



Olympic Sports Release
June 21, 2004...2/2/2

2004 UW Indoor Schedule

Date	Meet	Location/Result
Jan. 17	Air Force All-Corners	non-scoring
Jan. 23-24	Air Force Invite	Men 5th Women 2nd
Jan. 31	Robert Shine Invite	Men 3rd Women 2nd
Feb. 7	Husker Invite	non-scoring
Feb. 13-14	Iowa State Invite	non-scoring
Feb. 20	Wyoming Open	non-scoring
Feb. 26-28	MWC Championships	Men 4th Women 4th
March 12-13	NCAA Championships	Fayetteville, Ark.

2004 UW Outdoor Schedule

Date	Meet	Location/Result
March 26-27	Stanford Invite	non-scoring
March 27	Rob Upton Invite	Men 3rd Women 2nd
April 1-2	UNC Multi-Event	non-scoring
April 3	Benich Invite	non-scoring
April 10	Weber State	non-scoring
April 16-18	Mt. Sac Relays	non-scoring
April 24	Jack Christiansen Invite	Men 4th Women 2nd
April 24-25	CSU Multi Event	Zowada 1st -- Burke 4th
May 1	New Mexico Invite	non-scoring
May 12-15	MWC Championships	Men 5th Women 4th
May 28-29	NCAA Midwest Regional	Men 32nd Women 8th
June 9-12	NCAA Championships	Women 34th Men DNP

Track and Field Staff

Head Coach: Don Yentes (Judson College '81)
Cross Country Coach: Randy Cole (Cal Poly '80)
Asst. Coach (Throws): Paul Barrett (Wash. St. '91)
Asst. Coach (Pole Vault): Kristin D. Thomas (Ball St. '96)
Graduate Asst. (Jumps): Quincy Howe (Wyoming '03)
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www.wyomingathletics.com



www.themwc.com

Smith Ranked Sixth in the U.S. Heading into Olympic Trials

Cowgirl junior Shauna Smith is one of the worlds fastest competitors in the 400 meter hurdles according to the United States Track and Field's website, www.ustaf.com.

Smith, a native of Sheridan, Wyo., currently boasts the sixth fastest time by an American this year with her performance of 55.54 on June 12, which placed her third at the 2004 NCAA Outdoor Track and Field Championships in Austin, Texas. According to the recent top performance list from the International Association of Athletic Federations, www.iaaf.com, Smith's time ranks 17th in the world.



Fellow Cowgirl Jessica Fox, from Burns, Wyo., ranks 28th in the country in the women's 400 meter dash with her performance of 52.39 at the Mountain West Conference Championships in May.

Smith and Fox will head to the 2004 United States Olympic Team Trials, July 9-18 in Sacramento, Calif.

Shauna Smith Earns All-American Honors at NCAA's

Cowgirl Junior Places Third in 400 Meter Hurdle Finals

Austin, Texas (June 12, 2004) -- For the second consecutive outdoor season, UW's Shauna Smith captured All-American honors in the 400 meter hurdles, Saturday at the 2004 NCAA Outdoor Track and Field Championships in Austin, Texas.

Smith, a native of Sheridan, Wyo., placed third in the finals with a career best time of 55.54 seconds. The time breaks her own Cowgirl and Mountain West Conference record of 55.63 seconds, which she set Friday in the preliminaries of the the event. Sheena Johnson of UCLA took the top spot with a time of 53.54 seconds followed by Lashinda Demus of South Carolina, 54.22 seconds.

"We are extremely proud of her," said UW head track and field coach Don Yentes. "She got off to a bad start and got behind. Then, she turned it on and passed about four people the last half of the race. She is a true competitor and really go after it. We are looking forward to bigger and better things for Shauna."

Smith is now a three-time NCAA All-American. She earned the honors earlier this year at the 2004 NCAA Indoor Championships by placing sixth in the 400 meter dash. Last season, she placed seventh at the 2003 NCAA Outdoor Championships in the 400 meter hurdles. She becomes the first three-time Cowgirl All-American since Robin Lyons (hammer throw, weight throw, discus; 1999-2000) and the first multiple All-American hurdler in program history.



