

STANFORD TRACK AND FIELD



2006 MEDIA GUIDE



Cobb Track and Angell Field is the home of Stanford Track and Field.

Cobb Track and Home of Stanford Angell Field Track and Field

Stanford's Cobb Track and Angell Field has become the epicenter of track and field in the United States.

A new era of Stanford Track and Field took center stage when the Cardinal competed at its new venue, Cobb Track and Angell Field, in 1996. The new state-of-the-art facility is built on the site of what was for many years the home of Stanford Track and Field, Angell Field. The facility was made possible thanks to lead gifts from Stanford athletic legends, Charles (Chuck) Cobb and Otis Chandler.

Cobb Track & Angell Field features a nine-lane, all-weather track named in honor of Chuck Cobb and his family. In addition, all field event competition venues are contained within the track, including multi-direction runways for the pole vault, long and triple jumps, all throwing cages and areas, and an interior water jump to contest the steeplechase.

The funds made available by Otis Chandler enabled Stanford Track and Field to name the jumping and throwing venue in the Chandler family name. The area is now known as the Otis Chandler Infield. Thanks to the generous donation by the Pitch Johnson family, permanent lighting and a state of the art scoreboard were installed at Cobb Track and Angell Field in 2002. During the summer of 2003, Chuck Cobb provided an additional gift for the renovation of Cobb Track and Angell Field. Included in the renovation are two new long jump runways and landing pits, a new pole vault runway, and new discus and shot put rings. The entire track was also resurfaced.

Numerous records have been set at Cobb Track and Angell Field over the last five years. In 2001, Stacy Dragila set two world records in the women's pole vault, Meb Keflezighi set an American record in the men's 10,000 meters and Kenya's Abraham Chebii set a U.S. All-Comers record in the men's

10,000 meters. In 2002, Deena Drossin ran an American record in the women's 10,000 meters at Cobb Track and Angell Field and in 2003 Ethiopia's Werknesh Kidane set a U.S. All-Comers record in the women's 10,000 meters. The list of stadium records at Cobb Track and Angell Field is second to none. In addition, Cobb Track and Angell Field was the site of the 2002 and 2003 U.S. National and Junior National Championships that featured track and field stars Marion Jones, Maurice Greene, Gail Devers, Allen Johnson and Adam Nelson. At the 2004 Cardinal Invitational, 15 Olympic A-standards were achieved, including a track record by the great Sonia O'Sullivan of Ireland. Stanford's Cobb Track and Angell Field has become the epicenter of track and field in the United States.

Upon its renewed inception in 1996, former Director of Track and Field Vin Lananna stated, "The newly renovated Cobb Track and Angell Field is a wonderful homecoming for Stanford Track and Field. This restored facility makes it possible for Stanford to host top quality, national and international meets and provides a more intimate setting for the fans and a more visible location within the Stanford community. It is a tremendous step forward for our program, Stanford Athletics and the track and field world as a whole."

Through the dedicated efforts of many people, including Chuck Cobb, Otis Chandler and Pitch Johnson, Stanford's dream for a state-of-the-art track and field facility has become a reality. The list of distinguished donors and fundraisers include longtime Stanford head track and field coach Payton Jordan, John Arrillaga, Ben Anixter, the Bordoni family, Mr. & Mrs. Allan Cheney, Catherine Clark, Bud Deacon, Burt DeGroot, Stanley and Mary Doten, Ben Eastman, Robert Fess, Mrs. Milo S. Gates, Kurt Hauser, Van Johns, Raymond Malott, Robert Miller, William Miller, Mr. & Mrs. Harlow Rothert, and Mark Thomas, Jr. Their efforts and the hard work of many other people have made Cobb Track and Angell Field one of the finest venues in the country.

Stanford Stadium

Cobb Track & Angell Field replaced the long time home of Stanford track and field, Stanford Stadium. Nestled in a eucalyptus grove on the University campus, Stanford Stadium was the site of many top international and national track meets, including the 1960 U.S. Olympic Trials and the USA vs. USSR dual meet in 1962, which drew over 150,000 fans during the two-day event. In 1978, a tartan track was installed, providing Stanford with one of the finest outdoor running surfaces in the nation. Called "the best of all worlds for every event" by former head track coach Payton Jordan, the track design featured heavier texture on the inside lanes for distance running and harder, faster granules on the outside lanes for sprints.

Angell Field

Angell Field was originally dedicated on March 13, 1933, and named in honor of Dr. Frank Angell, who headed the Faculty Athletic Committee for 20 years starting in 1892. A graduate of the University of Vermont, Angell served on the faculty of Cornell University, came to Stanford in 1892, retired at age 65 in 1922, and died at age 82 in 1939. After retiring, he timed track meets, including Ben Eastman's world record in the 400-yard dash at Stanford on March 26, 1932. Ray Lyman Wilbur, Stanford's third president, once wrote, "He (Frank Angell) had a keen appreciation of excellence and of competition, but at the same time was interested in those who struggled for third or fourth place. This led him to accept responsibility for leadership in athletics in the early days of Stanford."



Longtime Stanford coach Payton Jordan (left) with Chuck Cobb, benefactor for Cobb Track and Angell Field



2006 Stanford Track and Field

Stanford Track and Field

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Stanford Athletics	www.gostanford.com
Pac-10 Conference	www.pac-10.org

Cardinal Quick Facts

Location	Stanford, Calif. 94305
Founded	1891
Total Undergraduate Enrollment	6,556
President	John Hennessy
Athletic Director	Bill Walsh (interim)
Colors	Cardinal & White
Nickname	Cardinal
Home Track	Cobb Track & Angell Field
Conference	Pacific-10
Media Relations Director	Bob Vazquez
Team Physician	Dr. Michael Fredericson

Credits

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On the Cover

Front Cover: Clockwise from top: Arianna Lambie, Michael Robertson, Wopamo Osaishi, Janice Davis, Erica McLain, Russell Brown.
Back Cover: Clockwise from top: Ashley Freeman, Solomon Welch, Teresa McWalters, Joaquin Chapa, Neftalem Araia, Brett Gotcher.

2006 Stanford Women's *Prominent, nationally ranked* Track and Field Outlook *student-athletes will lead the Cardinal in 2006*



Ashley Purnell

For the past seven years, the Cardinal women have consistently finished among the top teams at the Pac-10 Conference and NCAA Championship meets.

Since the arrival of Coach Edrick Floreal (Franklin P. Johnson Director of Track & Field) in 1999, Stanford University has steadily become one of the premier women's track and field programs in the United States. For the past seven years, the Cardinal women have consistently finished among the elite teams at the Pac-10 and NCAA Championship meets. Last year, Stanford set eleven school records to help the Cardinal win the Pac-10 Championship, NCAA West Regional Championship, and to place fifth at the NCAA Track & Field Championship. The Pac-10 title was the first in school history and broke UCLA's eight-year stronghold on the conference title. The fifth place showing at the NCAA outdoor championship was the highest finish for the Cardinal since 1992 when it placed fourth. The Stanford women started the 2005-06 academic year with its third NCAA cross country title. In 2006, the Stanford women will look to continue its supremacy as Pac-10 Champions, as well as a NCAA title contender. A haven for the top young middle and long distance runners in the United States, the women's track and field team at Stanford University has expanded to include the nation's best sprinters, jumpers and throwers as well. The Cardinal women will have an athlete that is able to score points at the Pac-10 Championships and capable of qualifying for the NCAA Outdoor Championships in nearly every track and field event. Strengthened by six returning All-Americans and several NCAA West Regional and Pac-10 champions, Stanford is well equipped to have a successful 2006 indoor and outdoor season.

