

# 2004 NCAA OUTDOOR CHAMPIONS

## UCLA Women's Track & Field

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For Immediate Release

## NO. 3 UCLA TRAVELS TO EUGENE, OR THIS WEEKEND (MAY 27-28) TO DEFEND ITS NCAA WEST REGION TEAM TITLE

### THIS WEEK (MAY 27-28)

#### UCLA AT 2005 NCAA WEST REGION CHAMPIONSHIPS

**Jeanette Bolden's** UCLA women's track & field team, the defending NCAA Outdoor National Champions, the two-time NCAA West Region defending champions and for the second week in a row ranked No. 3 in the U. S. by Trackwire, this weekend (May 27-28, Friday-Saturday) will travel to Eugene, OR for the 2005 NCAA West Region Championships. Team scoring is 10-8-6-5-4-3-2-1. The top five finishers in each individual event/top three relays automatically qualify for the upcoming 2005 NCAA Outdoor T & F Championships (June 8-11 in Sacramento) - at large individual selections will come from finishers six-through-eight (from the four Regionals across the U. S.).

#### Meet Schedule

On Friday (May 27), the field events (eight finals) begin at noon and the track events (two finals) at 4 p.m. (conclude at 7:55 p.m. (w/m 5000m finals). On Saturday (May 28), the field events (eight finals) begin at 11 a.m. and the track events (20 finals) start at 2:45 p.m. and conclude at 6:05 p.m. (w/m 4 X 400m relays).

#### UCLA Women

Under Bolden, the Bruins are the two-time defending NCAA West Region team champions - UCLA won last season at CS Northridge (141 points) and won the inaugural meet in 2004 at Stanford (138 points).

The Bruins return three event champions from 2004 - senior **Monique Henderson**, who won a gold medal last summer in Athens on the U. S. 4 X 400m relay, in the 400m (winning time of 50.65); junior **Chelsea Johnson**, the defending NCAA Outdoor pole vault champion and NCAA Outdoor record-holder (15-0), winning height of 13-9.75 and senior **Jessica Cosby**, Pac-10 record-holder (219-5) in the hammer throw, winning the event with a 214-9. Returning as 2003 champions - Henderson (400m/52.01) and senior **Candice Baucham** (triple jump/42-00).

#### UCLA 2005 NCAA West Region Qualifiers

**100m(11.75)** - senior Monique Henderson (personal-best 11.34), freshman Jolanda Diego (season-best 11.63w)

**200m(23.96)** - Henderson (region leading/season-best 22.86)

**400m(54.61)** - Henderson (region leading/season-best 50.91)

**1500m(4:27.80)** - sophomore Jenna Timinsky (season-best 4:25.95), freshman Olga Aulet-Leon (personal-best 4:26.20)

**3000mSC(10:52.10)** - freshman Alison Costello (school record 10:31.34)

**5000m(16:52.00)** - Costello (personal-best 16:25.74), senior Valerie Flores (personal-best 16:49.98)

**100mH(13.95)** - junior Dawn Harper (personal-best 12.91/No. 2 in region), DeShanta Harris (personal-best 13.81)

**400mH(1:00.82)** - sophomore MacKenzie Hill (season-best 1:00.21)

**4X100m Relay(45.80)** - Diego, Harper, Hill, Henderson (45.02)

**High Jump(5-8.75)** - freshman Allison Miller (season-best 5-8.75)

**Pole Vault(12-5.50)** - junior Chelsea Johnson (season-best/region leading 14-1.25), freshman Ingrid Kantola (personal-best 12-5.50)

**Long Jump(19-6.25)** - senior Candice Baucham (personal legal-best 21-1.25/No. 3 in region), freshman Renee Williams (season-best 19-10.75)

**Triple Jump (40-2.75)** - Baucham (season-best 44-6/No. 2 in region)

**Shot Put(46-11)** - senior Jessica Cosby (personal-best and region leading 57-10.25), sophomore Kamaiya Warren (season-best 54-5.50/No. 3 in region), senior Lara Saye (personal-best 50-11.50)

**Discus(155-2)** - Saye (personal-best 188-0/No. 2 in region), Warren (personal-best 183-3/No. 3 in region), junior Briona Reynolds (season-best 174-11), freshman Danielle Smith (personal-best 157-8)

**Hammer Throw(177-8)** - Cosby (season-best and region leading 217-5), Saye (personal-best 181-2)

**10,000m (34:10.00/35:15.00/Heptathlon(5500/5000)** - not contested at the Regional meet - qualification is based on automatic and provisional marks - in the heptathlon, sophomore Nastassja Hall (personal-best 5,362, No. 8 in school history) is currently No. 20 on the national list.

### LAST WEEK (MAY 14-15)

#### 2005 Pac-10 Track & Field Championships/Final Day

**Monique Henderson Defends 200m/400m Titles, Jessica Cosby Sets Meet Record in Hammer Throw; Bruin Women Finish Second In Team Standings**

UCLA senior **Monique Henderson** defended her conference 200m/400m titles and the Bruin women placed second in the team standings on the final day of the 2005 Pac-10 Track & Field Championships, held at UCLA's Drake Stadium. The two-day attendance figure was 8,455 (Sunday 4,586/Saturday 3,869).

Stanford won the women's team crown with 173 points, with the Bruins placing second (125) and Arizona State third (118). USC was fourth (99), followed by No. 5 California (82), No. 6



## HOST OF THE 2005 PAC-10 CHAMPIONSHIPS

### MAY 7-8: MULTI'S

### MAY 14-15: PAC-10 CHAMPIONSHIP MEET

Washington State (74.50), No. 7 Oregon (68), No. 8 Washington (42.50) and No. 9 Arizona (36). The Cardinal snapped UCLA's string of eight consecutive Pac-10 team championships.

Henderson won the 200m (23.06) and the 400m (51.31, No. 5 time in the world this year-she currently also owns the No. 3 mark, a season-best 50.91 set on April 30). She becomes only the second woman in conference meet history to repeat as the 200m/400m champion (joining Arizona State's Maicel Malone, 1990-91). Henderson's two event victories on Sunday totaled 20 team points for the Bruin women.

Senior **Jessica Cosby**, who on Saturday also won the shot put (56-1.75), on Sunday won the hammer throw, with a meet record of 216-10. She becomes only the second woman in Pac-10 meet history, joining UCLA's Christina Tolson (2001) to win both events at the same conference meet. Last season, Cosby set the Pac-10/UCLA record in the hammer throw with a mark of 219-5.

UCLA had two more champions on Sunday joining Henderson and Cosby on the victory stand. Junior **Chelsea Johnson**, the defending NCAA Outdoor pole vault champion and NCAA Outdoor record holder (15-0), won the event (13-7.25). Sophomore **Kamaiya Warren**, who placed fourth (52-11) in the shot put on Saturday, on Sunday won the discus, with a personal-best 183-3 (NCAA Regional Qualifier).

The discus was a strong event for the Bruin women, picking up 17 points – 10 from Warren, four from senior **Lara Saye** (5<sup>th</sup>-place, 175-7) and three from junior **Briona Reynolds** (174-11, season-best, NCAA Regional Qualifier).

Also turning in top performances on Sunday for the Bruin women were –

-junior **Dawn Harper**, who placed second in the 100m hurdles, in a personal-best time of 12.91 (No. 4 in school history, NCAA Regional Qualifier, 8 team points).

-senior **Candice Baucham**, who placed second (21-0, personal legal best, No. 7 in school history) in the long jump on Saturday, also placed second (44-0) in the triple jump on Sunday. Baucham was the two-time defending champion in the triple jump. Stanford's Erica McLain won the event in a meet and stadium record jump of 45-0.

-sophomore **MacKenzie Hill**, finishing fifth (4 team points) in the 400m hurdles in a season- best mark of 1:00.21 (team-leading, NCAA Regional Qualifier).

-**UCLA's 4 X 100m relay (freshman Jolanda Diego, senior Dana Bethel, freshman Renee Williams, freshman Dianna Gooden)** tied the Bruins' season-best time of 45.02 (NCAA Regional Qualifier) and placed seventh (2 team points).

### **2005 Pac-10 T & F Championships/Day One**

#### **Jessica Cosby Wins Shot Put, Defending Champion Monique Henderson Advances in 200m/400m**

Senior **Jessica Cosby** won the shot and senior **Monique Henderson**, the defending champion in the 200m/400m, advanced in both events during first day action at the 2005 Pac-10 Track & Field Championships, held at UCLA's Drake Stadium.

