ALASKA ANCHORAGE
CROSS COUNTRY TRACK & FIELD

LAURA CARR
Two-time Defending GNAC
5,000-meter Champion

DAVID KIPLAGAT
Two-sport All-American
& All-Academic honoree

DAVID REGISTE
2008 NCAA Division II
Long Jump Champion

ELIZABETH CHEPKOSGEI
2008 GNAC
3,000-meter Champion

GoSeawolves.com
ALASKA ANCHORAGE CROSS COUNTRY/TRACK & FIELD
Establishing a winning tradition...

The University of Alaska Anchorage has established itself as one of the most successful and competitive cross country and track and field programs in the Great Northwest Athletic Conference since the league’s inception in 2001.

In the last seven seasons, UAA’s cross country program has claimed a combined 11 top-three team finishes at the conference meet, two league titles and 27 all-conference certificates. UAA’s men have qualified for NCAAs four times, while the women have qualified twice – tied for the most of any GNAC school.

In just four seasons of full institutional sponsorship, the Seawolf track and field program has quickly left its mark in the GNAC, earning 25 individual conference titles, 55 individual all-conference selections, and seven league records. In that same span, 10 Seawolf athletes have qualified for the NCAA Championships, earning six All-America honors and one NCAA title.

UAA accolades since 2001...

CROSS COUNTRY
- 2 All-Americans
- 6 NCAA Division II Championship appearances
- 2 GNAC Titles (men)
- 27 All-Conference Honorees
- 18 All-Region Honorees
- 48 Academic All-Conference honorees
- 1 GNAC Individual Champion

TRACK & FIELD
- 6 All-Americans
- 25 Conference Champions
- 55 All-Conference Honorees
- 44 Academic All-Conference Honorees
- 7 Conference Record Holders
- 1 Conference Record Holder

2008-09 Key Returnees

SEAWOLF WOMEN

Elizabeth Chepkosgei
- Two-time All-GNAC in XC and T&F
- Defending conference champion in 3,000 meters; runner-up at 5,000
- Holds school marks for 1,500/3,000

Laura Carr
- Three-time All-GNAC in T&F
- Two-time defending GNAC champion at 5,000 meters
- Two-time All-GNAC in XC

Ardrienna Everett
- School record holder in the 400-meter hurdles with time of 1:04.24
- Finished 6th in the 100 at GNACs
- Part of 3rd place 4x100 relay team

Emma Bohman
- Finished season-best 13th at GNAC Cross Country Championships
- Placed 44th at NCAA West Regional
- Competed in all six meets

Hallidie Wilt
- Finished team-best 25th at the NCAA Cross Country West Regional
- Placed 14th at GNAC XC meet
- Placed 5th in 5,000 at GNAC Track & Field

SEAWOLF MEN

David Registe
- 2008 NCAA DII champ in long jump
- Two-time GNAC champ in long jump
- GNAC runner-up in 100 & 200 meters
- Holds four UAA records

David Kiplagat
- NCAA DII All-American in XC & T&F
- Three-time All-Region performer in XC
- Placed 8th at NCAAAs in steeplechase
- Holds three UAA records

Mick Boyle
- Produced pair of top-5 finishes at the GNAC Track & Field Championships
- UAA record holder in the 1,500
- Finished 26th at GNAC XC meet

Eric Walsh
- Two-time All-GNAC track & field pick
- Member of UAA’s record-setting 4x100 relay team that won GNACs
- Academic all-conference selection

James McLaughlin
- Anchored UAA’s record-setting 4x400 relay team that won GNACs
- Holds school record in the 400
- 2nd in the 400 at GNAC meet
2008 CROSS COUNTRY SCHEDULE

SEPTEMBER
6  UAA INVITATIONAL 5K/8K  ANCHORAGE
20  at Sundodger Invitational 6K/8K  Seattle, Wash.

OCTOBER
11  at UCSD Triton Classic 6K/10K  San Diego, Calif.
25  at GNAC Championships 6K/8K  Yakima, Wash.

NOVEMBER
8  at NCAA West Regional 6K/10K  San Diego, Calif.
22  at NCAA Championships 6K/10K  Slippery Rock, Pa.