Sprints/Hurdles

Stanford has developed many of the finest women sprinters in the United States. The 2005 season best exemplified Stanford's national caliber status in the sprints and hurdles as several school records were set and the Cardinal were among the nation's elite in the sprint relays. In 2006, every member of the deep and talented Stanford sprint and hurdle squad returns for another promising season. Janice Davis, Nasonme Johnson, Ashley Purnell, Jakki Bailey and Chauntae Bayne (Hackett) are the nucleus of this group. These talented athletes have rewritten the Stanford record books and are poised to contribute to another Pac-10 title and a top 10 finish nationally. Davis, a two-time All-American, has emerged as one of the premier sprinters in the Pac-10 as both a 100 and 200 meter runner, as well as a member of the 400 and 1600 meter relay teams. Davis' name appears in the Stanford record book in the 100 meters (11.47, #2 all-time at Stanford), the 200 meters (23.62, #4 all-time at Stanford), the 60 meters (7.31, indoor school record) and the 200 meters (23.70 indoor school record). Davis' 100 meter time was set last year as she won the NCAA West Regional title. The 200 meter time was set at the Stanford Invitational. Davis also is a member of the school record holding 1600 meter relay team (3:29.39) which finished sixth at the NCAA Championship, thus earning Davis All-American honors. Davis also ran the second leg on Stanford's indoor 1600 meter relay team which set the school record (3:34.92) at the Arkansas Tyson Invitational. Nasonme Johnson, a two-time All-American, has etched her name in the Stanford record book on several occasions. Johnson also played a pivotal role in helping the Cardinal women win the Pac-10 and NCAA West Regional titles in 2005. Johnson ran the third leg on the second place 400 meter relay team at the Pac-10 championship and also finished third in the 400 meters. Johnson then put her talents in high gear at the NCAA West Regional as she ran the third leg on Stanford's winning 1600 meter relay team. She also finished second in the 400 meters and ran the third leg on the fourth place 400 meter relay team. During the 2005 indoor season, Johnson proved to be valuable by helping the Cardinal win the 2005 MPSF Indoor Championship. Johnson was victorious in the 400 meters and was a member of the winning 1600 meter and distance medley relay teams. Johnson's experience at the Pac-10 Championships, NCAA West Regionals, and NCAA Championships bodes well for success during the 2006 indoor and outdoor seasons. Johnson's name appears in the school record book with outdoor

times of 11.64 in the 100 meters (#3 all-time at Stanford), 23.61 in the 200 meters (#3 all-time at Stanford), 52.40 in the 400 meters (school record), and the 400 meter relay (44.18, school record). Ashley Purnell, whose sister competes on the nationally-ranked Cardinal gymnastics team, has established herself as one of the top Pac-10 sprinters. During the 2005 outdoor season, she set career-bests in the 100 meters (11.68, #4 in school history) and the 200 meters (23.43, #2 in school history). Indoors, Purnell set a school record in the 400 meters with a time of 53.57. Purnell also ran the anchor leg on the school's 400 meter relay team and the indoor 1600 meter relay team. Jakki Bailey provides depth in the 100 meters and the 400 meter relay. Chauntae Bayne (Hackett) returns to the Cardinal varsity after sitting out the 2005 outdoor season. Her talents will give Stanford added depth in the 100 and 200 meters, and the 60 meters and 200 meters indoors. Bayne also has the experience to compete on both relay teams. In 2003 (during her freshman season), she ran a 11.81 in the 100 meters which still remains the seventh-best time in school history.

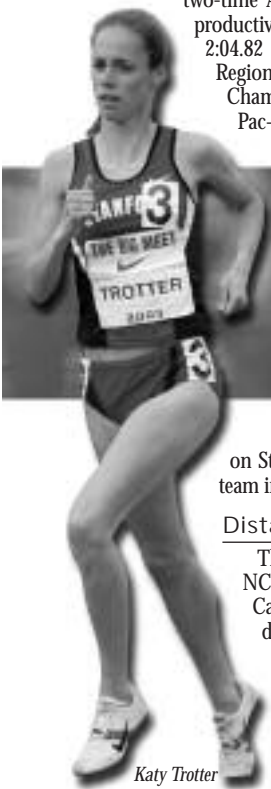
Sophomore Deborah Akinniyi will add depth in the hurdles. Akinniyi competed in the 100 meter hurdles where her time of 14.30 last year is ninth-best in school history

Middle Distances

Year after year, Stanford produces some of the finest collegiate middle distance runners, and this year is no exception. Five of Stanford's top seven 1500 meter runners return from a team that helped the Cardinal capture the Pac-10 title, an NCAA West Regional crown and a fifth place performance at the NCAA Championship in Sacramento. Heading the list of talented returnees is Arianna Lambie who has emerged as one of the top young middle distance runners in school history. Lambie, a four-time All-American began the 2005-06 school year by leading the Cardinal to win the NCAA Championship in cross country. Lambie was also the NCAA West Regional and Pac-10 Runner of the Year in cross country. Since her freshman season (2003), Lambie has proved she is one of the best middle distance runners in the nation. Outdoors, Lambie posted a season-best time of 4:13.64 to finish third at the NCAA Track & Field Championship in Sacramento. Earlier in the year, Lambie captured the indoor mile title at the MPSF Championship with a time of 4:39.01, the third-best time in school history. She then finished ninth at the NCAA Indoor Championship at Arkansas. Lambie first emerged as a factor on the national scene two years ago when she turned in the nation's #1 time for a freshman at 4:13.14. That time is still her career-best, a freshman school record and fourth-best in school history. Also in the 1500 meters are Katy and Amanda Trotter and Lauren Centrowitz. Katy Trotter has gained All-American honors three times in her two years on The Farm. Last year during the outdoor season, Katy displayed her talents not only in the 1500 meters but the 3000 meter steeplechase and the 5000 meters as well. Katy also competed indoors in the mile and 3000 meters. Look for Katy to give Stanford a dominant presence nationally, both indoors and outdoors. Katy is coming off an outstanding 2005 cross country season. She was Stanford's second runner at the NCAA Championships to gain All-American honors. Amanda Trotter, like her sister, is talented in several running events. Last year during the outdoor season, Amanda ran events from the 800 meters through the 5000 meters. Centrowitz redshirted last year, but competed in the finals in the 1500 meters at the USA Junior Outdoor Championship. She also competed on Stanford's winning team at the Pac-10 and NCAA Cross Country Championships, and gained All-American honors as the Cardinal won the NCAA title in 2005. Ashley Freeman and Chinny Offer are two extremely talented runners who have the capability to give Stanford potential points at the Pac-10, Regional and NCAA Championship meets. Freeman is a



Chinny Offer



Katy Trotter

two-time All-American and is returning from a highly productive season in 2005. Freeman ran a career-best 2:04.82 (#4 in school history) at the NCAA West Regional to finish second and qualify for the NCAA Championship. Freeman also finished second at the Pac-10 Championship. Freeman helped Stanford win the 1600 meter relay title at the NCAA West Regional, and gained All-American honors in helping the team to a sixth place effort at the NCAA's. Off ran a career-best 2:06.42 in the 800 meters at the NCAA Championships last year. The Cardinal has plenty of quality depth with the likes of Lindsay Allen and Laura Mottaz. The freshman class is outstanding. The list of talented newcomers includes Alicia Follmar, Mary Liz McCurdy, Madeleine O'Meara and Kaylin Pennington. Follmar ran as a true freshman on Stanford's NCAA Championship cross country team in 2005.

