6	Arizona State Sun Angel	NTS
April 6-7	Stanford Invitational	NTS
April 7	Air Force Relays	NTS
April 14	Snowball Open	NTS
April 20-21	Mt. Sac Relays	NTS
April 21	LSU Alumni Gold	NTS
April 28	Jack Christiansen Invite	W-2nd, M-3rd
May 4	Front Range Championships	W-2nd, M-2nd
May 9-12	MW Championships	W-8th, M-6th
May 24-26	NCAA West Preliminary	Austin, Texas
June 6-9	NCAA Championships	Des Moines, Iowa

2011-12 WYOMING TRACK AND FIELD

May 22, 2012

2011-12 Wyoming Men's Track and Field Roster

Name	Event	Class (IN/OUT)	Hometown/Previous School
Michael Banks	Distance	SR/SR	Auckland, New Zealand (U. of Auckland)
Paul Burke	Distance	SR/SR	Gillette, Wyo. (Oklahoma St. University)
Nik Deininger	Distance	JR/JR	Douglas, Wyo. (Douglas HS)
Aaron Derner	Distance	FR/FR	Waterford, Wis. (Waterford Union HS)
Brandon Douglass	Sprints	JR/JR	Casper, Wyo. (Kelly Walsh HS)
Jacob Edwards	Hurdles/Jumps	SO/SO	Ocean View, Hawaii (Kan HS)
Nick Ekel	Distance	SR/JR	St. Johns, Mich. (Saginaw Valley St. Univ.)
Henry Ferreira	Multi-Events	JR/JR	St. Paul, Canada (St. Paul Regional HS)
Mark Flegel	Hurdles	JR/JR	Prineville, OR. (Crook County HS)
Brandon Forister	Vault/Hurdles	FR/FR	Sheridan, Wyo. (Sheridan HS)
Tyler Gifford	Distance	JR/JR	Harrisburg, Neb. (Banner Country HS)
Ryan Griesbach	Distance	SR/SR	Laramie, Wyo. (Laramie HS)
Travis Gunderson	Sprints	SR/SR	Richmond, Ill. (Richmond Burton HS)
Caleb Her Many Horses	Distance	FR/FR	Lander, Wyo. (Wyoming Indian HS)
Colin Herold	Hurdles	FR/SO	Thermopolis, Wyo. (Thermopolis HS)
Jeremiah James	Jumps	SR/SR	Morne Fortune, St. Lucia (St. Mary's College)
Taylor Kelting	Distance	SR/SR	Gillette, Wyo. (Campbell County HS)
Ken Lane	Distance	JR/JR	Aurora, Colo. (Overland HS)
Lenyn Leonce	Sprints/Jumps	JR/JR	Castries, St. Lucia (St. Mary's College)
Stephen Michel	Sprints/Jumps	SO/JR	Laramie, Wyo. (Laramie HS)
Greg Miller	Distance	SR/SR	Winnipeg, Canada (Kelvin HS)
Joe Plante	Throws	SR/SR	Maynard, Minn. (MacCray HS)
Aaron Praska	Hurdles	SO/SO	Longmont, Colo. (Longmont Christian HS)
Jason Roascio	Sprints	FR/FR	Hollister, Calif. (San Benito HS)
Tyler Skinner	Jumps	JR/JR	Bedford, Wyo. (Star Valley HS)
Kenny Smith	Hurdles	SO/SO	Powell, Wyo. (Powell HS)
Mark Sparks	Throws	JR/JR	Aurora, Colo. (Smoky Hill HS)
Kyle Sullivan	Multi-Events	FR/FR	Powell, Wyo. (Powell HS)
Dalton Sybrant	Throws	JR/JR	Corvallis, Mont. (Corvallis HS)
Jaymes Talkington	Jumps	JR/JR	Harrisburg, Neb. (Banner County HS)
Michael Tasker	Hurdles	JR/JR	Centennial, Colo. (Cherokee Trail HS)
Paul Thomas	Throw	FR/FR	Nine Mile, Wash. (Nine Mile HS)
Blake Williams	Hurdles	FR/FR	Aurora, Colo. (Cherry Creek HS)
Garrett Zans	Distance	SO/SO	Rock Springs, Wyo. (Rock Springs HS)