UW NCAA Championship Wrap-Up

Shauna Smith	3rd	400 meter hurdles
Jessica Fox	17th	400 meter dash
Zack Schaefer	15th	Men's Hammer Throw
Cowgirl 4x100 Relay	13th	
Cowgirl 4x400 Relay	10th	

NCAA Outdoor Regional Qualifying Standards

Outdoor Regionals--Men

Running Events	FAT	MT	Altitude Adj. 3k-5,999/6k+
Event			
100 Meters	10.50	--	+03/+06
200 Meters	21.19	--	+07/+12
400 Meters	47.26	47.0	
800 Meters	1:50.62	1:50.3	
1,500 Meters#	3:48.21	3:47.9	
Mile#	4:06.61	4:06.3	
3,000 Meter Steeple#	9:08.15	9:07.9	
5,000 Meters#	14:18.58	14:18.3	
110 Meter Hurdles	14.33	---	+04/+08
400 Meter Hurdles	52.51	52.2	+11/+21
400 Meter Relay	40.66	40.4	+12/+24
440 Yard Relay	40.86	40.6	+12/+24
1,600 Meter Relay	3:10.84	3:10.6	+44/+84
Mile Relay	3:12.04	3:11.9	+44/+84

Field Events

	Metric	Imperial
High Jump	2.10	6-10 3/4
Pole Vault	5.00	16-4 3/4
Long Jump	7.34	24-1
Triple Jump	15.08	49-5 3/4
Shot Put	16.47	54-0 1/2
Discus	51.37	168-6
Javelin	61.62	202-2
Hammer	55.63	182-6

Outdoor Nationals--Men

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000 Meters#	29:00.00	28:59.7	29:45.00	29:44.7
Decathlon	7,500 points			

Outdoor Regionals--Women

Running Events	FAT	MT	Altitude Adj. 3k-5,999/6k+
Event			
100 Meters	11.78	--	+03/+07
200 Meters	23.96	--	+07/+14
400 Meters	54.61	54.3	
800 Meters	2:10.29	2:10.0	
1,500 Meters#	4:29.12	4:28.8	
Mile#	4:50.80	4:50.5	
3,000 Meter Steeple#	10:57.18	10:56.9	
5,000 Meters#	16:56.43	16:56.1	
110 Meter Hurdles	13.95	---	+04/+08
400 Meter Hurdles	1:00.82	1:00.5	+11/+21
400 Meter Relay	45.80	45.5	+12/+28
440 Yard Relay	46.00	45.7	+12/+28
1,600 Meter Relay	3:43.03	3:42.7	+44/+84
Mile Relay	3:44.23	3:43.9	+44/+84

Field Events

	Metric	Imperial
High Jump	1.73	5-8
Pole Vault	3.75	12-3 1/2
Long Jump	5.93	19-5 1/2
Triple Jump	12.26	40-2 3/4
Shot Put	14.24	46-8 3/4
Discus	46.58	152-10
Javelin	42.61	139-10
Hammer	52.84	173-4

Outdoor Nationals--Women

Event	Automatic		Provisional	
	FAT	MT	FAT	MT
10,000 Meters#	34:10.00	34:09.7	35:15.00	35:14.7
Decathlon	5,500 points S			

Wyoming's All-MWC Performers

Jessica Fox	2nd	200 meter dash (23.70)
	2nd	400 meter dash (52.92)
Tanice BTarnett	2nd	800 meter run (2:10.39)
Shauna Smith	2nd	100 meter hurdles (13.56)
Cowgirl 4x100	2nd	(44.63)
Cowgirl 4x400	1st	(3:41.07)
Jeremiah Johnson	1st	800 meter run (1:48.80)
Zack Scheafer	1st	Hammer Throw (213' 10")
Phillip Thomas	2nd	High Jump (6' 7")
Jared Grant	3rd	High Jump (6' 7")
Cowboy 4x100	3rd	(40.82)
Cowboy 4x400	2nd	(3:11.32)

Up Next for Wyoming

Cowgirls Jessica Fox and Shauna Smith will compete next at the U.S. Olympic Trials, July 9-18 in Sacramento, Calif. Check your local listings for television coverage (NBC and USA will be covering the trials). For schedule and event information visit www.usatf.com.