Distances

Thanks largely to the members of the 2005 NCAA Cross Country Championship team, the Cardinal will continue to be one of the most dominant distance programs in the United States. That has been the case for the past several years, and that will be the case in 2006. Great runners like Sara Bei and Alicia Craig graduated in 2005, but there are several returning runners who will continue the rich tradition of great distance running at Stanford. In the 5000 meters, the top returnee

is Teresa McWalters, who helped propel the Cardinal cross country to the NCAA title in 2005. Competing in her first outdoor 5000 meter race last year at the NCAA Championship in Sacramento, McWalters ran a strong race against the nation's top collegiate runners, and finished in third to earn All-American honors. McWalters gained entrance to the NCAA's with a second place finish at the NCAA West Regional in Eugene, Oregon. Katie Harrington and Lindsay Flacks are two young Stanford runners who will emerge as top collegiate runners in 2006. Harrington, who ran for the winning Stanford team at the NCAA Cross Country Championship, showed her versatility last year as a freshman by running the 1500, 5000 and 10,000 meters. At the Pac-10 Championship, Harrington finished fifth in the 10,000 meters. Flacks, like Harrington, ran the 1500, 5000 and 10,000 meters as a frosh runner at Stanford last year, and her third place finish in the 10,000 meters helped the Cardinal win its first Pac-10 conference title. Flacks appears ready to continue her success after an outstanding cross country season in 2005 where she gained All-America honors. Flacks ran on Stanford's NCAA title winning team. There will be a bus load of talented depth with the likes of Julie Allen, Amanda and Katy Trotter, and Shannon Bergstedt. In two of the last three years, Stanford has produced an NCAA champion in the 10,000 meters at the NCAA Championship. Look for Julie Allen, Lindsay Flacks and Katie Harrington to dominate that event throughout the year for Stanford. The 3000 meter steeplechase has also been a strong event for the Cardinal in recent years, and this year will be no exception. Jeane Goff, who had been one of the team's top steeplechasers in school history, has graduated, but look for top performances Lindsay Allen, and Katy and Amanda Trotter. Allen, who is only a sophomore, captured the 2005 United States Junior Outdoor championship, and went on to earn the bronze medal at the Junior Pan Am Games in Canada. Her time of 10:26.71 at the Stanford Invitational is fifth-best in school history. Amanda Trotter has been a Pac-10 finalist in the steeplechase the last two conference meets, and has qualified both years at the NCAA West Regional. Her time of 10:36.73 last year at the conference championship is sixth-best in Stanford history. Katy Trotter became the school record holder in the steeplechase (10:07.55) two years ago. Her time is also the American Junior Record and third fastest in Pac-10 history. Last year, her second place finish helped the Cardinal to victory at the Pac-10 Championship.

Jumps

The jumps group includes talented athletes in the long jump, triple jump, high jump and pole vault. Erica McLain enjoyed one of the greatest freshman seasons in NCAA history last year. McLain established herself as one of the great collegiate triple jumpers in the country and has the potential to be one of the all-time great competitors in the United States and beyond. At the United States Outdoor Track & Field Championship, McLain captured the national title with an American junior mark of 45-11 3/4 (14.01m). This qualified McLain for the World Track & Field Championships in Helsinki, Finland. She helped Stanford win the Pac-10 championship with victories in the triple jump and long jump to become the first athlete to win both events at the Pac-10 championships. A second place effort at the NCAA West Regional and a third place effort at the NCAA Championship earned McLain All-American honors. Deborah Akinniyi also enjoyed an outstanding freshman season in 2005. Akinniyi gained valuable experience competing at the USA Junior National Championship, the NCAA Outdoor Championship, the NCAA West Regional and the Pac-10 Championship. Her collegiate triple best of 41-4 (12.60m) is third-best in school history, while her indoor mark of 39-6 (12.04m) is sixth-best in the school record book. Freshman sensation Lauren Stewart will add depth and national scoring potential in the long, triple and high jump. This multi-talented athlete will also compete in the multi-events. Joining Stewart in the high jump will be junior Lindsey Gannaway. Gannaway brings Pac 10 scoring experience and the ability to score at the national level. Two other high jumpers to watch are sophomores Maura Burk and Tessa Flippin. Both have the ability to score at the Pac 10 level. Sam Shepard and Anna McFarlane return to lead the cardinal pole vault squad. Samantha Shepard, a senior, is the most experienced pole vaulter on the team in 2006. She has competed at the NCAA West Regionals the last three years. Anna McFarlane has the potential to set a school record indoor and outdoor in the pole vault. As a freshman, McFarlane performed like a season veteran with a season-best of 12-11 (3.96m) at the NCAA West Regional.

Throws

This is an area which showed marked improvement during the course of the 2005 season, and several key student-athletes return this year. Sarah Hopping and Katy Elsbury lead a strong group of competitors in the hammer. Hopping has served notice that she will be one of the top hammer throwers not only at the Pac-10 level but also on the national scene. Last year, Hopping set a school record which earned her a second place finish at the NCAA West Regional with a throw of 204-2 (62.23m). That mark earned her a berth at the NCAA Championship in Sacramento. Earlier in the year, Hopping's third place finish in the hammer gave Stanford key points in helping the Cardinal women to its first Pac-10 title. Hopping ended her excellent season by competing at the United States Outdoor Championship. Indoors, Hopping threw the 20-lb weight a career-best 56-8 1/2 (17.28m) which is fourth-best in school history. Elsbury, like Hopping, enjoyed an excellent season in 2005. Her mark of 186-8 (56.91m) at the Cardinal Invitational was fifth-best in school history. Sophomore Melissa Yungmans will carry the load for the Cardinal in several events. Yungmans was Stanford's top performer in the shot put as a freshman last year with a mark of 52-4 3/4 (15.97m) at the NCAA West Regional, the fourth-best mark in school history. Yungmans later competed at the United States Junior National Championship. Yungmans will join a strong group of student-athletes in the discus. The list includes Sara Jacobsen, Sally Mills and Stephanie Benight. Jacobsen returns as Stanford's top discus thrower. Mills achieved personal bests in the discus, shot put and javelin last year while Benight provides valuable depth. Danielle Maier set the freshman school record and third best in the varsity record book in the javelin last year with a mark of 150-2 (45.78m). Her experience competing at the Pac-10 and NCAA West Regional Championships will add to the team's success in 2006. Freshman Michaela Wallerstedt will be a valuable addition to the team.