2011-12 Wyoming Women's Track and Field Roster

Name	Event	Class (IN/OUT)	Hometown/Previous School
Chantel Bernabo	Sprints	SR/SR	Arvada, Colo. (Wheat Ridge HS)
Abi Bever	Distance	JR/JR	Cheyenne, Wyo. (Black Hills State)
Lindsay Copeland	Sprints	SR/SR	Dubois, Wyo. (Dickinson State)
Maria Cress	Multi/Throws	JR/JR	Darby, Mont. (Darby HS)
Mollie Dahl	Throw	JR/JR	Lander, Wyo. (Bethany College)
Shreese Daniels	Throw	FR/FR	Steilacoom, Wash. (Steilacoom HS)
Katie Dellenback	Sprints	FR/FR	San Antonio, Texas (Winston Churchill HS)
Jolie DuBois	Sprints	FR/FR	Glenwood Springs, Colo. (Glenwood HS)
Bree Dziardziel	Sprints	FR/FR	Cheyenne, Wyo. (Central HS)
Devon England	Distance	FR/FR	Cheyenne, Wyo. (Central HS)
Charli Fisher	Sprints	FR/FR	Star Valley, Wyo. (Star Valley HS)
Taylor Gardner	Sprints/Hurdles	SO/SO	Sheridan, Wyo. (Sheridan HS)
Anna George	Throws	JR/JR	Grandview, Wash. (Spokane Falls C.C.)
Katy Hall	Sprints	JR/JR	Murrieta, Calif. (Murrieta Valley HS)
Olivia Heaston	Sprints	JR/JR	Centennial, Colo. (Cherry Creek HS)
Brooke Hughes	Distance	JR/JR	Glenrock, Wyo. (Allen Finch HS)
Natalie Hurst	Sprints	JR/JR	Larkspur, Colo. (Douglas County HS)
Ashley Hutchinson	Throws	SR/SR	Spokane, Wash. (Spokane Falls C.C.)
Matti Irvine	Multi	JR/JR	Walden, Colo. (North Park HS)
Sam Kee	Sprints	FR/FR	Longmont, Colo. (Longmont HS)
Erin Kirby	Hurdles	SO/SO	Evanston, Wyo. (Evanston HS)
Andrea Klimowski	Distance	SO/SO	Flagstaff, Ariz. (Northland Prep Academy)
Karen Koritnik	Jumps	FR/FR	Lovell, Wyo. (Lovell HS)
Ashley Lane	Distance	FR/FR	Laramie, Wyo. (Laramie HS)
Shanae Lawson	Jumps	FR/FR	Riverton, Wyo. (Riverton HS)
Jessica Lemaster	Distance	FR/FR	Cheyenne, Wyo. (Central HS)
Diana Long	Sprints/Hurdles	JR/JR	Torrington, Wyo. (Torrington HS)
Molly Lux	Distance	SR/JR	Whitney, Neb. (Crawford HS)
Courtney Madson	Distance	FR/FR	Novato, Calif. (Novato HS)
McKynzie Maher	Distance	SR/SR	Fort Collins, Colo. (Rocky Mountain HS)
Jenna Mann	Hurdles	SO/SO	Bayview Crescent, Saskatchewan (St. Joseph HS)
Felicia McAfee	Distance	SR/SR	Casper, Wyo. (Kelly Walsh HS)
Kirsten McKen	Distance	SO/SO	Afton, Wyo. (Star Valley HS)
Emily Moore	Sprints/Jumps	SO/SO	Gillette, Wyo. (University of Iowa)
Kristen Nielsen	Throws	SO/SO	Tongue River, Wyo. (Tongue River HS)
Chelsea O'Brien	Distance	JR/JR	Littleton, Colo. (Chatfield HS)
Maggie Ochsner	Hurdles	SR/JR	Lingle, Wyo. (Weber State University)
Holly Page	Distance	FR/FR	Maitland, Florida (Bishop Moore HS)
Julia Popish	Jumps	FR/FR	Casper, Wyo. (Kelly Walsh HS)
Brittany Rehm	Jumps	JR/JR	Cheyenne, Wyo. (Cheyenne East HS)
Lindsey Simmons	Sprints	SR/SR	Torrington, Wyo. (Torrington HS)
Kate Striepe	Sprints	FR/FR	Great Falls, Mont. (CMR HS)
Emily Swigart	Distance	SO/SO	Waterford, Wis. (Waterford HS)
Erin Urbanoski	Jumps	JR/JR	Craig, Colo. (Moffat County HS)
Audrey West	Multi	FR/FR	Star Valley, Wyo. (Star Valley HS)
Dannika West	Distance	SO/SO	Kansas City, Mo. (North Kansas City HS)
Candace Wollert	Mid-Distance	SO/SO	Lingle, Wyo. (Lingle-Ft. Laramie HS)

MOUNTAIN WEST CHAMPIONSHIPS Colorado Springs, Colo. (May 9-12, 2012)