CROSS COUNTRY ROSTERS

MEN
Name  CL  Hometown (H.S./College)
Mick Boyle  Sr.  Kenai, Alaska (Kenai Central HS)
Nick Canfield  Fr.  Anchorage, Alaska (Barllet HS)
Marko Cheseto  So.  Kapenguria, Kenya (Cheyowet Boys School)
Austen Ellis  Sr.  Valdez, Alaska (Valdez HS)
Will Estes  Fr.  Anchorage, Alaska (West Anchorage HS)
Thomas Hill  Fr.  Thunder Bay, Ontario (St. Ignatius HS)
Alfred Kangogo  Fr.  Eldoret, Kenya (Kitele Boys School)
David Kiplagat  Sr.  Kapsabet, Kenya (Kaptumo Boys School)
Jake Parisien  Fr.  Palmer, Alaska (Palmer HS)
Cory Pena  So.  Kodiak, Alaska (Kodiak HS)
James Pettigrew  Jr.  Melbourne, Australia (RMIT University)
Paul Rottich  So.  Kapsabet, Kenya (Mateitei Boys School)
Grin Ryan  Fr.  Fairbanks, Alaska (Lathrop HS)
Nils Kristen Sandtrøen  Fr.  Tynset, Norway (Nord-Osterdal Videregaende Skole)
Cornellius Sigei  Sr.  Nairobi, Kenya (Kaplong Boys School)
Kevin Smith  Fr.  Palmer, Alaska (Palmer HS)

WOMEN
Name  CL  Hometown (H.S./College)
Mychaela Bailey  Fr.  Anchorage, Alaska (Service HS)
Emma Bohman  So.  Palmer, Alaska (Palmer HS)
Jaime Bronga  Fr.  Anchorage, Alaska (East Anchorage HS)
Laura Carr  Jr.  South Bend, Ind. (Penn HS)
Elizabeth Chepkosgei  Sr.  Kapsabet, Kenya (Eisera Girls Secondary)
Rebekah Edwards  Fr.  Eagle River, Alaska (Eagle River HS)
Ruth Jeptoo  Fr.  Kapkeno, Kenya (Alld Girls Secondary)
Shoshana Keegan  Fr.  Anchorage, Alaska (Stellar Secondary School)
Natalie Pfeifer  Fr.  Ketchikan, Alaska (Ketchikan HS)
Samantha Rink  Fr.  Eagle River, Alaska (Eagle River HS)
Ariel Rolle  Fr.  Anchorage, Alaska (West Anchorage HS)
Laura Rombach  Fr.  Neukirchen, Germany (Otto-Hahn Gymnasium)
Stephanie Trenholm  Fr.  Campbell River, B.C. (Timberline Secondary School)
Alex West  So.  Soldotna, Alaska (Soldotna HS)
Hallidie Wit  So.  Unalaska, Alaska (Unalaska HS)

UAA CROSS COUNTRY HISTORY

NCAA TEAM APPEARANCES

SEAWOLF MEN  SEAWOLF WOMEN
Year  Finish  Year  Finish
2006  15th  2005  12th
2005  20th  2004  21st
2002  12th
2001  16th

CONFERENCE TITLES

Team  Year  League
Men  2005  Great Northwest Athletic Conference
Men  2002  Great Northwest Athletic Conference
Men  1997  Pac West Conference

INDIVIDUAL CONFERENCE CHAMPIONS

2006  David Kiplagat (Men)

ALL-AMERICANS

2007  David Kiplagat (Men)
2001  Tobias Schwoerer (Men)

ALL-REGION

2007  David Kiplagat  2004  Mandy Kaempf
2006  Laura Carr  2003  Brandon Stum
Elizabeth Chepkosgei  2002  Stacy Edwards
Aaron Dickson  2001  Tobias Schwoerer
David Kiplagat  2001  Eric Strabel
Brent Knight  2000  Tobias Schwoerer
Mandy Kaempf  1999  Richy Hankins
David Kiplagat  1996  Miguel Gomez
Leif Olson

ALL-CONFERENCE

2007  Peter Doner  2001  Stacy Edwards
Elizabeth Chepkosgei  2001  Kiersten Lippmann
2006  Laura Carr  2003  Eric Strabel
Elizabeth Chepkosgei  2000  Sean Rivers
Aaron Dickson  2001  Tobias Schwoerer
Mandy Kaempf  1999  Eric Strabel
David Kiplagat  1997  Richy Hankins
Brent Knight  1996  Sean Rivers
Todd Bruce
Aaron Dickson  1996  Chad DuNed
Drew Dickson  1996  Erlend Kroken
Stacy Edwards  1995  Preston Martin
Mandy Kaempf  1996  Mike McQueen
David Kiplagat  1996  Jerry Ross
Leif Olson  1996  Chad DuNed
2004  Mandy Kaempf  2004  Miguel Gomez
2003  Stacy Edwards  2003  Frode Lillefjell
Sarah Hansen  2003  Mike McQueen
Mandy Kaempf  1993  Brian Thill
Brandon Stum
2002  Stacy Edwards  1993  Sean Rivers
Tobias Schwoerer  1993  Eric Strabel

