



## MOUNTAIN PACIFIC SPORTS FEDERATION

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# MPSF INDOOR TRACK ATHLETES & COACHES OF THE YEAR

## **2007 MPSF FEMALE ATHLETE OF THE MEET**

**SARAH STEVENS – Throws**

**RS Sophomore, Arizona State University (Fort Collins, Colo.; Fort Collins HS)**

ARIZONA STATE UNIVERSITY redshirt sophomore throws specialist Sarah Stevens was voted by MPSF head indoor track and field coaches the 2007 MPSF Female Athlete of the Year. After winning MPSF titles and setting MPSF records in the shot put and the weight throw, Stevens won the 2007 NCAA Indoor Shot Put Championship, taking the title with a personal-best mark of 18.16m (59-07.00) on the final throw of the competition in Fayetteville, Ark., for her first national crown. The 2007 USTFCCA Women's West Region Field Athlete of the Year, Stevens' mark in the meet ranks as the second-best in the history of the Pac-10 Conference. Her national title was the first for the women's program in the shot put and just the third ever in a throwing event after Ria Sllaman (1981) and Leslie Deniz (1983) won the discus national crowns. During the 2007 indoor season, Stevens set the school record in the shot put twice while also posting the second-best mark ever in the weight throw with a mark of 21.16m (69-05.25). The NCAA title was her third championship victory of the indoor season as she also won both the shot put and the weight throw at the 2007 MPSF Indoor Championships in Seattle, Wash. A four-time All-American in her short career (three in shot put and once in weight throw), Stevens placed third indoors and fourth outdoors in the shot put last year after winning the Pac-10 and NCAA West Region shot put crowns in her first attempts. Read more about Sarah Stevens on Arizona State University's athletics website: [http://thesundevils.cstv.com/sports/c-track/mit/stevens\\_sarah00.html](http://thesundevils.cstv.com/sports/c-track/mit/stevens_sarah00.html) .

## **2007 MPSF MALE ATHLETE OF THE YEAR**

**JAKE ARNOLD – Heptathlon**

**Senior, University of Arizona (Santa Rosa, Calif., Maria Carrillo HS)**

UNIVERSITY OF ARIZONA senior multi-event athlete, Jake Arnold, set the MPSF heptathlon points record of 5673, earning an NCAA automatic qualifying mark. During the 2007 indoor season, Jake Arnold won his second career MPSF heptathlon title and finished second at the NCAA Indoor Championships. At the MPSF Indoor Championship meet, he scored 5673 in the two-day competition. He had individual event marks of 14.10m in the shot put, 6.91m in the long jump, 2.01m in the high jump, 7.20 in the 60 meters, 8.25 in the 60-meter hurdles, 4.96m in the pole vault, 2:56.12 in the 1,000 meters. Arnold also competed in the 60-meter hurdles at the MPSF Championships, where he finished fourth overall (8.10). At the 2007 NCAA Indoor Championships, Arnold totaled a score of 5909 in the heptathlon. This score is a personal best and a new school record. This is the second time he has earned indoor All-American honors in addition to his 2006 NCAA decathlon title. He posted individual event marks of 7.24 in the 60 meters, 6.70m in the long jump, 14.83m in the shot put, 1.98m in the high jump, 8.11 in the 60-meter hurdles, 5.30m in the pole vault and 2:42.62 in the 1,000 meters. Arnold was also named to the MPSF All-Academic team for his efforts in the classroom. Read more about Jake Arnold on the University of Arizona's website: <http://www.arizonaathletics.com/> .

## **2007 MPSF WOMEN'S COACH OF THE YEAR**

**GREG KRAFT Arizona State University – 11th Year**

ARIZONA STATE UNIVERSITY'S Head track and field coach, Greg Kraft, was a consensus pick by MPSF head coaches after the MPSF Indoor Track and Field Championship at the University of Washington's Dempsey Indoor Facility. Kraft led the women's team to several more firsts this season after a year filled with firsts in 2006. After his team won their first Pac-10 Championship in 2006 and earned trophy finishes at all three NCAA events last year (fourth at 2005 cross country, third at 2006 indoor and tied for fourth at 2006 outdoor), the Sun Devils captured their first MPSF Indoor Championship team title by dethroning Stanford and then went on to win the 2007 NCAA Indoor Track and Field Championships. The national crown is the first for the women's program and the second in ASU track and field history after the men captured the 1977 outdoor crown. Ranked No. 1 all season, the Sun Devils scored 38 points at the NCAA event with Sarah Stevens winning the shot put and Jacquelyn Johnson taking the pentathlon, her fourth national crown and second indoor title in a row. Along with Stevens (shot put and weight throw) and Johnson, the Sun Devils also had All-American honors earned by Amy Hastings (6<sup>th</sup> in the 3,000m and 4<sup>th</sup> in the 5,000m runs) and Jessica Pressley (3<sup>rd</sup> in the shot put). For his efforts in guiding the championship program, Kraft was selected as the 2007 USTFCCA Women's West Region Coach of the Year as well as the 2007 USTFCCA Women's National Coach of the Year. For more on Coach Kraft: [http://thesundevils.cstv.com/sports/c-track/mit/kraft\\_greg00.html](http://thesundevils.cstv.com/sports/c-track/mit/kraft_greg00.html) .

## **2007 MPSF MEN'S COACH OF THE YEAR**

**GREG METCALF University of Washington – Fifth Year**

Former Husky All-American Greg Metcalf is in his fifth year as Washington's head coach of track and field and cross country, and his 10th year overall on the UW staff. Metcalf has guided the Washington men to a second-straight MPSF Indoor Championship team title and earned West Region Indoor Men's Coach of the Year honors in 2007 after leading Ryan Brown to his second-straight NCAA 800-meter title, and guiding and a seventh-place tie at the NCAA Indoor meet, the latter an all-time program best. Metcalf can only hope that 2007 continues on the same track as his banner 2006 campaign, when middle distance runners Ryan Brown and Amy Lia won NCAA titles, and UW men combined for three individual conference crowns and the Huskies' first-ever indoor team title. In his first four-plus seasons at the helm, Metcalf has led the UW women to four top-25 finishes at the NCAA Championships, and guided the Husky men to three top-25 efforts, including the aforementioned seventh-place finish indoors in March. Individually, 19 UW distance runners have earned NCAA berths, with three earning NCAA titles and 11 grabbing All-America accolades, a list which does not include the team's three-time All-America distance medley relays (2005-07). In addition, Metcalf has led the Huskies' women's cross country team to the NCAA meet eight of his first 10 years at the helm, and guided the UW men to a 12th-place NCAA cross country finish in 2006. In nine years atop Washington's distance program, Metcalf has coached three NCAA champions, six Pac-10 champions, 22 All-Americans, 13 school-record setters and 78 NCAA Championships competitors. A 1993 UW graduate, Metcalf was a two-time All-American in the steeple, and ran in the 1996 U.S. Olympic Trials. For more on Coach Metcalf, check out the Huskies' website at: <http://gohuskies.collegesports.com/sports/c-track/wash-c-track-body.html> .

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