Two Cowgirl Records Fall at NCAA Championships

Shauna Smith broke her 400 meter relay record of 56.73 twice at the 2004 NCAA Outdoor Track and Field Championships this past weekend. In the preliminaries of the event, Friday, Smith turned in the fifth best time of the day, 55.65 seconds. She then went on and placed third in the finals, earning her third All-American honor, with a the new UW and Mountain West Conference record time of 55.54 seconds.

The Cowgirl 4x400 meter relay team of freshman Amanda Hopper, senior Kima Wells, junior Shauna Smith and junior Jessica Fox made school history by being the first relay team in program history to compete at the NCAA's. They also placed 10th, missing All-American status by .02 seconds, with a time of 3:31.83 to set a new UW and MWC record.

UW Track and Field athletes have now broken 80 school records in the last four indoor and outdoor seasons.

UW NCAA Midwest Regional Wrap-Up

The UW track and field team wrapped up competition at the 2004 NCAA Midwest Regional meet in College Station, Texas.

The top finisher on the day was junior Shauna Smith. The Sheridan, Wyo. native broke a school record with a time of 56.73 in the 400-meter hurdles to place second in the event. In the 400-meter dash, junior Jessica Fox finished fifth after recording a time of 52.65 to earn four points to the Cowgirls team score. The event was won by Sanya Richards of Texas who finished with an impressive time of 50.66 just shy of the Midwest Regional record. Also adding points to the Cowgirls score was junior Tanice Barnett. She completed her 1500-meter run in a time of 4:31.12 to place sixth.

The Cowgirls wrapped up their day with a strong finish in the 4x100 and 4x400 relays. The 4x400 relay team of junior Jessica Fox, sophomore Amanda Hopper, junior Shauna Smith, and senior Kima Wells recorded a time of 3:34.07 to place second which they followed up with a fifth place spot in the 4x100 relay race with a time of 44.98.

On the men's side, sophomore Jeremiah Johnson placed eighth in the 800-meter run with a time of 1:54.01. Blake Johnson also finished his NCAA Midwest Regionals with a distance of 48'8" in the triple jump.

"The 4x400 relay team ran really well and qualified for the NCAA Championships," said head coach Don Yentes. "Shauna (Smith) set a new school record in the 400-meter hurdles, and Jessica (Fox) came back and placed fifth in an extremely tough race. Tanice Barnett missed making nationals by just a few feet and ran a great race. Overall, we came and competed really well against a difficult field of competition."

Overall, the women finished the competition with 28 points to finish eighth in the competition while the men placed 32nd with just one point.

UW TOP MARKS

100M DASH
D. Neptune, 10.71
K. Wells, 11.70^

200M DASH
A. Kelly, 21.51
S. Smith, 23.58^

400M DASH
J. Johnson, 47.98
J. Fox, 52.65

800M RUN
J. Johnson, 1:48.80
T. Barnett, 2:10.39

1,500M RUN
M. Hudson, 3:52.72
T. Barnett, 4:34.69

3,000M RUN
J. Thompson, 10:12.83

5,000M RUN
B. Knight, 15:19.87
J. Thompson, 16:59.77

110M & 100M HURDLES
E. Suter, 15.28
S. Smith, 13.34

400M HURDLES
S. Smith, 55.54^

HIGH JUMP
J. Grant, 6' 9"

POLE VAULT
S. Anderson, 11'-2"

LONG JUMP
B. Jackson, 23'
A. Hopkins, 17' 10.75"

TRIPLE JUMP
B. Jackson, 49' 10"
C. Schlegel, 38' 9.5"

SHOT PUT
B. Vodicka, 51' 9"
A. Batt, 50' 1 1/4"

DISCUS
T. Russell, 164' 5"
A. Batt, 162' 4"

JAVELIN
Z. Shaefer, 179' 9"

HAMMER
Z. Shaefer, 213' 1"
A. Batt, 184' 8"

4X100M RELAY
Cowboys, 40.82
Cowgirls, 44.63^

4X400M RELAY
Cowboys, 3:11.32
Cowgirls, 3:31.83^

