



PAC-10 NEWS

1350 Treat Boulevard, Suite 500 • Walnut Creek, California 94597-8853
Telephone (925) 932-4411 • Fax (925) 932-4601 • <http://www.pac-10.org>

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Contacts: Dave Hirsch, Kris Lara

PACIFIC-10 CONFERENCE OUTDOOR TRACK AND FIELD ATHLETES OF THE WEEK

WALNUT CREEK, Calif. -- Pacific-10 Conference outdoor track and field athlete of the week honors for the week of April 30-May 6:

Men's Track Athlete of the Week: JAKE ARNOLD, ARIZONA (Sr., Santa Rosa, Calif.). Claimed his second consecutive Pac-10 decathlon title on Sunday, finishing the two-day competition with a score of 7,755. This was 632 points ahead of his closest competitor. Arnold scored a personal best 4,035 points on the first day before cruising to victory. He had individual event marks of 11.24 in the 100 meters, 6.69m in the long jump, 15.01m in the shot put, 2.07m in the high jump, 49.72 in the 400 meters, 14.55 in the 110-meter hurdles, 36.86m in the discus, 5.15m in the pole vault, 60.09m in the javelin and 5:07.40 in the 1,500 meters. He won the shot put, high jump, pole vault and javelin.

Men's Field Athlete of the Week: MIKE LANDERS, UCLA (Sr., Merced, Calif.). Jumped the No. 2 outdoor mark in the country in the pole vault to win the open section at the Modesto Relays. His jump of 17-9 was a season-best, improved regional qualifier and is the No. 1 outdoor mark in the conference this season.

Women's Track Athlete of the Week: DIANA PICKLER, WASHINGTON STATE (Sr., Sachse, Texas.). Won the Pac-10 heptathlon with 6,018 points, the second time she has reached over 6000 points in the heptathlon this season. Reached lifetime-best marks in the long jump (6.20m/20-4 1/4) and the javelin (44.03m/144-5). Her long jump is fourth-best in school history and her javelin throw is seventh-best in school history. Both marks were improved NCAA RQs. She won the 100 meter hurdles (13.45), high jump (1.78m) and javelin.

Women's Field Athlete of the Week: BRITNEY HENRY, OREGON (Sr., Spokane, Wash.). The new Pac-10 hammer leader and ranked third nationally among collegians, the All-American from Spokane, Wash., bested an all-star Oregon Twilight field last Saturday thanks to a meet record and season best (221-7). Among other throws, she added marks of 216-7, 213-5 and 219-4 – all in the neighborhood of her previous season best of 218-2. Henry entered the meet as the fourth seed, and ultimately beat four other post-collegiate throwers ranked top-15 nationally this season. Overall, she stands second in Pac-10 history with her mark of 221-7.

2007 PAC-10 TRACK AND FIELD ATHLETES OF THE WEEK

MEN'S TRACK – April 9 - **Phil Alexander**, ORE (100M/200M). April 16 - **Domenik Peterson**, ASU (200M/400M). April 23 - **Galen Rupp**, ORE (5,000M). April 30 - **Galen Rupp**, ORE (10,000M). May 6 - **Jake Arnold**, ARIZ (Dec).

MEN'S FIELD – April 9 - **Adam Kuehl**, ARIZ (DT) and **Noah Bryant**, USC (SP). April 16 - **Ryan Brandel**, ORE (JT). April 23 - **Ryan Whiting**, ASU (SP). April 30 - **Noah Bryant** (SP). May 6 - **Mike Landers**, UCLA (PV).

WOMEN'S TRACK – April 9 - **Diana Pickler**, WSU (Hept). April 16 - **Latosha Wallace**, ASU (400MH). April 23 - **Rebekah Noble**, ORE (800M). April 30 - **Nicole Leach**, UCLA (400MH). May 6 - **Diana Pickler**, WSU (Heptathlon).

WOMEN'S FIELD – April 9 - **Rhonda Watkins**, UCLA (LJ). April 16 - **Sarah Stevens**, ASU (SP/DT/HT). April 23 - **Sarah Stevens**, ASU (SP). April 30 - **McKenzie Garberg**, WSU (DT/SP/HT). May 6 - **Britney Henry**, ORE (HT).