After first-day results in the team standings, the Bruins are in third-place, with 46 points, behind leader Stanford, with 61, and second-place Washington State, with 54.50. The women's team totals are – 1. Stanford 61, 2. Washington State 54.50, 3. UCLA 46, 4. Arizona State 43, 5. Oregon 36, 6. California 15, 7. Washington 10.50, 8. Arizona 6, 9. USC 1. Since **Jeanette Bolden** has been the Bruin women's head coach (1994), UCLA has won the last eight consecutive Pac-10 titles and 10 of the last 11 league crowns (finishing third in 1996).

Cosby, who also won the shot put crown in 2003, had a winning mark of 56-1.75 (10 team points). Since 1987, she becomes the 14<sup>th</sup> Bruin to win the conference shot put title. Picking

up five points for the Bruins was sophomore **Kamaiya Warren**, who placed fourth (52-11).

In the other finals on Saturday, also scoring for the Bruins were –

-10,000m – UCLA picked up seven team points. Senior **Valerie Flores** finished fourth (36:51.56, 5 team points) and junior **Sarah West** placed seventh (37:27.75, 2 team points).

-3000m steeplechase –freshman **Alison Costello** placed fourth (10:31.34, breaking her own school record of 10:33.70 that she set at the USC dual meet, NCAA Regional Qualifier, 5 team points).

-high jump – freshman **Allison Miller** finished fifth (5-7/4 team points)

-long jump – UCLA picked up 11 points – senior **Candice Baucham** finished second (21-0, personal-legal best, NCAA Regional Qualifier, No. 7 in school history, 8 team points), and freshman **Renee Williams** placed sixth (19-1, 3 team points).

Henderson, who last year at the Pac-10 became only the second woman in meet history to win both the 200m and 400m, led UCLA's qualifiers. She had the top times in the 200m (22.92) and 400m (51.55).

### **2005 Pac-10 T & F Championships (Event-by-Event)**

**100m** - freshman Jolanda Diego, 10th-best qualifying mark (11.77, season legal best).

**200m** - senior Monique Henderson, won the event (23.06), had fastest qualifying time (22.92).

**400m** - Henderson won the event (51.31), had fastest qualifying time (51.55).

**800m** - no entries

**1500m** - sophomore Jenna Timinsky placed ninth (4:30.63), had 10th-best qualifying time (4:36.85).

**5000m** - freshman Claire Rethmeier placed ninth (17:18.02) and freshman Alison Costello finished 10th (17:33.04).

**10,000m** - senior Valerie Flores placed fourth (36:51.56) and junior Sarah West finished seventh (37:27.75).

**100m Hurdles** - junior Dawn Harper placed second (personal-best 12.91), had the second-fastest qualifying mark (13.13).

Freshman Dianna Gooden had 13th-best qualifying mark (16.21).

**400m Hurdles** - sophomore MacKenzie Hill finished fifth (1:00.37), had fifth-fastest qualifying time (1:00.21, season best). Sophomore Nastassja Hall had eighth-best qualifying mark (1:01.04, personal-best) and Gooden had 13th-best qualifying time (1:02.96).

**3000m Steeplechase** - Costello finished fourth (10:31.34, school record).

**4X100m Relay** - UCLA (Diego, senior Dana Bethel, freshman Renee Williams, Gooden) placed seventh (46.33).

**4X400m Relay** - no entry

**High Jump** - freshman Allison Miller finished fifth (5-7).

**Pole Vault** - junior Chelsea Johnson placed first (13-11.25), freshman Ingrid Kantola finished 11th (12-5.50, ties personal-best) and freshman Elizabeth Woepse placed 15th (11-5.75).

**Long Jump** - senior Candice Baucham finished second (21-1.25, personal legal best/20-7.75 qualifying) and Williams placed sixth (19-10.75, season-best/19-10.75 qualifying). In qualifying, Bethel jumped 19-2.75.

**Triple Jump** - Baucham placed second (44-2/43-10 qualifying).

**Shot Put** - senior Jessica Cosby finished first (56-1.75) and sophomore Kamaiya Warren placed fourth (52-11).

**Discus** - Warren finished first (183-3, personal-best/171-8 qualifying), senior Lara Saye placed fifth (175-7) and junior Briona Reynolds finished sixth (174-11, season-best).

**Hammer Throw** - Cosby finished first (216-10/211-10 qualifying).

**Javelin** - no entries

## **PAC-10 MULTI-EVENTS/May 7-8**

### **Nastassja Hall Places Fifth with then-Lifetime Best 5,224 Points**

In the final day results at the 2005 Pac-10 Multi-Events (heptathlon/decathlon) held at UCLA's Drake Stadium – in the heptathlon, Bruin sophomore **Nastassja Hall** finished fifth with a then- lifetime best 5,224 points, picking up four team points for the UCLA women's team.

On the final day, the women competed in the long jump, javelin and 800m (Hall entered the final day in fifth-place). Hall had a lifetime best in the 800m, winning with a time of 2:16.76 (868 points); a lifetime best in the javelin (108-2, eighth-place/533 points) and she placed fifth in the long jump (18-1.50, 706 points). Her total of 5,224 points is an NCAA provisional qualifier. In 2004, Hall also placed fifth in the Pac-10 heptathlon, but with a lower point total (4,975, an improvement of 249 points).

Also competing for the Bruins was freshman **Ingrid Kantola**. Kantola, who came into Sunday's competition in 11<sup>th</sup>-place, finished the seven-event competition in 10<sup>th</sup>-place, with 4,324 points (a lifetime best). She finished ninth in the long jump (16-1.50w, 535 points), seventh in the javelin (108-09, 537 points) and ninth in the 800m (2:26.19, 741 points).

The 2005 Pac-10 heptathlon champion is Washington State sophomore Julie Pickler, who edged her twin sister, Diana, in the last event (800m), to win the competition with a lifetime best 5,569 points (NCAA automatic qualifier), to Diana's lifetime best of 5,563 points (NCAA automatic qualifier). Third-place went to California senior Brooke Meredith (5,446 points).

Entering the 800m, Diana Pickler led her twin sister, Julie, by 55 points (D. Pickler, 4,797/J. Pickler, 4,742). In the 800m, Julie Pickler placed third, in a lifetime best (2:19.73, 827 points) and her twin sister, Diana, finished sixth (2:24.31, 766 points).

## **LOOKING AHEAD**

-On **June 8-11** are the **2005 NCAA Outdoor T & F Championships** in Sacramento, CA. The Bruin women are the defending team champions.

-On **June 23-26** Carson's Home Depot will host the **2005 USA T & F Senior/Junior Championships**.

## **NATIONAL RANKINGS**

In collegiate track & field, there are two national rankings - **Trackwire** and the USTCA sponsored **Team Power Ranking**.

**Trackwire's** National Top 25 is a power ranking of NCAA Div. I T & F teams. This ranking's methodology takes into account a variety of statistical predictors and is intended to project the outcome of the 2005 NCAA Div. I T & F Championships (June 8-11 at Sacramento, CA). The scores provided with the rankings indicate each team's projected score based on form charts for each NCAA event (entering last season's NCAA Outdoor, UCLA was ranked No. 1 and went on to win the 2004 NCAA Outdoor T & F team championship).

### **Trackwire National Top 25 Rankings**

<b>Week of</b>	<b>UCLA Women</b>
Preseason Indoor	5th (tied)
Before NCAA Indoor	18th (tied) - Bruins placed 20th/12 points at 2004 NCAA Indoor)
April 5 (First Outdoor Ranking)	6th (tie)
April 12	4th
April 19	5th
April 26	5th

May 3	2nd(tie)
May 10	2nd
May 18	3rd

**Team Power Ranking** is a computer program rating teams by individual marks and dual meet strength (the UCLA women ranked No. 2 in the final 2003 standings and have been the National Dual Meet Champion eight of the last nine seasons, including 2004). **In this week's (May 23) Team Power Ranking, the Bruins are No. 1 - Top 5 - 1. UCLA (407.76), 2. South Carolina (389.79), 3. Nebraska (383.68), 4. Arizona State (380.48), 5. California (379.04).**

## **BRUIN HEAD COACH JEANETTE BOLDEN**

In her 12th season as the UCLA women's track & field head coach and 14th on the Bruin staff.