Multi Events

The young group of multi-event athletes will be led by freshman Lauren Stewart. Stewart's ability to be competitive in many of the open events makes her a threat nationally in the pentathlon and heptathlon. Depth will be provided by Deborah Akinniyi and Dani Maier. Akinniyi's long jump and hurdle ability makes her a scoring threat at the Pac 10 level.

Last year, Stanford broke UCLA's eight-year stronghold to capture the Cardinal's first Pac-10 Conference Championship. The team also won the NCAA West Regional Championship and placed fifth at the NCAA Track & Field Championship.



Lindsey Gannaway

2006 Stanford Men's *Talented, well-balanced squad will* Track and Field Outlook *maintain the Cardinal strength in 2006*



Jonathan Pierce

The national success for Stanford has been prolific, as the Cardinal has finished in the top 10 at the NCAA Championships for seven of the past eight years, including a national title in 2000.

Under the direction of Edrick Floreal (Franklin P. Johnson Director of Track & Field), the 2006 Stanford men's track and field team will maintain its strength in the middle and long distance events, and add a solid group of throwers, sprinters and jumpers. The Cardinal will again field a team that will compete against the best teams on the national level and among the best teams in the Pacific-10 Conference. The national success for Stanford has been prolific, as the Cardinal has finished in the Top 10 at the NCAA Championships for seven of the past eight years, including a national title in 2000. Last year, buoyed by a victory by Michael Robertson in the discus, the Cardinal men finished seventh at the NCAA Championship.

The return of several top student-athletes will boost Stanford's efforts in 2006. A number of other talented student-athletes that rank high on the Stanford all-time performance list in various events will complete a Cardinal roster that will be one of the most balanced in recent years. Add a group of newcomers with tons of potential and Stanford is prepared to return to the top at the Pac-10 Conference and NCAA levels.

Sprints/Hurdles

It had been many years since a freshman made an impact among the sprint corps at Stanford University. Last year, then freshman Wopamo Osaisai arrived on the Stanford campus armed with a well-chronicled resume of outstanding results in both the 100 and 200 meters. Osaisai did not disappoint. Osaisai served notice that he will be a dominant force on both the Pac-10 level and the national level for the next three years. In 2005, Osaisai broke the long standing school record in the 100 meters with a time of 10.39 at the Junior Pan Am Championships in Canada. His time eclipsed the 1977 record of 10.40 of Gordon Banks. Osaisai also joined the ranks of some of the great Stanford sprinters including Larry Questad, James Lofton and Darrin Nelson. His fourth place finish among a strong group of sprinters at the NCAA West Regional vaulted Osaisai to a berth at the NCAA Track & Field Championships where he gained valuable experience running against some of the best collegiate veterans in the United States. Osaisai ended the 2005 season with a second place finish at the USA Junior Championship and then his record-breaking performance at the Junior Pan Am Championship. Osaisai also demonstrated his ability to run in several other events. His time of 21.04 in the 200 meters was a freshman school record and fifth best among Cardinal varsity sprinters. Osaisai also contributed his talents as a member of the 400 and 1600 meter relay teams. Osaisai ran the anchor leg on Stanford's 400 meter relay team which clocked a season-best time of 40.69, ninth-best in school history. Indoors, Osaisai was just as powerful. Osaisai set the school record in the 60 meters (6.83) as well as producing a time of 21.82 in the 200 meters which is fourth-best in school history. In the hurdles, Daniel Knickerbocker and Myles Bradley will be Stanford's top threat in both the 100 meter and 400 meter hurdles.

Middle Distances

Russell Brown, Joaquin Chapa, Michael Garcia, Lauren Jespersen, and Garrett Heath are some of the names that will lead a Stanford middle distance crew that will again be one of the best in the nation in 2006. Brown is coming off an All-American season as a freshman on the indoor distance medley relay team, and will see action primarily in the 1500 meters. Last year, Brown had the team's second best time in the 1500 meters (3:41.72). Brown established that he will be one of the top middle distance runners in the Pac-10 and possibly on the national scene with experience running at the 2005 Pac-10 Championship, the NCAA West Regional, and the NCAA Championship in Sacramento. Brown completed his freshman season by competing in the 1500 meters at the U.S. Outdoor Championship. Chapa enjoyed a solid season in 2005 in the 800 meters (1:49.98) and the 1500 meters (3:43.22). His talents landed him a spot in the 1500 meters at the NCAA West Regional and the U.S. Outdoor Championship. Chapa, who gained his first All-America honor as a member of the indoor distance medley relay team at the NCAA Championship, also competes indoors in the mile and 800 meters. Expect a breakout season for the talented junior runner from Portland, Oregon. Garcia runs the 800 meters and based on his successful first year of competition in 2005, is poised to make a sizable impact on both the Pac-10 and national levels. Garcia will compete both indoors and outdoors in the 800 meters. His indoor time of 1:49.61 at the MPSF Championship as a freshman is second-best in school history. Heath enjoyed an excellent redshirt freshman season in cross country in 2005, and competed on Stanford's sixth place effort at the NCAA's. A strong group of freshman middle distance runners are expected to see immediate action including Alex Greenburg and John McGuire. Greenburg was a California state finalist in the mile last year in high school, while McGuire set the Colorado state high school record in the 800 meters in 2005.

Distances

Replacing Ian Dobson and Ryan Hall, both 2005 Stanford graduates, won't be easy. During their tremendous careers at Stanford, Dobson and Hall, together, won 14 All-American honors, set several school records, won two NCAA individual titles, and maintained Stanford's status as one of the top cross country programs in the United States. Dobson was the 2005 indoor 5000 meter champion last year, and Hall won the outdoor 5000 meter crown later in the year. Dobson and Hall leave a lasting legacy of success on the Stanford campus, and their efforts will be tough to duplicate. However, as is the case with the distance running program at Stanford, you replace great runners with other great runners. Jacob Gomez, Neftalem Araia, David Vidal, Jonathan Pierce, Forrest Tahdooahnippah, Brett Gotcher and Hakon DeVries are among those runners who will again spearhead a dominant distance running corps for Stanford in 2006. Araia performed like a seasoned

Forrest
Tahdooahnippah

veteran in 2005 despite being only his first year of collegiate competition. He ran the ninth fastest time in school history in the 5000 meters (13:44.78), competed in the finals at the NCAA West Regional and United States Outdoor Championship, and finished third in the 10,000 meters at the Pac-10 Championship. Araia then started the 2005-06 academic year by being Stanford's top runner on the nationally-ranked cross country team that finished sixth at the NCAA's. Araia has been an All-American the last two seasons in cross country. Gomez has competed at the NCAA, Regional and Pac-10 championship meets, and is coming off a highly productive cross country season in 2005 in which he helped the Cardinal to a sixth place finish at the NCAA's. Vidal emerged as one of the top 3000 meter steeplechasers in the Pac-10 and the NCAA West Regional last year. His experience and talent could make an impact on the national scene in 2006. His second place time of 8:43.07 at the Pac-10 Championship was fourth-best in school history. Pierce competed in three events (1500 meters, 3000 meter steeplechase, 5000 meters) last year for the Cardinal and