2007 SEAWOLF GNAC HONORS

Academic All-Conference
Mick Boyle, Anjuli Haydu, David Kiplagat, Mary Krusen, Heather McIntyre, Cornellius Sigei, Kaley Strachan, Autumn Streuli

Men’s Newcomer of the Year
Peter Doner

Stretching from Alaska to Oregon to Montana, the Great Northwest Athletic Conference has quickly established itself as one of the most successful leagues in the NCAA Division II ranks.

Founded in 2001, the GNAC features nine institutions—Alaska Anchorage, Alaska Fairbanks, Central Washington, Montana State Billings, Northwest Nazarene, Saint Martin’s, Seattle Pacific, Western Oregon and Western Washington. The 2007-08 season was arguably the finest in league history, with three NCAA runner-up finishes and a pair of NCAA semifinals appearances for UAA’s basketball teams.

The Seawolves sponsor seven of the GNAC’s 14 sports — volleyball, men’s and women’s basketball, men’s and women’s cross country, and men’s and women’s outdoor track & field.
2009 TRACK & FIELD SCHEDULE

**MARCH**
- 7 at UNLV Invitational, Las Vegas, Nevada
- 13 at Occidental Distance Carnival, Eagle Rock, Calif.
- 14 at Northridge Relays, Northridge, Calif.

**APRIL**
- 3-4 at Willamette Invitational, Salem, Oregon
- 16-19 at Mt. Sac Relays, Walnut, Calif.
- 17 at Azusa Pacific Invitational, Azusa, Calif.
- 18 at Long Beach Invitational, Long Beach, Calif.

**MAY**
- 1-2 at GNAC Championships, Boise, Idaho
- 21-23 at NCAA Division II Championships, San Angelo, Texas

Schedule as of Fall 2008

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TRACK & FIELD ROSTERS

<table>
<thead>
<tr>
<th>Name</th>
<th>CL</th>
<th>Event(s)</th>
<th>Hometown (H.S./College)</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOMEN</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mychaela Bailey</td>
<td>Fr.</td>
<td>Distance</td>
<td>Anchorage, Alaska (Service HS)</td>
</tr>
<tr>
<td>Emma Bohman</td>
<td>So.</td>
<td>Distance</td>
<td>Palmer, Alaska (Palmer HS)</td>
</tr>
<tr>
<td>Jaime Bronga</td>
<td>Fr.</td>
<td>Distance</td>
<td>Anchorage, Alaska (East Anchorage HS)</td>
</tr>
<tr>
<td>Suzanna Caldwell</td>
<td>So.</td>
<td>Mid-distance</td>
<td>Wasilla, Alaska (Wasilla HS)</td>
</tr>
<tr>
<td>Elizabeth Chepkosgei</td>
<td>Jr.</td>
<td>Distance</td>
<td>Kapsabet, Kenya (Eisero Girls Secondary)</td>
</tr>
<tr>
<td>Nathalia Echavarria</td>
<td>Fr.</td>
<td>Hurdles</td>
<td>Anchorage, Alaska (Dimond HS/Lane [Ore.] CC)</td>
</tr>
<tr>
<td>Rebekah Edwards</td>
<td>Fr.</td>
<td>Distance</td>
<td>Eagle River, Alaska (Eagle River HS)</td>
</tr>
<tr>
<td>Adrienna Everett</td>
<td>So.</td>
<td>Sprints/Hurdles</td>
<td>Palmer, Alaska (Palmer HS)</td>
</tr>
<tr>
<td>Anna Filippova</td>
<td>Fr.</td>
<td>Mid-distance</td>
<td>Anchorage, Alaska (Dimond HS)</td>
</tr>
<tr>
<td>Meagan Friess</td>
<td>Jr.</td>
<td>Hurdles</td>
<td>Anchorage, Alaska (Dimond HS)</td>
</tr>
<tr>
<td>Ruth Jeptoo</td>
<td>Fr.</td>
<td>Distance</td>
<td>Kapsabet, Kenya (Aldai Girls Secondary)</td>
</tr>
<tr>
<td>Shashana Keegan</td>
<td>Fr.</td>
<td>Distance</td>
<td>Anchorage, Alaska (Stellar Secondary School)</td>
</tr>
<tr>
<td>Lauren Laichak</td>
<td>Fr.</td>
<td>Hurdles</td>
<td>Anchorage, Alaska (Dimond HS)</td>
</tr>
<tr>
<td>Natalie Pfeifer</td>
<td>So.</td>
<td>Mid-distance</td>
<td>Ketchikan, Alaska (Ketchikan HS)</td>
</tr>
<tr>
<td>Samantha Rink</td>
<td>Fr.</td>
<td>Distance</td>
<td>Eagle River, Alaska (Eagle River HS)</td>
</tr>
<tr>
<td>Ariel Rolle</td>
<td>Fr.</td>
<td>Mid-distance</td>
<td>Anchorage, Alaska (West Anchorage HS)</td>
</tr>
<tr>
<td>Stephanie Trenholm</td>
<td>Fr.</td>
<td>Distance</td>
<td>Campbell River, B.C. (Timberline Secondary School)</td>
</tr>
<tr>
<td>Alex West</td>
<td>So.</td>
<td>Mid-distance</td>
<td>Soldotna, Alaska (Soldotna HS)</td>
</tr>
<tr>
<td>Hallidie Wilt</td>
<td>So.</td>
<td>Distance</td>
<td>Unalaska, Alaska (Unalaska HS)</td>
</tr>
<tr>
<td>Zee Zee Young</td>
<td>Jr.</td>
<td>Hurdles</td>
<td>Anchorage, Alaska (Dimond HS)</td>
</tr>
</tbody>
</table>