In 2004, **Jeanette Bolden** reached a milestone in her coaching career last June in Austin, TX, when the Bruins captured the 2004 NCAA Outdoor team title, edging defending champion LSU, 69-68. It was Bolden's first NCAA Outdoor crown as the Bruins' head coach and UCLA's third national championship in the last five years, to go along with its 2001 and 2000 NCAA Indoor team titles. Overall, it was UCLA's third NCAA Outdoor Championship (2004-1983-82) and fifth NCAA team crown (Outdoor 2004-83-82/Indoor 2001-00).

In 2004, Bolden swept every National, Regional and Pac-10 Coach of the Year awards. On Feb. 13, 2004 Bolden was presented the prestigious C. Vivian Stringer Award.

Last year, along with it's first NCAA Outdoor title under Bolden, the Bruins also won the West Region crown for the second straight season and the Pac-10 title for the eighth consecutive year.

### **Bolden's Coaching Honors include -**

- 2004 NCAA Outdoor Champions
- 2004 USTCA Mondo Div. I National Women's Outdoor Coach of the Year.
- Led UCLA to back-to-back NCAA Indoor Championships (2000-01) and a runner-up finish in 2002; 8th-place tie in 2003; 5th in 2004.
- Prior to 2004, ten Top 10 NCAA Outdoor finishes, including five second-place finishes.
- 2004-03 NCAA West Region Team Champion
- Nine-time USTCA West Region Coach of the Year, including last eight consecutive seasons.
- Ten Pac-10 titles in 12 years, the Bruins placed second in 2005, and won eight consecutive conference crowns from 1997-2004.
- Ten-time Pac-10 Coach of the Year, including last eight consecutive seasons.
- Unbeaten Career dual record of 71-0, including 12-0 mark vs. USC.
- Nine-time National Dual Team Champion, including eight of last nine seasons (including 2004).

## **March 10-12 - 2005 NCAA INDOOR CHAMPIONSHIPS (Fayetteville, AR)**

### **Harper and Baucham Earn All-American Honors**

Senior **Candice Baucham** earned the third All-American honor of her career as she placed third in the triple jump at the NCAA Indoor Championships with an indoor lifetime-best jump of 44-4. Baucham, who placed third at last year's NCAA Indoor with a then indoor lifetime-best of 44-2.75, duplicated her performance with this year's third place finish.

On Friday, fellow Bruin junior **Dawn Harper** also earned All-American honors with a third place finish in the 60m hurdles. Harper ran a lifetime-best 8.05 to earn her fourth All-American honor in her career.

## UCLA'S U. S. LEADERS (TOP 30)/MAY 18

In this week's National List (Top 30), the Bruins have two national leaders - senior **Monique Henderson** (400m) and junior **Chelsea Johnson** (pole vault).

**100m** - 11. Monique Henderson 11.34

**200m** - 5. Monique Henderson 22.86

**400m** - 1. Monique Henderson 50.91

**5000m** - 23. Alison Costello 16:25.74

**100mH** - 4. Dawn Harper 12.91

**PV** - 1. Chelsea Johnson 14-1.25

**LJ** - 9. Candice Baucham 21-1.25

**TJ** - 5. Candice Baucham 44-6

**SP** - 3. Jessica Cosby 57-10.25; 13. Kamaiya Warren 54-5.50

**DT** - 3. Lara Saye 188-0, 6. Kamaiya Warren 183-3, 16. Briona Reynolds 174-11

**HT** - 5. Jessica Cosby 217-5

**HEP** - 20. Nastassja Hall 5,362

## UCLA'S PAC-10 LEADERS (TOP 10)/MAY 16

Here are the UCLA athletes listed on this week's (May 16/after the 2005 conference meet) Pac-10 Top 10 list. The Bruins have five overall event leaders - seniors, **Monique Henderson** in the 200m (22.86)/400m (50.91)/400m (50.91), **Candice Baucham** in the long jump (21-5.25w) and **Jessica Cosby** in the shot put (57-10.25)/hammer throw (217-5) and outdoor leader - junior **Chelsea Johnson** in the pole vault (14-1.25). The Pac-10 also accepts indoor marks for its best lists.

**100m** - 4. Monique Henderson 11.34, 9. Jolanda Diego 11.63w

**200m** - 1. Monique Henderson 22.86

**400m** - 1. Monique Henderson 50.91

**1500m** - 10. Jenna Timinsky 4:25.95

**5000m** - 7. Alison Costello 16:25.74

**10,000m** - 7. Valerie Flores 35:49.29, 10. Sarah West 37:27.75

**100m H** - 2. Dawn Harper 12.91, 8. Deshanta Harris 13.81

**400m H** - 7. Deshanta Harris 1:00.21, 10. MacKenzie Hill 1:01.04

**3000mSC** - 5. Alison Costello 10:31.34SR

**4X100m Relay** - 5. (J. Diego, D. Harper, M. Hill, M. Henderson) 45.02

**4X400m Relay** - 7. (M. Hill, D. Harris, N. Hall, M. Henderson) 3:43.03

**HJ** - 6. Allie Miller 5-8.75

**PV** - 2. Chelsea Johnson 14-1.25 (outdoor leader)

**LJ** - 1. Candice Baucham 21-5.25w, 7. Renee Williams 19-8

**TJ** - 2. Candice Baucham 44-6

**SP** - 1. Jessica Cosby 57-10.25, 3. Kamaiya Warren 54-5.50

**DT** - 2. Lara Saye 188-0, 3. Kamaiya Warren 183-3, 7. Briona Reynolds 174-11

**HT** - 1. Jessica Cosby 217-5

**Hep** - 4. Nastassja Hall 5362

## PAC-10 ATHLETE OF THE WEEK (MAY 3)

Coming off the important dual meet victory over archrival USC, UCLA senior **Monique Henderson** was the Pac-10 Women's Track Athlete of the Week (May 3).

In UCLA's 85-78 win at USC on April 30, Henderson competed in four events- winning two. She won the 200m in a season-best and NCAA Regional qualifying 22.86 (stadium record, Pac-10 leader, No. 4 on the current collegiate chart) and the 400m in a season-opening and NCAA Regional qualifying 50.91 (meet record, stadium record, No. 1 time on the current world list). She also anchored both of UCLA's second-place relays (4X100m, 45.06; 4X400m, season-best 3:43.03).

Henderson is the third Bruin women and men's athlete this outdoor season to earn the weekly Pac-10 honor - April 11 (senior **Jon Rankin**, for winning the mile (3:57.89) at the RJ/JJK Invite) and April 25 (senior **Jessica Cosby**, for winning the shot put

(55-11.5) and hammer throw (206-11) at the UC San Diego Invite).

## INJURIES/REDSHIRTS

Junior **Ashley Caldwell**, will miss the outdoor season with a stress fracture (left tibia).

Senior high jumper **Caroline Sommers** and junior vaulter **Jackie Nguyen**, who placed fifth (13-5.25) at last year's NCAA Outdoor, are redshirting this outdoor season.

## ACADEMICS

### Arthur Ashe, Jr. Sports Scholars

#### **First-team**

Jacqueline Nguyen, 3.70gpa/physical science

#### **Third-team**

Ashley Caldwell, Jr., 3.29gpa/political science

### Academic Pac-10 Cross Country

#### **First Team**

Jenna Timinsky, Jr., 3.85gpa/linguistic-language arts; Carmen Winant, Sr., 3.84gpa/art

#### **Second Team**

Allison Hall, Jr. 3.65gpa/psychology; Sarah West, Jr., 3.66/psychology

#### **Honorable Mention**

Leslie Barrie, Jr.; Ashley Caldwell, So.