David Vidal

no doubt his best event was the steeplechase. A finalist at both the Pac-10 and NCAA West Regional, Pierce's time of 8:45.84 at the West Regional was fifth-best in Stanford history. Pierce, a contributing member of Stanford's nationally-ranked cross country team, has the talent and versatility to compete both indoors and outdoors in events ranging from the 800 to the 5000 meters. Tahdoohnippah, as a redshirt freshman in 2005, ran both the 5000 and 10,000 meters. He gained valuable experience in running the 5000 meters at the NCAA West Regional. Tahdoohnippah also was valuable member of the cross country team during the 2005 season. Stanford has enjoyed a rich tradition in the 10,000 meters at the NCAA Championship. Three NCAA champions since 1998 have been from Stanford. Gotcher has the potential to make an impact on the national level. Gotcher has competed at the NCAA's in the 10,000 meters the last two years and his experience competing at that level will help him again throughout the 2006 campaign. Gotcher also has competed in the 1500 meters through the 5000 meters for Stanford. Eric Giddings, a freshman, will add depth to the Cardinal in the distance events.

Jumps

One of the top horizontal jump tandems in the Pac-10 Conference will lead the Cardinal again in 2006. Seniors Solomon Welch and Feranmi Okanlami have served as the leaders of the jumpers at Stanford the past three years, and both student-athletes are ready to further

change the Cardinal record book in 2006. Last year, Welch and Okanlami placed their names in the Top 10 record book in the triple jump. Welch became Stanford's second all-time leading triple jumper with an effort of 51-9 (15.77m) while Okanlami moved to seventh all-time on The Farm with a career-best effort of 50-5 1/4 (15.37m). Welch's fifth place effort at the NCAA West Regional earned him a berth to the NCAA Track & Field Championship in Sacramento. Indoors, Okanlami came within two inches of the school record in the triple jump with a mark of 50-0 (15.24m) at the Mountain Pacific Sports Federation (MPSF) Championship.

Graeme Hoste and Ben Dickens return to lead a young and talented pole vault squad. With the addition of Alabama state record holder, Donell Hill, and Jesuit High School record holder, Kelly McGrath, Stanford could see its first trio of 17-foot vaulters. Hoste had an impressive freshman year, vaulting 16-7. This mark placed him second all-time on the freshman list and earned him a spot at the NCAA Regionals. Look for him to move into the top three all-time this year and compete at the indoor and outdoor NCAA Championships.

Throws

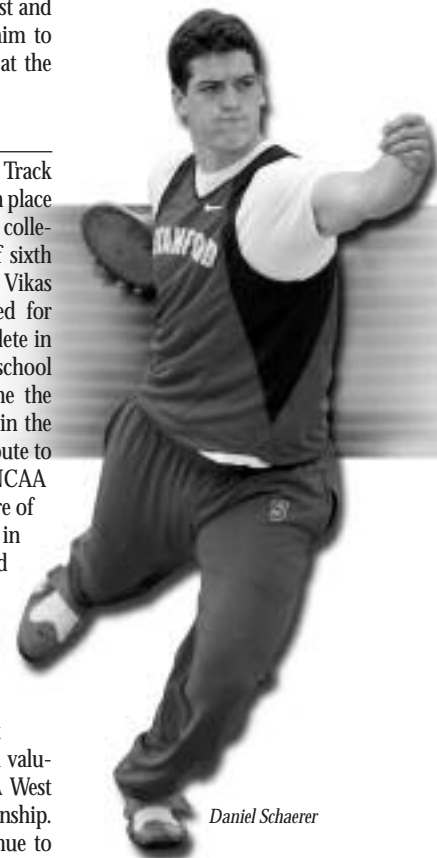
Michael Robertson's victory in the discus at the NCAA Track & Field Championship helped propel Stanford to a seventh place team finish. Robertson had been ranked second among collegiate throwers in the nation last year, but on his fifth of sixth throws at the NCAA Championship he upset the favorite, Vikas Gowda, the 2004 Olympian from India, who competed for North Carolina. Robertson became the first Stanford athlete in 40 years to win the national title in the discus with a school record effort of 202-5 (61.70m). Robertson also became the eighth Stanford athlete to have captured the NCAA title in the discus since Clifford Hoffman won the title in 1921. En route to his NCAA title, Robertson also won the discus title at the NCAA West Regional and the Pac-10 Championship. Expect more of the same outstanding results from the Cardinal senior in 2006. Robertson's talents also extend into the hammer and shot put. Michael Macellari is Stanford's top returnee in the shot put. Macellari, a member of the Stanford football team, gained experience competing not only at the Pac-10 Championship but the NCAA West Regional as well. Daniel Schaerer emerged as one of the top discus throwers on the team last

year. Schaerer, as a freshman in 2005, gained valuable experience competing at the NCAA West Regional and the Pac-10 Championship. Keith Avila and Bryan Kelley continue to show great potential as javelin competitors in the Pac-10 Conference. Avila threw the javelin a career-best 194-11 (59.41m) which is fifth-best in school history while Kelley had a mark of 191-2 (58.26m) which is seventh-best in school history.

Multi Events

Sophomore Josh Hustedt will lead the multi-event group. Hustedt's talents in the long jump, pole vault, hurdles and high jump will provide him with scoring potential at the national level. Look for Hustedt to break the indoor school record in the heptathlon and compete at the indoor and outdoor NCAA Championships.

Last year, buoyed by a victory by Michael Robertson in the discus, the Cardinal men finished seventh at the NCAA Championships.



Daniel Schaerer



Feranmi Okanlami



Edrick Floreal

Franklin P. Johnson
Director of Track & Field

ers and horizontal jumpers. Floreal's experience as a world class athlete, combined with his technical knowledge in the sprints, hurdles and jumps, makes him one of the premier track and field coaches in the United States.

The Stanford women have progressed into one the finest all-around women's track and field teams in the NCAA while maintaining the great tradition of middle and long distance prowess that Stanford has enjoyed for many years. Floreal has assembled a talented group of sprinters, jumpers and throwers that rival the best in the United States. The Stanford women have finished third or better at the Pac-10 Championships in six of the seven years Floreal has been with the team, including consecutive runner-up finishes in 2003 and 2004.

In 2005, under Coach Floreal's leadership, the Stanford women's team enjoyed one of its most successful seasons ever. At the Pac 10 Championship, the Cardinal won their first conference track & field team title in school history with a school record 173 points. Four Cardinal athletes captured five Pac-10 titles in helping Cardinal to first place honors. Two weeks later the Cardinal women went on to win the NCAA West Regional track and field championship. At the NCAA Championships in Sacramento, 24 Cardinal student-athletes (14 women, 10 men) competed for All-American honors. The Stanford women placed fifth, improving on their sixth place finish from a year earlier. This championship produced eleven Stanford All-Americans (8 men, 3 women) and a school record for the Cardinal in the women's 1600 meter relay. While the Cardinal women finished fifth, the Stanford men's team placed seventh, thus becoming the fifth time in school history that both teams finished in the Top 10 in the same year at the NCAA Track & Field Championships. The Stanford women have finished in the Top 10 the last five years.