| MEN            |    |                |                         |
| Mick Boyle     | Sr. | Mid-distance   | Kenai, Alaska (Kenai Central HS) |
| Marko Cheseto | So. | Distance       | Kapenguria, Kenya (Cheyowet Boys School) |
| Nick Canfield  | Fr. | Distance       | Anchorage, Alaska (Barlett HS) |
| Aysen Ellis    | Fr. | Distance       | Valdez, Alaska (Valdez HS) |
| Will Estes     | Fr. | Distance       | Anchorage, Alaska (West Anchorage HS) |
| Brandon Grant  | Jr. | Sprints        | Anchorage, Alaska (Dimond HS) |
| Thomas Hill    | Fr. | Distance       | Thunder Bay, Ontario (St. Ignatius HS) |
| Alfred Kangogo | Sr. | Distance       | Eldoret, Kenya (Kipkeino Boys School) |
| David Kiplagat | Jr. | Distance       | Kapsabet, Kenya (Kaptumo Boys School) |
| James McLaughlin | Fr. | Sprints        | East Bethel, Minn. (St. Francis HS) |
| Jake Parisien  | Fr. | Distance       | Palmer, Alaska (Palmer HS) |
| Cory Penz      | Fr. | Distance       | Kodiac, Alaska (Kodiak HS) |
| James Pettigrew| Sr. | Mid-distance   | Melbourne, Australia (RMIT University) |
| Demetrius Preston | So. | Sprints        | Anchorage, Alaska (Service HS) |
| David Registe  | Jr. | Sprints/Jumps  | Palmer, Alaska (Colony HS) |
| Ryan Rencehausen | Sr. | Throws         | Tucson, Ariz. (Canyon Deloro HS) |
| Paul Rottich   | Jr. | Distance       | Kapsabet, Kenya (Mettlei Boys School) |
| Ohin Yian      | Fr. | Distance       | Fairbanks, Alaska (Lathrop HS) |
| Cornmoous Sigei| Sr. | Distance       | Nairobi, Kenya (Kaplom Boys School) |
| Kevin Smith    | Fr. | Distance       | Anchorage, Alaska (Palmer HS) |
| Levi Sutton    | So. | Mid-distance   | Anchorage, Alaska (Kenai Central HS) |
| Eric Walsh     | Sr. | Sprints        | Fairbanks, Alaska (Monroe Catholic HS) |
| Shaun Ward     | So. | Hurdles/Sprints| Eagle River, Alaska (Chugiak HS) |