## UCLA PRONUNCIATION GUIDE

Olga Aulet- (O-lay) Leon, Leslie Barrie (Barry), Alejandra Barrientos (Bar-e-in-tos), Raquel Barrientos (Bar-e-in-tos), Candice Baucham (Bow-kam), Maribeth Buche (Boo-shay), Jolanda (Jo-landa) Diego, Nicci (Nikki) Faires (Fairs), Dianna (Dee-anna) Gooden, Kiyoko (Key-o-ko) Guillory, Nastassja (Nas-taj-a) Hall, DeShanta (Dee-sean-ta) Harris, Megan Jamerson (Jay-merson), Chelsea (Chel-cee) Johnson, Cassie Maino (Maine-o); Shantae (Sean-tay) McKinney, Nana (Na-Na) Merriweather, Jacqueline Nguyen (Win), Briona (Bree-a-na) Reynolds, Georgea (Georgia) Richards, Leslie Rychel (Rye-shell), Lara Saye (Say), Kamaiya (Ka-my-ah) Warren, Talita (Ta-lee-ta) Wells, Carmen Winant (Wy-nant), Elizabeth Woepse (Wop-see).

## NATIONAL LETTER OF INTENT SIGNEES

### **Announced May 5, 2005**

Current high school standouts, jumper **Rhonda Watkins** and distance runner **Lindsay de la Montaigne**, have signed National-Letters-of-Intent to attend UCLA, Bruin women's head T & F coach Jeanette Bolden announced Thursday. Both Watkins and de la Montaigne will be incoming UCLA freshmen next fall.

Watkins, an honor student who wants to pursue a career in medicine, attends Bishop Anstey HS in Trinidad/Tobago. On the current world junior charts, she is No. 1 in the long jump (20-8, winning the championship section of the high school long jump at the recent Penn Relays) and No. 10 (5-11.50) in the high jump. At the 2005 Under-20 CARIFTA T & F Championships, she won the high jump (5-11) and long jump (20-7.50). She is the reigning Under-20 Caribbean/Central American high jump/long jump champion. Also last season, at the Under-20 CARIFTA T & F Championships, she placed first in the long jump (20-7.75) and second in the high jump (5-9.75). In 2004, her bests were 5-11 (high jump) and 20-8 (long jump, No. 19 on the World Junior list).

From Rancho Bernardo HS in San Diego, de la Montaigne is a projected Dyestat.com second-team All-State performer. At the recent Arcadia Invitational, she placed 15<sup>th</sup> in the

two-mile (10:59.22, No. 18 on the current DyeStat national list). In cross country last fall, she placed second (17:57/5000m) at the CA State meet, and at the San Diego Section-DI finals, she led Rancho Bernardo to the team title, placing first over the 2.7 mile course (16:08).

#### **Announced Nov. 17, 2004**

UCLA Head Coach **Jeanette Bolden** announced the signing of six student-athletes to National-Letters-of-Intent. **Chanelle Curry**, a sprinter from Skyline HS in Dallas, TX; **Kristen Dormanen**, a pole vaulter from Temecula Valley HS in Temecula; **Krystin Lacy**, a sprinter from Skyline HS in Dallas, TX; **Nicole Leach**, a sprinter/hurdler from West Philadelphia Catholic HS in Philadelphia, PA; **Ciara Viehweg**, a distance runner from St. Ignatius HS in San Francisco and **Hillary Werth**, a heptathlete from Glenwood HS in Springfield, IL will all be incoming freshmen for the Bruins this fall.

**Chanelle Curry** - At the 2004 TX State meet, Curry was one of the top scorers for Skyline HS at the 2004 TX State meet. She placed third in the 400m (55.64) and also ran a leg on the Skyline HS winning 4 X 100m relay. The Skyline HS season-best time of 44.60 in the 4 X 100m relay was No. 2 in the U. S. on the August Track & Field News (T&FN) prep chart.

**Kristen Dormanen** - Considered the No. 1 returning high school women's pole vaulter in the State, Dormanen placed fourth at last year's CA State meet. An honor student, last spring Dormanen set the all-time Riverside County record with a vault of 12-7 (the No. 10 mark in the U. S. on the July T&FN prep chart).

**Krystin Lacy** - A teammate of Chanelle Curry at Skyline HS in Dallas, TX, Lacy is regarded as one of the top high school sprinters in the nation. As a junior last spring at the TX State meet, Lacy won the 100m/200m and as a sophomore, she won the State 100m crown. On the 2004 junior charts, Lacy's 11.48 was No. 13 on the World Junior list. In 2003 her personal-best 11.43 was second at the World Youth Championships in Sherbrooke, Quebec, Canada and she also ran a season-best mark of 23.61. In the 200m, her personal-best 23.45 was No. 5 in the U. S. (July T&FN/the four faster were all seniors; No. 15 on the World Junior list) and the sixth-fastest mark in TX State history.

**Nicole Leach** - An outstanding student and regarded as the nation's top 400m/400m hurdle prospect, Leach's 52.19i 400m was the prep U. S. leader (August T&FN). Leach placed fourth (personal-best 57.56) in the 400m hurdles last summer at the World Junior Championships in Grosseto, Italy and she was the U. S. Junior champion (58.48). Her 57.56 400m hurdle mark was No. 7 on the World Junior list. In 2003, Leach's top 400m hurdle mark was 59.00 at the Penn Relays.

**Ciara Viehweg** - An honor roll student, Viehweg is rated one of the top three distance runners in the State. Her top 1600m mark is 4:54. In cross country, she is rated by DyeStat as the No. 2 runner in the State in her division. Viehweg won her league cross country title this fall. She has qualified for the State meet in both track and cross country every year since her freshman season. At the State Cross Country Championships in 2002 she placed second and at the 2003 CA State T & F meet, she was fifth in the 1600m. Viehweg is her school record holder in virtually every distance event.

**Hillary Werth** - At the USA Junior meet, her first national appearance, Werth placed second in the heptathlon with 5,127 points, No. 2 on the 2004 U. S. high school list (August T & FN). She also competed for the U. S. at the 2004 World Junior Championships.

At the 2004 IL State meet, Werth won the 100m hurdles (she is second all-time in IL prep history at 13.78, behind current Bruin junior Dawn Harper's 13.54), was second in the long jump (18-8) and third in the 300m hurdles (43.82). An All-State basketball player (Werth will compete only in track & field at UCLA), she comes from an athletic family - her mother, Kim, originally held the national prep long jump record until it was broken by Bruin great Jackie Joyner-Kersey and her brother Jayson, was the starting left fielder for the Los Angeles Dodgers.

## **2004-05 UCLA WOMEN'S T & F OUTDOOR/ INDOOR/CROSS COUNTRY HIGHLIGHTS**

### **May 7-8 - MODESTO RELAYS/OXY INVITE**

On Saturday (May 7), UCLA split into two squads - the pole vaulters competing at the 64<sup>th</sup> annual Modesto Relays and other Bruins competing at the evening Oxy Invitational at Eagle Rock.

#### **Modesto Relays**

In the invitational pole vault, junior **Chelsea Johnson**, the defending NCAA Outdoor champion and record-holder (15-0), placed 6<sup>th</sup> (13-11.25). In the open vault, freshman **Elizabeth Woepse** no-heighted.

Several Bruin alumni also competed at Modesto-

100m - Sani Roseby, 10<sup>th</sup>, 11.93

400m - Sheena Johnson, 4<sup>th</sup>, 54.77

100mH - Michelle Perry, 1<sup>st</sup>, 12.78; Sani Roseby, 2<sup>nd</sup>, 13.68

Pole Vault - Tracy O'Hara, 7<sup>th</sup>, 13-5.25

Long Jump - Michelle Perry, 5<sup>th</sup>, 20-5.25w; Shelia Burrell, 8<sup>th</sup>, 18-3.75; Sani Roseby, 10<sup>th</sup>, 17-6

Discus - Suzy Powell, 2<sup>nd</sup>, 192-10

#### **Oxy Invite**

UCLA was led by sophomore **Jenna Timinsky** and freshman **Deshanta Harris**. Timinsky was the second-fastest collegian (third overall) in the 1500m (4:25.95, team leader, season-best, NCAA Regional Qualifier) and Harris was the top collegian in the 400m hurdles (fifth overall), with a personal-best time of 1:01.00.

Also competing for the Bruins were - in the 1500m - freshman **Claire Rethmeier** (6<sup>th</sup>, 4:29.43, personal-best) and junior **Sarah West** (12<sup>th</sup>, 4:41.35); in the 3000m steeplechase - sophomore **Leslie Barrie** (4<sup>th</sup>, 11:26.14) and in the long jump, freshman **Leslie Rychel** (3<sup>rd</sup>, 18-5).