The 2005 indoor season saw great success as well. At the NCAA Championship, Erica McLain gained two All-American honors with a second place finish in the triple jump and an eighth place finish in the long jump. Six indoor school records were broken. They included Wopamo Osaisai in the indoor 60 meters, Nick Sebes in the indoor 400 meters, Janice Davis in the indoor 60 meters and 200 meters,

Edrick Floreal, who has spearheaded a resurgence of the Stanford track & field program, was named Franklin P. Johnson Director of Track & Field during the fall of 2005.

"I want to return to the philosophies of past great Stanford track & field coaches where the student-athletes are the center of the team and feel very comfortable," said Floreal, who is in his eighth season at Stanford. "I really believe in Payton Jordan's philosophy of the coach-athlete relationship and having an atmosphere of family amongst the team."

Since his arrival at Stanford, Cardinal athletes have enjoyed tremendous success. Numerous Stanford athletes under his guidance have competed for top honors at the Pac-10 and NCAA Championships. As the Franklin P. Johnson Director of Track and Field, Coach Floreal manages all aspects of the men's and women's track and field and cross country programs, in addition to coaching the men's and women's sprint-

Ashley Purnell in the indoor 400 meters, and the indoor 1600 meter relay. The team consisted of Christine Moschella, Janice Davis, Ashley Freeman and Ashley Purnell.

Recognized by his colleagues, Floreal was named 2005 Pacific-10 Women's, Regional and District Track & Field Coach of the Year. In addition, he was named Mountain Pacific Sports Federation West Region Coach of the Year for a stellar job during the 2005 indoor season.

During Floreal's tenure at Stanford, the school record book has undergone a dramatic change. Floreal's coaching framework for success has brought out the best in his student-athletes. Under Floreal's direction, Stanford student-athletes have garnered 20 All-American honors. Since 2001, 16 Stanford individuals and relay teams have won Pac-10, NCAA West Regional and MPSF Indoor Championship honors, in addition to 13 school records that have been broken.

Floreal's vast technical knowledge in the sprints, hurdles and jumps, and his experience as a world-class athlete have benefited Cardinal athletes with outstanding individual accomplishments in a wide variety of events. On the international level, Floreal has coached numerous Olympians and national champions. In 1993, Floreal coached LaVonna Martin-Floreal as she won the silver medal in the 60 meter hurdles at the IAAF World Indoor Championships. Grace Upshaw won the long jump title at the 2003 U.S. National Championships and finished eighth at the World Championships in Paris, France. Upshaw, the 2003 U.S. Indoor champion in the long jump, finished the season as the No. 1 ranked long jumper in the United States and the No. 5 ranked long jumper in the world. Upshaw finished second in the long jump at the 2004 U.S. Olympic Trials to earn a spot in the Athens Olympic Games.

Floreal also coached Stanford alumnus Jackie Edwards to her fourth Olympic Games in the long jump, and helped guide 2000 Stanford graduate Toby Stevenson to the silver medal at the Olympic Games in Athens. Stevenson had the No. 2 pole vault performance in the world at 19-8 1/4 (6.00m), a height cleared by only 12 men in the history of track and field.

Prior to his arrival at Stanford, Floreal coached 13 All-Americans and five SEC champions in three seasons at the University of Kentucky. Floreal also enjoyed a successful coaching stint at Georgia Tech where he led the Yellow Jacket athletes to six ACC Championship titles from 1993-96.

Floreal began his coaching career at the University of Nebraska. In 2002, Floreal served as an assistant coach for Team USA at the IAAF World Junior Track and Field Championships in Kingston, Jamaica, leading the gold medal winning men's 4 x 100 meter relay to a World Junior Record.

As a competitive athlete, Floreal was a world-class triple jumper for his native country of Canada. Floreal competed in the triple jump for Canada at the 1988 and 1992 Olympic Games, and was a four-time participant at the IAAF World Track and Field Championships. In 1989, Floreal was ranked No. 9 in the world in the triple jump. Floreal was a standout student-athlete at the University of Arkansas where he was a five-time NCAA champion in the triple jump and a seven-time All-American. Floreal was the first athlete in NCAA history to win three consecutive national outdoor titles in the triple jump. The University of Arkansas won four NCAA Championship team titles while Floreal was a member of the team. Floreal graduated from Arkansas in 1990.

Floreal is married to LaVonna Martin-Floreal, the 1992 Olympic silver medalist in the 100 meter hurdles. The couple has two children, Edrick Jr. and Mikaielle. The Floreal family resides in Palo Alto.



Edrick Floreal's Coaching Accomplishments at Stanford

National Team Finishes (Women)	NCAA West Regional Team Finishes (Women)	Pacific-10 Team Finishes (Women)	Mountain Pacific Sports Federation (Women)
2005 - 5th (outdoor); 8th (indoor)	2005 - 1st	2005 - 1st	2005 - 1st
2004 - 6th (outdoor); 7th (indoor)	2004 - 3rd	2004 - 2nd	2004 - 1st
2003 - 9th (outdoor); 6th (indoor)	2003 - 2nd	2003 - 2nd	2003 - 1st
2002 - 7th (outdoor); 5th (indoor)		2002 - 3rd	
2001 - 8th (outdoor)		2001 - 3rd	
		2000 - 3rd	