UAA TRACK & FIELD HISTORY

**NATIONAL CHAMPIONS**

<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>David Registe</td>
<td>Long jump</td>
</tr>
</tbody>
</table>

**ALL-AMERICANS**

<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>David Kiplagat</td>
<td>Steeplechase</td>
</tr>
</tbody>
</table>

**INDIVIDUAL CONFERENCE CHAMPIONS**

<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>Kim Brady</td>
<td>Long Jump/Triple Jump</td>
</tr>
</tbody>
</table>

**2008 SEAWOLF GNAC HONORS**

Men’s Athlete of the Year
David Registe

Co-Coach of the Year
Michael Friess

Men’s Most Outstanding Performer (GNAC meet)
Michael Madrid

All-Conference
Kim Brady (long jump/triple jump); Elizabeth Chepkosgei (5,000, 3,000 & 1,500 meters); Laura Carr (5,000 meters); Davyta Flasahy (10,000 meters); Jessica Houston (shot put); Michael Madrid (100 & 200 meters); James McLaughlin (400 meters); David Registe (1,600 & 3,000 meters; long jump); Men’s 4x100 relay (Eric Walsh, Brandon Grant, Registe, Madrid); Men’s 4x400 relay (Madrid, Levi Sutton, Grant, McLaughlin)

Academic All-Conference
Mick Boyle, Laura Carr, Nathalia Echavarria, Jessica Houston, Scott Karnitz, David Kiplagat, Michael Madrid, Paul Rottich, Cornelious Sigei, Eric Walsh

Rosters as of Fall 2008

GoSeawolves.com
Michael Friess – HEAD COACH

In his 19th season at the University of Alaska Anchorage is head men's and women's cross country and track & field coach Michael Friess. The Seawolves have been no stranger to the NCAA Championships under Friess’ leadership, having qualified a team for the Division II Cross Country Championships six times overall, including sending both the men’s and women’s squads to Nationals in 2005.

Friess’ track & field program has also tasted success on a national level, sending both the men’s and women’s squads to the NCAA Championships. He has earned six conference coach of the year accolades in cross country, including claiming three straight women’s coach of the year honors from 2005 to 2007.

In his third season with the track & field team is Vivian Echavarria, who oversees the women’s outdoor track and field program at Anchorage’s Dimond High School for the last 14 years, where he has helped guide the school’s program to program-best finishes at the conference championship meet, as the men placed second and the women fifth.

Garlatz came to UAA from Western Washington, where he served as an assistant coach from 2004-07. While at WWU, he helped guide the Vikings to a conference title in cross country (2006), two men’s indoor track & field GNAC titles (2005, 2006) and one league championship in men’s outdoor track & field (2006). He also coached two All-Americans and helped guide WWU’s men’s distance medley relay team to a national runner-up finish at NCAAs in 2007.

In his second season as an assistant coach with UAA’s cross country program, Friess has coached a combined eight All-Americans, 24 conference champions, 19 all-region honorees and three championship teams during his tenure at UAA.

In the last six years UAA’s cross country team has claimed a combined 11 top-three team finishes at the conference meet, two league titles, 27 all-conference certificates and one individual conference champion. The Seawolves have qualified for NCAA four times overall, while the women have qualified twice. Friess has earned six conference coach of the year accolades in cross country, including claiming three straight women’s coach of the year honors from 2005 to 2007.

In four seasons of full institutional sponsorship, the Seawolf track and field teams have quickly left their mark in the GNAC under Friess, earning one individual NCAA title, six All-America honors, 25 individual conference titles, 55 all-conference honors, and setting seven league records. In that same span, 15 UAA athletes have qualified for the NCAA Championships.

Seawolf athletes have excelled in the classroom as well under Friess, earning 92 academic all-conference honors, sending both the men’s and women’s squads to Nationals in 2005.

A graduate of Anchorage’s Dimond High, Friess remains active in the local running community as a competitor, coach and organizer. A USA Track & Field Level II coach, Friess is also a member of the American College of Sports Medicine (ACSM) and is certified by ACSM as an exercise test technologist and exercise specialist. He has served as the state director of the National Strength and Conditioning Association (NSCA) and is certified by NSCA as a strength and conditioning specialist. He and his wife, Stephanie, have two children, Meagan and Steven.

T.J. Garlatz – ASSISTANT COACH

In his second season as an assistant coach with UAA’s cross country and track & field programs is T.J. Garlatz. In addition to his coaching duties with the Seaweolfs, Garlatz will serve extensively as a recruiter.