### **APRIL 30 - UCLA AT USC DUAL MEET**

**UCLA Women Defeat USC 85-78 in Dual Meet, Bruins Win for 13<sup>th</sup> Consecutive Year; Seniors, Monique Henderson, Candice Baucham Each Win Two Events and Set Stadium Records**

Behind seniors **Monique Henderson** and **Candice Baucham**, each winning two events, Jeanette Bolden's No. 5 UCLA women's track & field team defeated No. 9 USC 85-78 in the annual (22<sup>nd</sup>) traditional dual meet on Saturday, before 2,235 at the Trojans' Loker Stadium/Cromwell Field. It was UCLA's 13<sup>th</sup> consecutive dual victory over USC (Bolden is 12-0 vs. USC and she now has an unbeaten dual career record of 71-0) and the Bruins lead the overall UCLA/USC series 19-3.

Henderson, who last summer won an Olympic Gold Medal on the U. S. 4 X 400m relay, won the 200m (a season-best 22.86, stadium record, Pac-10 leader, No. 4 on the U. S. collegiate list, NCAA Regional Qualifier) and 400m (season-opener 50.91, meet record, stadium record, No. 1 overall time in the U. S., NCAA Regional Qualifier). In all, Henderson ran in four events - 200m, 400m and anchored both of UCLA's second-place relays (4 X 100m, 45.06/4 X 400m relay, season-best 3:43.03).

Baucham, the two-time defending Pac-10 triple jump champion, won the long jump (21-5.25w/2.9w, NCAA Regional Qualifier) and triple jump (season-opener 44-6, stadium record, No. 3 on current collegiate list, NCAA Regional Qualifier).

The Bruins also had standout performances from junior **Chelsea Johnson**, the NCAA Outdoor record-holder (15-0), in the pole vault, redshirt freshman **Alison Costello** (3000m steeplechase) and senior **Jessica Cosby** (shot put). Johnson's winning pole vault of 14-1.25 (season-best, collegiate outdoor leader, NCAA Regional Qualifier) was a meet and stadium record. Costello's victorious 10:33.70 in the 3000m steeplechase was a meet record, new school record, No. 5 on the current Pac-10 chart and an NCAA Regional Qualifier. Cosby's first-place in the shot put was a personal-best 57-10.25 (No. 6 in UCLA history), No. 3 on the current collegiate chart and an NCAA Regional Qualifier.

UCLA had two other first-place finishes – in the high jump, freshman **Allison Miller** (5-6) and in the discus, senior **Lara Saye** (172-5). Saye was also third (46-4) in the shot put and second (167-10) in the hammer throw.

Other noteworthy performances included – freshman **Olga Aulet-Leon's** second-place finish (4:35.47) in the 1500m that clinched the victory for the Bruins; freshman **Claire Rethmeier's** second-place (16:56.31, personal-best) in the 5000m; freshmen **Deshanta Harris** (1:01.37, second-place) and **Dianna Gooden** (1:01.61, third-place) running bests in the 400m hurdles; sophomore **Nastassja Hall's** third-place (personal-best 5-4.25) in the high jump; freshman **Renee Williams'** second-place (season-best 19-8.25, NCAA Regional Qualifier) in the long jump and third-place (39-0.25, season-opener) in the triple jump; sophomore **Kamaiya Warren** who was second (50-4.75) in the shot put and discus (169-3, season-best, NCAA Regional Qualifier) and sophomore **Brittany Ferguson** who was third in the javelin (122-6, personal-best).

The UCLA-USC dual w/m dual meets, the Bruin men beat USC 83-80 (72nd annual/fourth consecutive Bruin victory), will be replayed as a two-hour show on FSN2 – May 14 (1 p.m.) , May 15 (5 p.m.) and May 17 (3 p.m.).

#### **APRIL 23-AT UC SAN DIEGO INVITATIONAL**

##### **Cosby Wins Shot Put and Hammer at UCSD Triton Invite, Posts No. 3 Collegiate Shot Put Mark in the U. S.**

Senior **Jessica Cosby** won two events at the UC San Diego Triton Invitational as she posted the third-farthest shot put mark in the country on Saturday. Cosby threw a season-best and regional qualifying mark of 55-11.50 in the shot put, moving her to No. 3 on the national list. On Friday, Cosby also won the hammer, posting a throw of 206-11.

Junior **Chelsea Johnson** also had an individual win on Saturday as she won the pole vault with a mark of 13-7. Her mark was a regional qualifier but she has a season-best jump of 13-11.25 (Mt. SAC). Also in the pole vault, freshman Ingrid Kantola jumped a lifetime-best 12-5.50 to place third overall, qualifying her for the regional meet.

Senior **Lara Saye** continued to improve on her lifetime-best in the discus, finishing third to former UCLA Bruins Suzy Powell-Roos (204-7) and Seilala Sua (196-10). Saye's throw of 188-0 improved on her previous personal-best (187-5), moved her to eighth on UCLA's all-time top-10 list, and kept her at the top of the collegiate scene in the discus.

Sophomore **Kamaiya Warren** moved into the top-10 in the country as she threw a season-best and regional qualifying 54-5.50 in the shot put, placing second to teammate Cosby.

In the 800m, sophomore **Jenna Timinsky** placed third, dropping her season-best to 2:10.23 (old best 2:11.37). Freshman Claire

Rethmeier placed third in the 1500m, running a UCLA best 4:33.46.

In all, the Bruins recorded nine regional qualifying marks in the meet – Cosby in the shot put (55-11.50) and hammer (206-11); Johnson in the pole vault (13-7); Kantola in the pole vault (12-5.50); Warren in the shot put (54-5.50) and discus (166-9, season-best); Reynolds in the discus (165-10); **Danielle Smith** in the discus (157-5, season-best); Saye in the discus (188-0).

#### **Bruin Results**

**100m** – Jolanda Diego, 6th, 12.10; Kiyoko Guillory, 14th, 12.41

**200m** – Jolanda Diego, 5th, 24.77

**400m** – Talita Wells, 20th, 60.67

**800m** – Jenna Timinsky, 3rd, 2:10.23; Olga Aulet-Leon, 10th, 2:14.19

**1500m** – Claire Rethmeier, 2nd, 4:33.46; Sarah West, 5th, 4:37.68;

Carmen Winant, 28th, 5:01.95

**400mH** – Nastassja Hall, 4th, 62.33

**Steeplechase** – Leslie Barrie, 2nd, 11:23.61; Monika Rothenburger, 7th, 11:39.40

**High Jump** – Nastassja Hall, 11th, 5-3.25

**Pole Vault** – Chelsea Johnson, 1st, 13-7; Ingrid Kantola, 3rd, 12-5.50; Elizabeth Woepse, 7th, 11-4.50; Nicci Faires, 7th, 11-4.50

**Shot Put** – Jessica Cosby, 1st, 55-11.50; Kamaiya Warren, 2nd, 54-5.50

**Discus** – Lara Saye, 3rd, 188-0; Kamaiya Warren, 9th, 166-9; Briona Reynolds, 10th, 165-10; Danielle Smith, 13th, 157-8

**Hammer** – Jessica Cosby, 1st, 206-11

**Javelin** – Brittany Ferguson, 6th, 110-7; Nastassja Hall, 8th, 98-5

#### **APRIL 15-17 - AT MT. SAC RELAYS**

#### **APRIL 16-AT SUN ANGEL CLASSIC/LONG BEACH INVITATIONAL**

#### **April 13-14 - CA INVITATIONAL HEPTATHLON**

#### **April 17-Mt. SAC**

#### **Chelsea Johnson Places Fourth in Pole Vault with Mark of 13-11.25**

Junior **Chelsea Johnson** finished fourth in the Invitational Pole Vault on Sunday at the Mt. SAC Relays, jumping a season-best and regional qualifier of 13-11.25. Johnson, who jumped 13-9.25 last weekend at the Rafer Johnson/Jackie Joyner-Kersey Invitational, is back to full strength after a hamstring injury earlier in the year.

Several former Bruins were also in action on Sunday at Mt. SAC. Cari Soong, competing for Team XO, finished fifth in the Invitational Hammer Throw with a toss of 216-1, just two inches shy of her own personal-best (216-3). Tracy O'Hara won the Invitational Pole Vault with a mark of 14-5.25 and in the 100m, Joanna Hayes, the 2004 Olympic Gold Medalist in the 100m hurdles, finished third in a time of 11.45. Amy Acuff also won on Sunday as she cleared 6-4 in the high jump to claim victory.