Individual

National & International Competition

2005 Wopamo Osaisai, Junior Pan Am Championship, 100 meters Wopamo Osaisai, United States Junior National Championship, 100 meters (2nd place); 200 meters (5th place) Deborah Akinniyi, United States Junior National Championship, triple jump Erica McLain, World Track & Field Championship, triple jump Erica McLain, United States Senior National Championship, triple jump (1st place)	Tracye Lawyer, USA Track & Field Championship, heptathlon Robyn Woolfolk, United States Junior National Championship, 100 meter hurdles	1600 meter relay team (Chinny Offor, Ashley Freeman, Nashonme Johnson, Janice Davis) 2003 1600 meter relay (Milton Little, Gerren Crochet, Curtis Goehring, Nick Sebes) Pacific-10 Conference Champions	1600 meter relay (Christine Moschella, Janice Davis, Ashley Freeman, Nashonme Johnson), 3:29.39 1600 meter relay indoors (Christine Moschella, Janice Davis, Ashley Freeman, Ashley Purnell), 3:34.92
2004 Feranmi Okanlami, United States Junior National Championship, triple jump	NCAA Champions 2000 Evan Kelty (indoor distance medley relay) Jayna Smith (indoor distance medley relay)	2005 Undine Becker, 400 meter hurdles Erica McLain, long jump Erica McLain, triple jump	2004 400 meter relay (T.J. Rushing, Nick Sebes, Curtis Goehring, Stanley Wilson), 39.71 Nashonme Johnson, 400 meters, 52.40 400 meter relay (Janice Davis, Nashonme Johnson, Christine Moschella, Ashley Purnell), 44.18 1600 meter relay (Chinny Offor, Christine Moschella, Janice Davis, Nahanme Johnson) 3:33.09 1600 meter relay indoors (Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman) 3:40.19
2003 Milton Little, United States National Championship, long jump Solomon Welch, Junior Pan Am Games, triple jump Solomon Welch, United States Junior National Championship, triple jump (1st place)	1999 Tracye Lawyer, heptathlon	2002 Milton Little, long jump	2003 Milton Little, 60 meters (indoors), 6.88 Justin Williams, 60 meter hurdles (indoors), 8.03 1600 meter relay indoors, 3:10.40 Jakki Bailey, 60 meters (indoors), 7.35 Lindsey Johnson, 100 meter hurdles, 13.48 Ashley Purnell, 200 meters (indoors), 23.88 400 meter relay (Undine Becker, Chauntae Bayne, Christine Moschella, Nashonme Johnson) 45.22 1600 meter relay (Chinny Offor, Christine Moschella, Lindsey Johnson, Nashonme Johnson), 3:34.82 1600 meter relay indoors (Nashonme Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella), 3:43.37 1600 meter relay indoors (Gerren Crochet, Milton Little, T.J. Rushing, Nick Sebes), 3:10.40
2002 Lillian Bush, United States Junior National Championship, heptathlon Gerren Crochet, United States Junior National Championship, 400 meter hurdles Solomon Welch, United States Junior National Championship, triple jump Undine Becker, United States Junior National Championship, 100 meter hurdles Undine Becker, United States Junior National Championship, long jump Keisha Gaines, United States Junior National Championship, 400 meters Ahimsa Hodari, United States Junior National Championship, heptathlon Christine Moschella, United States Junior National Championship, 400 meters	NCAA All-Americans 2005 Erica McLain, long jump (indoors) Erica McLain, triple jump Erica McLain, triple jump (indoors) Christine Moschella, (indoor distance medley relay) Chinny Offor (indoor distance medley relay) Nick Sebes (indoor distance medley relay) 1600 meter relay (Christine Moschella, Janice Davis, Ashley Freeman, Nashonme Johnson) 2004 Janice Davis (400 meter relay) Ashley Freeman (indoor distance medley relay) Nashonme Johnson (400 meter relay) Christine Moschella (400 meter relay) Chinny Offor (indoor distance medley relay) Ashley Purnell (400 meter relay)	2005 Janice Davis, 60 meters Janice Davis, 200 meters Nashonme Johnson, 400 meters Erica McLain, long jump Erica McLain, triple jump 1600 meter relay (Chinny Offor, Christine Moschella, Nashonme Johnson, Ashley Freeman) 2004 Ashley Freeman, 400 meters 1600 meter relay (Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman) 2003 1600 meter relay (Nashonme Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella)	2003 Milton Little, 60 meters (indoors), 6.88 Justin Williams, 60 meter hurdles (indoors), 8.03 1600 meter relay indoors, 3:10.40 Jakki Bailey, 60 meters (indoors), 7.35 Lindsey Johnson, 100 meter hurdles, 13.48 Ashley Purnell, 200 meters (indoors), 23.88 400 meter relay (Undine Becker, Chauntae Bayne, Christine Moschella, Nashonme Johnson) 45.22 1600 meter relay (Chinny Offor, Christine Moschella, Lindsey Johnson, Nashonme Johnson), 3:34.82 1600 meter relay indoors (Nashonme Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella), 3:43.37 1600 meter relay indoors (Gerren Crochet, Milton Little, T.J. Rushing, Nick Sebes), 3:10.40
2001 Lillian Bush, United States Junior National Championship, heptathlon Lindsey Johnson, United States Junior National Championship, 100 meter hurdles 1999 Warrick McDowell, United States Junior National Championship, triple jump	2000 Evan Kelty (indoor distance medley relay) Jayna Smith (indoor distance medley relay) 1999 Tracye Lawyer, heptathlon	Mountain Pacific Sports Federation Indoor Champions 2005 Janice Davis, 60 meters Janice Davis, 200 meters Nashonme Johnson, 400 meters Erica McLain, long jump Erica McLain, triple jump 1600 meter relay (Chinny Offor, Christine Moschella, Nashonme Johnson, Ashley Freeman) 2004 Ashley Freeman, 400 meters 1600 meter relay (Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman) 2003 1600 meter relay (Nashonme Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella)	2004 400 meter relay (T.J. Rushing, Nick Sebes, Curtis Goehring, Stanley Wilson), 39.71 Nashonme Johnson, 400 meters, 52.40 400 meter relay (Janice Davis, Nashonme Johnson, Christine Moschella, Ashley Purnell), 44.18 1600 meter relay (Chinny Offor, Christine Moschella, Janice Davis, Nahanme Johnson) 3:33.09 1600 meter relay indoors (Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman) 3:40.19
	NCAA West Regional Champions 2005 Janice Davis (100 meters)	School Records 2005 Wopamo Osaisai, 60 meters (indoors), 6.83 Wopamo Osaisai, 100 meters, 10.39 (also freshman record) Wopamo Osaisai, 200 meters, 21.04 (freshman record) Nick Sebes, 400 meters (indoors), 46.88 Janice Davis, 60 meters (indoors), 7.31 Janice Davis, 200 meters (indoors), 23.70 Erica McLain, triple jump, 45-11 3/4 (14.01m) Erica McLain, triple jump (indoors), 45-7 1/4 (13.90m) Ashley Purnell, 400 meters (indoors), 53.57	2003 Milton Little, 60 meters (indoors), 6.88 Justin Williams, 60 meter hurdles (indoors), 8.03 1600 meter relay indoors, 3:10.40 Jakki Bailey, 60 meters (indoors), 7.35 Lindsey Johnson, 100 meter hurdles, 13.48 Ashley Purnell, 200 meters (indoors), 23.88 400 meter relay (Undine Becker, Chauntae Bayne, Christine Moschella, Nashonme Johnson) 45.22 1600 meter relay (Chinny Offor, Christine Moschella, Lindsey Johnson, Nashonme Johnson), 3:34.82 1600 meter relay indoors (Nashonme Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella), 3:43.37 1600 meter relay indoors (Gerren Crochet, Milton Little, T.J. Rushing, Nick Sebes), 3:10.40
			2002 1600 meter relay indoors (Milton Little, Evan Kelty, Nick Sebes, Curtis Goehring), 3:10.97 Lindsey Johnson, 60 meter hurdles (indoors), 8.42 2001 1600 meter relay indoors, 3:14.96 Jayna Smith, 400 meters, 53.27 2000 Michael Harte, 60 meter hurdles (indoors), 8.23 Leroy Sims, 60 meters (indoors), 6.40 Wilsa Charles, 60 meters (indoors), 7.71 Jayna Smith, 400 meters (indoors), 53.76 1999 Tracye Lawyer, heptathlon, 5,855 points



Robert Weir

Head Men's Track & Field Coach

the Year. Weir also helped lead the Stanford men to the 2000 NCAA Outdoor Championship crown, the school's first track and field national title since 1934.

