



MOUNTAIN PACIFIC SPORTS FEDERATION

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MPSF INDOOR TRACK ATHLETES OF THE MEET, COACHES OF THE YEAR

2006 MPSF FEMALE ATHLETE OF THE MEET

ARIANNA LAMBIE – Mile & 3,000-Meter Run

RS Sophomore, Stanford (The Bromfield School; Harvard, Massachusetts)

STANFORD UNIVERSITY redshirt sophomore distance runner Arianna Lambie was voted by MPSF head indoor track and field coaches the 2006 MPSF Female Athlete of the Meet after defending her MPSF title in the mile (NCAA provisional time 4:44.27), setting a new MPSF indoor record in the 3,000-meter run (NCAA automatic qualifying time 9:09.58) and helping her winning relay team set a new MPSF championship mark in the Distance Medley Relay (NCAA provisional time 11:11.46). Lambie is currently nationally ranked No. 2 in the Trackwire Dandy Dozen women's mile and Stanford's women's DMR team is ranked fourth by Trackwire. Lambie, who helped spark the Cardinal women to their fourth-straight MPSF indoor championship, was the No. 1 ranked freshman miler in 2004 and earned the Pac-10's 2003 Newcomer of the Year in Cross Country. She was also the 2003 U.S. Junior National Champion in the 1500 meters (4:20.20) and she has the third fastest high school mile with a time of 4:37.23. As a high school senior, Lambie ran the nation's fastest times in the mile and the two-mile (10:12.0) and as a senior and won eight state championships in cross country, and indoor and outdoor track. A Wendy's High School Heisman national finalist, Lambie hails from Harvard, Massachusetts. Find out more about Arianna Lambie on Stanford University's athletics website: <http://gostanford.collegesports.com/sports/c-track/>.

2006 MPSF MALE ATHLETE OF THE MEET

TOMMY SKIPPER – Pole Vault

Junior, University of Oregon (Sandy High School; Sandy, Oregon)

UNIVERSITY OF OREGON junior pole vaulter, Tommy Skipper, set an MPSF pole vault record and earned an NCAA automatic qualifying mark of 18'-8 $\frac{3}{4}$ " (5.71 meters), surpassing the previous meet record set by UCLA's Yoo Kim of 18'-4 $\frac{3}{4}$ " (5.61m) in 2005. Skipper is currently the No. 1 ranked collegiate pole vaulter by Trackwire's Dandy Dozen poll. As a sophomore, Skipper won the NCAA indoor championship with a vault of 18'-4 $\frac{1}{2}$ " (5.60m), but enduring a knee injury and surgery that prevented him from defending his 2004 NCAA outdoor title (18'-8 $\frac{3}{4}$ " (5.70m)). Skipper was also the NCAA Indoor runner-up in 2004 at 18'-4 $\frac{1}{2}$ " (5.60m). Also in 2004, Skipper missed the Olympic Trials pole vault final by two places. A fantastic all-around athlete, Skipper won his collegiate decathlon debut in 2004 with a total of 7,589 points, but declined his NCAA automatic qualifying berth to focus on the pole vault. He ended his prep career in 2003 as the *Track and Field News Boys Athlete of the Year* after a record-breaking senior campaign. Tommy follows in the footsteps of his brother Art, who as a prep senior in 1988 was a national prep record holder in the javelin (259-10) and *TFW* national boy's athlete of the year. As a collegian, the former Duck won one NCAA title, two All-America awards and a Pac-10 title from 1989-92. The elder Skipper was tragically killed in a small plane crash near his home in Sandy, Oregon, in 2001. Read more about Tommy Skipper on University of Oregon's website: <http://www.goducks.com/>.

2006 MPSF WOMEN'S COACH OF THE YEAR

EDRICK FLOREAL *Stanford University – Third Year*

STANFORD UNIVERSITY'S head women's coach and Franklin P. Johnson Director of Track and Field, Edrick Floreal, was a consensus pick by MPSF head coaches. Floreal, in his eighth season with the Cardinal and his third as Head Coach, guided the 2006 Cardinal women to their fourth-consecutive MPSF indoor team title and a No. 2 Trackwire Dandy Dozen national ranking. Stanford women won eight of 17 events at the MPSF Indoor Championships for the second-consecutive year. This title team featured double winners Erica McLain in the long and triple jumps, Janice Davis in the 200-meter sprint and the 4x400-meter relay, Chauntae Bayne in the 60-meter sprint and the 4x400-meter relay. MPSF Female Athlete of the Year, Arianna Lambie was a triple winner, earning gold in the mile, 3,000-meter run and the Distance Medley Relay. The Cardinal took a 1-2-3 sweep in the mile and a 1-2 finish in the 3K, while garnering four NCAA automatic qualifiers, 17 provisional marks, two meet records (3K, DMR) and two facility records (60m, 200m). Floreal's experience in two Olympic Games (Canada 1988, 1992), combined with his technical knowledge in the sprints, hurdles and jumps has made him one of the premier coaches in the United States. Under Floreal's direction, Stanford has garnered numerous Pac-10 Championship titles and set countless school records. Floreal graduated with honors from Arkansas in 1990, where he captured five NCAA triple jump titles and four NCAA team championships. Floreal is married to LaVonna Martin-Floreal, the 1992 Olympic silver medalist in the 100 meter hurdles. The couple resides in Palo Alto with their two children, Edrick Jr., and Mikallie. For more on Coach Floreal: <http://gostanford.collegesports.com/sports/c-track/stan-c-track-body.html>.

2006 MPSF MEN'S COACH OF THE YEAR

GREG METCALF *University of Washington – Fourth Year*

Greg Metcalf, also a consensus pick by his peers, is in his fourth season as Director of Track and Field for the UNIVERSITY OF WASHINGTON Huskies and ninth-year on the UW staff. Metcalf, in earning his first MPSF Coach of the Year honor, led the UW men's team to its first-ever MPSF indoor title on the Huskies' home track in the Dempsey Indoor facility by scoring 107 points. The UW men won event titles in the 800-meter run, the long jump and the weight throw, while racking up six provisional NCAA qualifying marks. In the 800m, Russell Brown led the field at 1:50.35, while sophomore Norris Frederick won the long jump with a provisional mark of 25'-2 $\frac{1}{2}$ " (7.68 meters) and placed second in the high jump at 7'-00 $\frac{3}{4}$ " (2.14m). In the weight toss, Martin Bingisser won by a hefty margin of over 18 inches with a throw of 64'-8 $\frac{3}{4}$ " (19.73m). In 2005 alone, Husky athletes earned a school-record 28 NCAA Championships berths, with a record 15 bringing home All-America honors. Pole vaulter Kate Soma won the NCAA outdoor title, while half-miler Ryan Brown captured the Pac-10 and NCAA West Regional crowns at 800 meters. A four-time Academic All-Pac-10 honoree at Washington, Metcalf earned All-American honors at the 1992 and 1993 NCAA Championships. He also was a steeple finalist in the 1996 U.S. Olympic Trials. At Ephrata (Wash.) High School, Metcalf won the 1987 state cross country title and the 1988 1600-meter crown. Metcalf, 36, resides in Seattle with his wife Kristin, a former Husky distance runner and assistant track coach at Seattle's Bishop Blanchet High School, and their two-year old daughter, Mackenzie. 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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