#### **April 15-Mt. SAC**

On Friday night at Mt. SAC, freshman **Alison Costello** highlighted the Bruins' competition as she ran one of the top-10 collegiate times in the 5000m this season (16:25.74). Costello, running in the Invitational section of the 5000m, dropped her lifetime-best by nearly seven seconds (old best, 16:32.69 at Stanford), placing 16th overall. Her time was also a regional qualifier and moved her to fifth on the all-time list at UCLA in the 5000m.

Senior **Valerie Flores** and **Olga Aulet-Leon** also had an impressive times as both ran regional qualifiers and lifetime-bests in their respective events. Flores finished 10th in the University/Open section of the 5000m (16:49.98), improving her lifetime-best by nearly 15 seconds (old best, 17:14.78). Aulet-Leon, running in the University/Open 1500m (4:26.20), dropped her lifetime-best by over three seconds (old best 4:29.79) to finish 9th in her section and 20th overall.

In the University/Open 1500m, sophomore **Jenna Timinsky** ran a seasonal-best and regional qualifying time of 4:27.66, placing 13th

in her section and 24th overall.

Freshmen **Claire Rethmeier** and **Monika Rothenburger** also competed in the University/Open section of the 5000m on Friday. Rethmeier placed 21st (17:10.47) and Rothenburger finished 39th (17:38.02).

#### **April 17- Sun Angel Classic**

##### **Monique Henderson Breaks Stadium Record in 200m to Win**

Senior **Monique Henderson** blazed past the competition on Saturday at the Sun Angel Classic in Tempe, AZ, setting a new stadium record of 22.96 in the 200m (old record, 23.02) to win. Henderson also placed second in the 100m, running another lifetime-best of 11.34. Both Henderson's 100m and 200m times were regional qualifying marks. In the 4x100m relay, Henderson anchored the Bruins to a season-best and regional qualifying time of 45.02 to finish third overall.

Junior **Dawn Harper** opened up her outdoor season in the 100m hurdles with a win, running a regional qualifying time of 13.29. Freshman **DeShanta Harris** finished fifth (13.87) and freshman **Dianna Gooden** placed ninth, running a season-best 14.56. In the 400m hurdles, sophomore **Mackenzie Hill** and freshman **Dianna Gooden** both posted seasonal-bests as Hill finished fourth (1:01.38) and Gooden placed fifth (1:04.55).

In the 100m, freshman **Jolanda Diego** placed 13th (12.13), while Harper and freshman **Renee Williams** each ran lifetime-bests. Harper finished 10th in a time of 11.90, while Williams placed 16th (12.35). Junior Kyoko Guillory finished 18th in a time of 12.38.

The **4x400m relay team of Diego, Gooden, Harper and Harris** ran a season-best 3:52.35 to finish fourth overall.

In the throwing events, senior **Jessica Cosby** placed sixth in the shot put (50-6.25), senior **Lara Saye** was second in the discus (179-4), junior **Briana Reynolds** placed 7th in the discus (161-6) and freshman **Danielle Smith** finished ninth in the discus (155-0). Cosby, Saye and Reynolds each had regional qualifying marks in their respective events on Saturday, but have thrown farther earlier this year.

In the jumps, senior **Candice Baucham** won the long jump with a regional qualifier and season-best 20-8.50. Freshman **Renee Williams** also leaped to a regional qualifier and season-best, jumping 19-6.75. Senior **Dana Bethel** placed eighth with a jump of 19-2.50. In the pole vault, freshmen **Ingrid Kantola** finished seventh (11-11.75) and **Elizabeth Woepse** placed 11th (11-5.75). Freshman **Allison Miller** finished 10th in the high jump (5-3).

#### **April 16-Long Beach Invitational**

##### **Two Lifetime and Four Season-bests at Long Beach State**

While the majority of the track team was in Tempe, AZ, nine Bruin women competed at the Long Beach Invitational on Saturday, producing two lifetime and four season-bests at the meet.

Sophomore **Shannon Lewis** posted a lifetime-best in the 100m (12.75, 28th) and a season-best in the 200m (26.63, 45th). In the 400m, junior **Julia Pitts** placed 30th (58.62), sophomore **Talita Wells** finished 35th (59.41, lifetime-best), and freshman **Jacquelyn Mandy** placed 38th (59.80, season-best).

In the 1500m, sophomore **Leslie Barrie** finished 14th in a time of 4:40.93, while junior **Sarah West** ran a season-best 4:41.05, placing 15th overall.

In the field, freshman **Kathleen Mahony** leaped to an outdoor-best 5-5 in the high jump (2nd), freshman **Nicci Faires** posted a season-best 11-5.75 in the pole vault (3rd), and freshman **Leslie Rychel** finished 7th in the long jump (17-10.25).

#### **April 14 - CA Invitational Heptathlon/Final Day**

##### **Hall Records Personal Bests in the Javelin and 800m, Wins CA Invitational Heptathlon**

UCLA sophomore **Nastassja Hall** clocked a personal-best 2:17.92 in the 800 meters to rally from behind and win the California Invitational Heptathlon with a personal-best and NCAA provisional qualifying tally of 5,191 points during the second day of competition at Azusa Pacific University.

Hall, who never led the competition until the seventh and final event, put herself in position to win the heptathlon with a monster 27-foot PR in the javelin (103' 8") to move to within 91 points of 6-event leader, Katie Lloyd, a Colorado State sophomore. In the 800, Hall grabbed the early lead and never relinquished it, beating the rest of the field by at least 5 seconds. Lloyd, the first day leader with 3,102, clocked a PR of 2:29.46 in the 800, but couldn't stay within reach of Hall to hang on for the victory. Nonetheless, she finished with another PR of 5,130 points to also provisionally qualify for the upcoming 2005 NCAA Outdoor Championships.

Hall entered today's three-event competition (long jump/javelin/800m) in second-place, behind Lloyd, with 3,049 points.

#### **April 13 - CA Invitational Heptathlon/First Day**

##### **Hall In Second-Place With Personal-Best 3,049 Points.**

After day one of the CA Invitational Heptathlon at Azusa Pacific, UCLA sophomore **Nastassja Hall** is in second- place, with 3,049 points.

Hall's first-day total of 3,049 points (personal-best), after four events, trails first-place Katie Lloyd, from Colorado State, by just 53 points (Lloyd 3,102/Hall 3,049).

In her four events - Hall ran a 15.50 (1.1w) in the 100m hurdles (777 points), leaped 5-5 (personal-best) in the high jump, had a mark of 35-7.25 (personal-best) in the shot put and ran the 200m in 24.94 (w2.5).

Last season, Hall placed fifth in the heptathlon at the Pac-10, with 4,975 points.

#### **APRIL 7-9- RAFER JOHNSON/JACKIE JOYNER-KERSEE INVITATIONAL Saturday**

##### **UCLA's Monique Henderson Wins 100m/200m and Lara Saye Places First in the Discus; Elite International Sets Meet Records in Both Relays**

Final day results (all invitational events) from the 3<sup>rd</sup> annual Rafer Johnson/Jackie Joyner-Kersee T & F Invitational held at Drake Stadium before 1,511.

##### **Track**

Bruin senior **Monique Henderson**, who last summer at the Olympic Games in Athens won a gold medal on the U. S. 4 X 400m relay, captured first place in both sprint races - winning the 100m (11.54, -0.4w, personal-best, Regional qualifier) and 200m (23.05, 1.3w, Regional qualifier).

UCLA freshman **DeShanta Harris** placed second (13.81, 0.7w) in the 100m hurdles, a personal-best and Regional qualifier.

In the 4 X 100m relay, UCLA's team of sophomore **Mackenzie Hill**, junior **Dawn Harper**, freshman **DeShanta Harris** and **Henderson** finished second (45.91).

##### **Other highlights included -**

**-800m** - Krista Ferrara's (Nike Farm Team) winning time of 2:05.22 leads the current U. S. list.

**-1500m** - Nicole Teter (Nike), a former standout at Arkansas, won with a meet record time of 4:17.42 (old mark- 4:18.24, Londa Bevins, Arkansas, 2003).