Friess graduated from Linfield (Ore.) College with a bachelor of science degree in exercise science in 1985 and lead the Vikings to an All-America distance medley relay runner for the NAIA. Friess earned a master’s degree in sport biomechanics from the University of Oregon in 1986.

A former member of the Mexican National Track & Field team, Echavarria – whose wife Vivian is also an assistant with the Seawolf program, helps handle UAA’s hurdlers, sprinters and jumpers.

Rafael Echavarria – TRACK ASSISTANT COACH

Entering his third year as an assistant coach with UAA’s track & field team is Rafael Echavarria. Echavarria has also served as an assistant track coach at Anchorage’s Dimond High School for the last 14 years, where he has guided the men’s team to two state titles and three state runner-up results.

A former member of the Mexican National Track & Field team, Echavarria competed collegiately at BYU, where he still holds the school record in the 110-meter high hurdles. He claimed a Western Athletic Conference title in the 110 hurdles while at BYU as well. In international competition he collected a gold medal at the 1979 Central American Games in the 110 hurdles and a bronze in the 400 hurdles.

Echavarria, whose wife Vivian is also an assistant with the Seawolf program, helps handle UAA’s hurdlers, sprinters and jumpers.

Vivian Echavarria – TRACK ASSISTANT COACH

In her third season with the track & field team is Vivian Echavarria, who oversees the Seawolf hurdlers. For the past several years she has served as an assistant Dimond High School boys track team in Anchorage, helping guide the Lynx to four top-3 finishes at the state meet, including two state titles.

Echavarria earned a bachelor’s degree in public health from BYU in 1984 and a master’s degree in health education from BYU in 1986.

James Aronow – VOLUNTEER ASSISTANT COACH

James Aronow is entering his third year as a volunteer assistant coach with UAA’s track & field program. The longtime head coach at Anchorage’s Dimond High School has guided the Lynx to three state titles and seven Region IV championships during his tenure.

Aronow helps guide UAA’s sprint crew, who have won seven league titles at the GNAC Outdoor Championships in the last three years.
This is UAA!

ACADEMICS

The University of Alaska Anchorage is the state's largest, most comprehensive university, serving nearly 20,000 students through four primary campuses and numerous other sites in Southcentral Alaska and the Aleutian Chain.

Situated in the heart of Alaska's biggest city, UAA is nestled in the middle of a greenbelt, surrounded by ponds, lakes and wildlife, and is connected to a city-wide trail and transportation system.

UAA is comprised of six teaching units at the Anchorage campus — the colleges of Education, Health & Social Welfare, Arts & Sciences, Business & Public Policy; the Community & Technical College; and the School of Engineering.

Organized research units at UAA complement the academic programs and reflect the special character of the University's mission in Alaska. Research units include the Alaska Center for International Business, the American Russian Center, the Environment and Natural Resources Institute, the Center of Alcohol and Addiction Studies, the Center for Economic Education, the Institute for Circumpolar Health Studies, the Center for Human Development, the Institute of Social and Economic Research and the Justice Center.

UAA operates on a semester system. Fifteen semester credits are a normal class load and a minimum of 120 credits are required to complete a bachelor's degree.

SEAWOLF ATHLETICS

Nicknamed the Seawolves, UAA's athletic teams compete as members of NCAA Division I in men's ice hockey and women's gymnastics and NCAA Division II in all other sports, including men's and women's basketball, women's volleyball, men's and women's skiing, men's and women's outdoor track & field, and women's cross country.

UAA annually hosts the Carrs/Safeway Great Alaska Shootout men's and women's basketball tournament — recognized as one of the top in-season tournaments in the nation — as well as the Kendall Hockey Classic and the Extended Stay Deluxe Invitational volleyball tournament.

Since joining the NCAA ranks in 1977, UAA has become a perennial national power in many of its sports. A total of 124 Seawolves have earned All-America honors, and UAA has produced 14 individual national champions since 1991.

The Seawolves are currently coming off perhaps the most successful year in program history, with NCAA Semifinals appearances for men's and women's basketball, strong NCAA team showings from men's and women's track & field and skiing, and the first individual NCAA track & field title in UAA history by long jumper David Registe.

UAA athletes have enjoyed unprecedented success in the classroom, compiling a cumulative GPA of 3.0+ in 11 of the last 14 years.