Women	
Name	Event (Result)
Chantel Bernabo	100m dash: 12.33 (10th) 200m dash: 25.59 (19th) 4x100m relay: 46.52 (4th)
Abi Bever	3000m steeple: 11:26.41* (9th) 5000m run: 18:16.45* (21st)
Lindsey Copeland	100m dash: 12.93 (15th) 200m dash: 26.86 (21st)
Mollie Dahl	Shot put: 48-11.50 (5th)
Shreese Daniels	Shot put: 45-11.75 (11th) Hammer: 153-10 (15th)
Taylor Gardner	400m hurdles: 1:00.60 (5th)
Katy Hall	100m hurdles: 14.49 (12th) Heptathlon: 4,282 pts (6th)
Olivia Heaston	800m run: 2:16.77* (11th)
Natalie Hurst	800m run: 2:18.84* (14th)
Ashley Hutchinson	Shot put: 48-10.25 (6th) Discus: 143-11 (11th) Hammer: 192-8 (2nd) 200m dash: 24.67 (7th) 4x100m relay: 46.52 (4th) 4x400m relay: 3:42.70 (3rd)
Samantha Kee	400m hurdles: 59.87 (2nd) 4x100m relay: 46.52 (4th) 4x400m relay: 3:42.70 (3rd)
Erin Kirby	1500m run: 5:03.60* (12th) 400m hurdles: 1:00.30 (7th)
Andrea Klimowski	100m hurdles: 14.13 (7th) Heptathlon: 4,828 pts (3rd)
Diana Long	800m run: 2:20.26* (15th)
Jenna Mann	Triple jump: 38-8.75 (9th) 100m hurdles: 14.48 (11th)
Kirsten McKen	5000m run: 17:08.21* (7th)
Emily Moore	400m dash: 57.02 (9th) 4x400m relay: 3:42.70 (3rd)
Maggie Ochsner	200m dash: 25.22 (16th)
Holly Page	4x100m relay: 46.52 (4th) 4x400m relay: 3:42.70 (3rd)
Lindsey Simmons	800m run: 2:08.61* (3rd)
Audrey West	Men
Candace Wollert	Men
Michael Banks	Event (Result)
Paul Burke	3000m steeple: 9:26.41* (8th)
Aaron Derner	10000m run: 31:13.64* (10th)
Brandon Douglass	10000m run: 29:56.27* (5th)
Nick Ekel	110m hurdles: 14.29 (7th) Decathlon: 6,620 pts (6th) 5000m run: 14:25.18* (5th) 10000m run: 29:26.85* (1st)
Henry Ferreira	Javelin: 203-6 (2nd)
Mark Flegel	110m hurdles: 15.16 (12th)
Ryan Griesbach	10000m run: 31:56.71* (12th)
Travis Gunderson	100m dash: 11.02 (11th) 200m dash: 22.32 (13th) 4x100m relay: 41.07 (4th) 110m hurdles: 14.58 (9th) 400m hurdles: 55.55 (9th) 4x400m relay: 3:21.45 (6th)
Colin Herold	Long jump: 23-5.25 (6th) Triple jump: 51-3.50 (3rd)
Jeremiah James	1500m run: 3:53.00* (7th) 5000m run: 14:29.21* (7th)
Taylor Kelting	800m run: 1:55.39* (12th)
Ken Lane	4x100m relay: 41.07 (4th)
Lenyn Leonce	Long jump: 23-6.25 (5th)
Stephen Michel	200m dash: 21.71 (9th) 4x100m relay: 41.07 (4th) 4x400m relay: 3:21.45 (6th)
Greg Miller	5000m run: 14:18.59* (2nd)
Joe Plante	Discus: 184-7 (1st) Hammer: 181-1 (5th)
Aaron Praska	400m hurdles: 54.73 (7th) 4x400m relay: 3:21.45 (6th)
Jason Roascio	200m dash: 22.00 (11th) 4x100m relay: 41.07 (4th) 4x400m relay: 3:21.45 (6th)
Tyler Skinner	High jump: 6-4.75 (9th)
Mark Sparks	Hammer: 177-5 (6th)
Kyle Sullivan	Decathlon: 6,002 pts (9th)
Dalton Sybrant	Discus: 141-3 (10th)
Jaymes Talkington	Triple jump: 47-2.25 (7th)
Michael Tasker	110m hurdles: 14.75 (10th)
Paul Thomas	Discus: 153-3 (8th)
Garrett Zans	3000m steeple: 9:02.37* (2nd) 5000m run: 14:33.60* (8th)

* - Altitude-converted time