**-4 X 100m Relay** - Elite International (Alyson Felix, Brianna Glenn, Natasha Mayers, Sani Roseby) set a meet record



(44.44, old mark - 44.93, Sheffield Elite TC, 2003) and the mark is No. 6 on the current world chart. Felix last summer at the Olympics earned a silver medal in the 200m.

**-4X400m Relay** – Elite International (Roseby, Felix, Glenn, Mayers) again set a meet record (3:34.19, old mark – 3:38.16, UCLA, 2004).

#### Field

UCLA senior **Lara Saye** increased her collegiate lead in the discus, by winning the event (187-1), a personal-best, Regional qualifier and No. 9 in school history. Bruin great Seilala Sua (Nike) placed second (183-9). Saye was also fifth (48-9.50) in the shot put.

In the pole vault, Bruin junior **Chelsea Johnson**, the 2004 NCAA Outdoor champion and collegiate outdoor record-holder (15-0), is back at full strength after recovering from a hamstring injury, and placed second (13-9.25, outdoor season best, Regional qualifier). Bruin great Tracy O'Hara (No Limit), who won three NCAA titles during her Bruin career, placed first (14-1.25).

In the long jump, senior **Dana Bethel** finished third (19-4.75, 3.3w, season wind-aided best). The event was won by BYU's Amy Menlove 21-0 (2.6w). Menlove also won the 100m hurdles (13.61, 0.7).

#### Other highlights included-

**-High Jump** – Cal Poly's Sharon Day with a winning leap of 6-1.50, a meet record (old mark, 6-1.25, Sheena Gordon, UCLA, 2004) and equaling the fourth-best mark in the world this season.

**-Triple Jump** – Cal Poly's Courtney Stafford's winning mark of 43-8.50 was a meet record (old mark-42-6, Tatyana Obuchova, Ukraine, 2003).

**-Shot Put** - Jillian Camarena (Reebok), a senior at Stanford in 2004, won with mark of 57-2, No. 2 on the current U. S. list.

#### Friday

##### Reynolds Wins Women's Shot Put

#### Track

In the 100m dash, the Bruins went one-two - redshirt freshman **Renee Williams** winning the event with a time of 12.41 (0.2w) and senior **Candice Baucham** placing second (12.58, 0.2w). **Sophomore Shannon Lewis** was fourth (13.12, 0.2w).

UCLA junior **Julia Pitts** placed second in the 400m (UCLA best 58.45).

Bruin recruit **Nicole Leach** (a senior at West Philadelphia, PA Catholic HS) turned in an impressive performance in the 400m hurdles, winning the event in a time of 59.31.

Other women's winners on the track included - 200m (Hawaii's Tasha Monroe, 24.72, -0.3w), 400m (UC Davis' Seante Baker, 57.64) and 100m hurdles (Illinois' Kristina Jones, 14.60, 2.0w).

#### Field

Bruin junior **Briona Reynolds** won the University/Open shot put with a Regional qualifying and season-best mark of 170-6 (her previous season-best was 151-3). The second (Hawaii's Novelle Murray, 168-2) and third-place (UC Davis' Kim Gleeson, 155-7) finishers also recorded Regional qualifying marks.

In the long jump, UCLA freshman **Leslie Rychel** finished second (UCLA best 18-7, 1.8w).

In an invitational event, the women's javelin, France's Eunice Barber, a former world champion in the heptathlon, won with a throw of 144-3.

Other women's winners in the field included – long jump (UC San Diego's Elisa Holiday, 18-9.25, 2.7w) and shot put (Hawaii's Meghan Weaver, 45-8).

#### Late Friday Results

##### Bruin Sarah West Wins 5000m Invitational

On Friday evening, the Bruin distance runners participated in a distance carnival.

In the 800m (heat one), sophomore **Jenna Timinsky** placed fifth (2:11.37, season opener); in the 1500m (heat two), freshman **Monika Rothenburger** finished third (4:40.42, personal-best); in the 3000m invitational, freshman **Claire Rethmeier** placed fourth (10:00.91, personal-best) and in the 5000m invitational, junior **Sarah West** finished first (17:29.37, personal-best).

In other late events - in the women's pole vault, UCLA placed third and fourth, with freshman **Ingrid Kantola** placing third (12-1.50, equals lifetime best) and freshman **Elizabeth Woepe** was fourth (12-1.50, season-best). The winner of the vault was BYU's Mandy Kelly (12-9.50, Regional qualifier).

In the high jump, Pt. Loma Nazarene's Heike Siener won with a leap of 5-7.75.

#### Thursday

##### UCLA Senior Jessica Cosby Wins With Mark of 208-5

UCLA senior **Jessica Cosby** captured first-place, with a mark of 208-5. Cosby entered the event with a collegiate best, Pac-10 leading and season-best effort of 217-5 (3/26). As a junior last season, Cosby placed second at the NCAA Outdoor, with a Pac-10, school record and personal-best mark of 219-5. Last season she also won the hammer throw at the NCAA West Region and Pac-10 Championships. A multi-talented thrower, Cosby as a redshirt freshman in 2002 won the shot put at the NCAA Outdoor.

Stanford took second and third-places in the hammer throw, with Sarah Hopping finishing second (184-5) and Katie Elsbury in third (183-07).

#### MARCH 26-27 - STANFORD INVITATIONAL

At the Stanford Invitational, several distance runners were in action on Friday and Saturday in Palo Alto, CA. Freshman **Olga Aulet-Leon** placed 16th in the top section of the 1500m in a time of 4:29.79, junior **Leslie Barrie** placed 17th in the steeple in a lifetime-best of 11:16.06 and freshman **Claire Rethmeier** finished third in her heat of the 5000m in a lifetime-best time of 17:09.35.

Other results from the Stanford Invitational - freshman **Alison Costello** in the 5000m (17th in her heat, 16:32.69), senior **Valerie Flores** in the 10,000m (11th in her heat, 35:49.29), junior **Sarah West** in the 5000m (19th in her heat, 18:13.38), freshman **Monika Rothenburger** in the 1500m (28th in her heat, 4:46.46) and the 4x400m relay team of sophomore **Jenna Timinsky**, sophomore **Talita Wells**, Aulet-Leon and freshman **Alice Bohannon** (13th, 4:07.55).

#### MARCH 26 - JIM CLICK SHOOTOUT (Tucson, AZ)

Senior **Jessica Cosby** blew away the competition on Saturday at the Jim Click Shootout as she won the hammer throw with a season-best 217-5, surpassing her nearest competitor by over 30 feet. Cosby's throw was just two feet shy of her own school and Pac-10 record set last year at the NCAA Championships (219-5).

Senior **Lara Saye**, junior **Briona Reynolds** and sophomore **Kamaiya Warren** also competed in Tucson on Saturday. Saye placed second in both the shot put (50-6.25) and discus (168-6), while Warren finished fourth in the discus (160-5) and Reynolds placed sixth in the discus (151-3).



## MARCH 18-19 - CS NORTHRIDGE INVITATIONAL

Seniors **Lara Saye** and **Jessica Cosby** posted individual wins on Saturday at the Cal State Northridge Invitational, as Saye won the discus and Cosby won the shot put. Saye, who has thrown 185-0 already this season, improved on last year's lifetime-best (184-9) by nearly a foot, throwing 185-7 in the discus. The mark will likely place her in the top-10 in the country in her event. Cosby won the shot put with a season-best 53-9.25, as both ladies threw regional qualifiers in their events. Saye also placed third in the shot put with a throw of 47-2.25, but has already thrown 50+ this season.

On the track, three Bruins were in action as **Renee Williams** (12.54) and **Shannon Lewis** (13.08) ran in the 100m race, and **Jacquelyn Mandy** ran the 400m (59.94). In other field events, **Kathleen Mahony** jumped 5-0.25 in the high jump, **Leslie Rychel** jumped 17-8.25 in the long jump and **Brittany Ferguson**, competing in the javelin, threw 110-1.

## MARCH 5 - UCLA INVITATIONAL

The women's track and field team had 11 meet championships and picked up six NCAA Regional qualifying marks at the UCLA Invitational at Drake Stadium, as senior **Lara Saye** led the women's track and field team, throwing three NCAA Regional qualifying marks in the shot put, discus and hammer throw. Saye won the discus with a throw of 183-0 and threw an outdoor lifetime-best of 50-11.50 in the shot put (placing second to former Bruin Seilala Sua (52-3.25). Saye also placed second in the hammer with a toss of 181-2. Senior **Jessica Cosby** won the hammer with a throw of 203-4 and placed third in the shot with a toss of 50-8.25, qualifying her for both events at the Regional meet.

Senior **Monique Henderson** equaled her lifetime-best in the 100m, running 11.59 to qualify her for the Regional meet in May, while senior **Dana Bethel** also posted a win on Saturday as she jumped 19-4 to win the long jump.

Five Bruin freshmen posted individual wins at the meet: **Alice Bohannon** in the 800m (2:14.11), **Alison Costello** in the 3000m (9:38.45), **DeShanta Harris** in the 100m hurdles (14.15), **Allison Miller** in the high jump (5-7) and **Ingrid Kantola** in the pole vault (12-1.50).

The 4x100m relay team of **Renee Williams**, **MacKenzie Hill**, **Harris and Henderson** won in a time of 46.78, while the 4x400m relay team of **Jenny Esser**, **Leslie Barrie**, **Jacquelyn Mandy** and **Talita Wells** won in a time of 3:52.89.

## INDOOR HIGHLIGHTS

### FEB. 25-26 - MPSF INDOOR CHAMPIONSHIPS (Seattle, WA)

The Bruin women placed fourth (66 pts.) at the 2005 MPSF Indoor Championships as junior **Dawn Harper** won the 60m hurdles in an NCAA automatic and lifetime-best time of 8.12.

Sophomore **Kamaiya Warren** won the shot put in a lifetime-best toss of 52-6 (provisional qualifier), while junior **Briona Reynolds** placed fourth (49-5.50).

In the high jump competition, freshman **Allison Miller** and senior **Caroline Sommers** placed fifth and sixth as both cleared 5-7.25.

In Friday's action, **Nastassja Hall** placed seventh in the pentathlon with a score of 3,689 points. Also on Saturday, freshmen **Monika Rothenburger** (17:02.92) and **Olga Aulet-Leon** (17:03.84) finished second and third respectively in the 5000m, while freshman **Alison Costello** placed fifth in the 3000m (9:35.36). The DMR team of **Allison Hall**, **N. Hall**, **Ashley Caldwell**, and **Valerie Flores** placed fifth in a season-best time of 11:53.89. Senior **Lara Saye** threw a lifetime-best 62-4.50 in the weight throw to place second overall and qualify provisionally for the NCAA Indoor meet.

The 2005 NCAA Outdoor pole vault champion and record holder, junior **Chelsea Johnson**, who was competing in her first meet of the 2005 indoor season after rehabbing a hamstring injury, placed sixth in the pole vault with a jump of 12-10.25.

### FEB. 12 - TYSON INVITATIONAL (Fayetteville, AR)

Senior **Candice Baucham** and junior **Dawn Harper** led the UCLA women's track and field team in Arkansas as both achieved NCAA automatic qualifying standards at the Tyson Invitational. Baucham won the triple jump in a season-best 43-10.50, while Harper finished second in the 60m hurdles with a season-best 8.15.

Senior **Lara Saye** and junior **Jacqueline Nguyen** also picked up qualifiers for the NCAA Indoor meet, with provisional marks in the weight throw (61-7.50, lifetime-best) and pole vault (13-4.50, indoor lifetime-best) respectively. Saye placed ninth in the weight and sixth in the shot, throwing a lifetime-best of 50-0.50 in the shot put, while Nguyen placed second in the pole vault.

Freshman **Alison Costello** placed fifth in the 3000m in a time of 9:27.61, while junior **Allison Hall** placed 10th in the mile (5:01.80). Senior **Valerie Flores** placed 12th in a separate section of the mile in a season-best 5:04.39. Senior **Caroline Sommers** and freshman **Allison Miller** both jumped 5-7 in the high jump.

### FEB. 4-5 - BOISE INDOOR

The No. 9 UCLA women's track and field team had an impressive showing in Idaho as the Bruins won four individual events and picked up three NCAA qualifying marks at the Boise Indoor.

Leading the way on the women's side was junior **Dawn Harper** who posted double victories in the 60m (7.72, lifetime-best) and 60m hurdles (8.37). Harper's 60m hurdle time was a NCAA provisional qualifier, but she has run a faster time this season (8.28, 1/29). Junior **Jacqueline Nguyen** won the pole vault with a provisional mark of 12-11.50. Senior **Candice Baucham** rounds out the NCAA qualifiers on the women's side, with a provisional mark of 42-1.50 in the triple jump to finish second in that event. Freshman **Allison Miller** recorded her first victory as a Bruin, winning the high jump with a leap of 5-7.75.

Several Bruins also placed in the top-three in Boise - senior **Lara Saye** in the weight throw (2nd, 59-5.50) and shot put (3rd, 48-0.75), senior **Caroline Sommers** in the high jump (2nd, 5-5.75), senior **Valerie Flores** in the mile (3rd, 5:09.53, lifetime-best) and the women's DMR of **Alison Costello**, **Flores**, **Georgea Richards** and **Sarah West** (2nd, 12:07.7h).

### JAN. 29 - HUSKY INVITATIONAL (Seattle, WA)

The No. 7 UCLA women's track and field team opened up the 2005 indoor season at the Husky Invitational and picked up three NCAA qualifying marks. Junior **Briona Reynolds** led the Bruins with a first place finish in the shot put and an NCAA provisional mark of 50-9.50.

Junior **Dawn Harper** also qualified provisionally, finishing third in the 60m hurdles in a time of 8.28, while junior **Jacqueline Nguyen** jumped to a provisional mark of 12-11.75 in the pole vault, placing third overall.

Other top performances for UCLA on Saturday were - **Lara Saye** in the shot put (2nd, 49-8.25) and weight throw (2nd, 59-11.25), **Dana Bethel** in the long jump (3rd, 18-10.50), **Caroline Sommers** in the high jump (5-7.75), **Allison Hall** (3rd, 2:51.80) and **Ashley Caldwell** (5th, 2:54.10) in the 1000m and **Nastassja Hall** (3,700 points) and **Georgea Richards** (3,404 points) in the pentathlon.

## CROSS COUNTRY HIGHLIGHTS

### FEB. 12-13 - 2005 USA CHAMPIONSHIPS (Vancouver, WA)

Six UCLA cross country runners, three women and three men, ran at the 2005 USA Cross Country Championships, at Fort Vancouver National Historic Site in Vancouver, WA. Rain on the first day created a muddy course for the more than 600 runners who competed in six championship races in Vancouver, located near Portland, OR.

#### UCLA Women

In the Junior women's 6km race, the Bruin women were led by freshman **Monika Rothenburger**, who finished 15th (there were 52 runners), covering the course in 23:13.3.

Also running for UCLA were freshmen - **Claire Rethmeier** (18th, 23:29.4) and **Olga Aulet-Leon** (22nd, 23:57.4). The USA Women's Junior Champion was Colorado's Elizabeth Pasciuto (21:50.1).

Last fall, Aulet-Leon ran for the Bruins at the NCAA Championship (UCLA's No. 4 runner), the NCAA West Region (No. 2 runner/28th, 21:29/6000m) and the Pac-10 (No. 4 runner/23rd, 21:50/6000m). Rothenburger represented UCLA at the NCAA and Pac-10 (No. 3 runner/22nd, 21:49/6000m). Rethmeier redshirted last fall in cross country.

The top six finishers at the USA Open and Junior Women and Men's races formed the U. S. team that competed in the 2005 IAAF World Cross Country Championships, March 19-20, at Saint Galmier, France.

### 2004 COLLEGIATE CROSS COUNTRY SEASON

**Eric Peterson's** UCLA women's cross country team in 2004 qualified as a team to the NCAA Championships (for the fourth season in a row).

At the **NCAA**, the Bruins placed 27th (out of 31 teams, 640 points). UCLA was led by sophomore **Ashley Caldwell** (98th, 21:55.0, 6000m).

At the **West Region**, UCLA finished sixth (out of 28 teams, 151 points). The Bruins had three runners in the Top 30, led by sophomore **Alison Costello**, who for the second straight season, earned All-West region honors (22nd, 21:21, 6000m).

At the **Pac-10**, the Bruins placed fourth (102 points) and had six runners in the Top 25, led by **Costello's** 15th-place finish (21:30, 6000m).