Under Coach Weir's direction, Stanford has produced numerous men's and women's All-Americans in every throwing event (shot put, discus, hammer, javelin). Coupled with his superior technical knowledge in every throwing event, Weir's experience as a three-time Olympian, three-time NCAA individual champion, multi-time All-American and collegiate and world record holder, make him one of the premier coaches in the United States.

In 2005, Weir coached Michael Robertson to the NCAA title in the discus. Robertson not only won the discus but also set the school record in the process with a throw of 202-5 (61.70m). Robertson began his march to the NCAA title with wins at the Pac-10 and NCAA West Regional Championships. Robertson became the first Stanford athlete in 40 years to win the discus at the NCAA Championship. Another of Weir's student-athletes, Sarah Hopping set the school record in the hammer (204-2, 62.23m) and helped the Cardinal team to the NCAA West Regional and Pac-10 championships with second and third place finishes, respectively. Hopping also competed at the NCAA Championships in Sacramento.

In 2004, seven-time All-American Jillian Camarena was the runner-up in the shot put at the NCAA Outdoor and Indoor Track and Field Championships. Camarena, the 2004 Pac-10 and NCAA West Regional champion in the shot put, placed third at the U.S. Olympic Trials. In 2004, Camarena set an indoor school record in the shot put (57-2 3/4, 17.44m) and an outdoor school record with a throw of 59-6 3/4 (18.15m), the second furthest throw in Pac-10 Conference history. Camarena graduated from Stanford as one of the premier shot putters in the United States and one of the greatest student-athletes in the storied history of Stanford Track and Field.

Omer Inan, Nick Welihozkiy and Camarena led the All-America crusade for the Cardinal throwers in 2003. Inan earned his third All-America award in the discus after finishing in the top-nine at the NCAA Championships for the third consecutive year. In 2002, Inan set the school record in the discus with a throw 198-7 (60.53m). Nick Welihozkiy was the 2003 NCAA West Regional champion in the hammer throw and was named All-American after a top-finish at the NCAA

The Stanford men's and women's throwers have achieved unparalleled success under the guidance of Robert Weir. As Weir enters his third season at Stanford as the Head Men's Track and Field Coach, his athletes continue to achieve remarkable success at the national and international levels. In addition to working with the Stanford men and women throwers, Weir oversees the complete direction of the men's track and field team.

Weir is entering his 13th season on the Cardinal staff. As the Men's Associate Head Coach from 2001-03, Weir helped lead the Cardinal to consecutive Pac-10 titles in 2001-02 and a runner-up conference finish in 2003. The 2001 Pac-10 Championship title was Stanford's first since 1927. Weir was named the 2001 NCAA West Regional Track and Field Coach of



Championships. Welihozkiy also was a NCAA Indoor Championship participant in the 35-lb. weight throw and owns the second furthest throw in Stanford history. Camarena finished second and third in the shot put at the NCAA Indoor and Outdoor Championships, respectively. In addition, junior Jessica Pluth broke the indoor school record in the 20-lb weight throw in 2003.

The coaching success of Weir has been evident among the Cardinal throwers for many years. David Popejoy was one of the top collegiate hammer throwers in the nation from 1994-95 and holds the school record with a throw of 240-10 (73.40m). Popejoy was a member of the 1996 U.S. Olympic team in the hammer throw. Justin Strand was a three-time All-American in the hammer throw and placed among the top eight at the NCAA Championships in 1997 and 1998. Adam Connolly finished his Stanford career as a six-time All-American in the hammer and 35-lb. weight throw and owns the second furthest throw in Stanford history at 237-3 (72.32m). In 2001, Chad Wassink set a school record in the javelin with a throw of 234-0 (71.32m).

The Stanford women throwers have enjoyed similar success with Weir at the helm. In the javelin, Sami Jo Small was one of the top throwers in the NCAA in 1995 and Allison Beatty was an All-American in 1999. Small represented Canada at the 1995 Pan Am Games. In 2001, Maureen Onyeagbako broke the school record in the hammer throw nearly every time she touched the implement and in 2002 Jessica Pluth set another school record at 196-2 (59.79m). Jillian Camarena won the gold medal in the shot put at the 2001 Junior Pan Am Games. Weir tutored Tracye Lawyer in the shot put and javelin as she captured the 1999 NCAA title in the heptathlon.

Weir's coaching accolades extend to the international level as well. In 2000, Weir coached Adam Nelson to a first place finish at the U.S. Olympic Trials and a silver medal at the Olympic Games. Nelson was ranked No. 1 in the world in the shot put in 2000. In 2003, Weir coached Kristin Heaston to Indoor and Outdoor U.S. National titles in the shot put. Heaston competed at the 2003 World Track and Field Championships in Paris, France. Weir was named to the United States coaching staff for the 2005 World Outdoor Track and Field Championships, as the Men's Throws Coach for Team USA.

Prior to coaching at Stanford, Weir guided several IC4A, Ivy League and New England champions as an assistant coach at Brown University.

As a post-collegiate athlete, Weir competed in the discus at the 1984, 1996 and 2000 Olympic Games for Great Britain. Weir was the captain of the Great Britain Olympic Track and Field team at the 2000 Sydney Olympics and was a ten-time British national champion in the discus. Weir was the 1998 Commonwealth Games champion in the discus. Weir also played professional football in Canada.

At Southern Methodist University, Weir won two NCAA Indoor titles in the 35-lb weight throw and one NCAA Outdoor title in the hammer throw. Weir finished third or better at every NCAA Championship competition from 1981-84. In 1983, Weir set a world indoor record in the 35-lb weight throw and led SMU to the NCAA Indoor Championship title. Outdoors, Weir set the collegiate record in the hammer throw and led SMU to the NCAA team title. Weir received a B.S. degree in Business Administration from Southern Methodist University in 1984.

Weir has two children, Robert and Jillian.

Peter Tegen, regarded as one of the most highly respected middle distance and distance coaches in the United States, was hired as Stanford's new men's and women's head cross country coach on August 17, 2005 by Edrick Floreal, Franklin P. Johnson Director of Track & Field.

"Peter Tegen is one of the most sought after middle distance and distance coaches in the country," said Floreal. "His ability to develop great runners is known throughout the world. He is a great coach and person. He relates to his athletes, and his athletes love him. Peter will be a huge plus to the Cardinal program."

Tegen's first duties were to coach the men's and women's cross country teams in 2005. The results were outstanding. The Cardinal women won the Pac-10 title, the NCAA West Regional crown, and ended the season with a victory at the NCAA Championship. Tegen coached Arianna Lambie to an All-American season with victories at the Pac-10 and NCAA West Regional, and a Top 10 finish at the NCAA Championship. The Cardinal men also enjoyed an excellent season. Stanford won the Pac-10 title for a sixth straight season, finished second at the NCAA West Regional and placed sixth at the NCAA Championship in Indiana.

Tegen enjoyed great success in 30 years of coaching at the University of Wisconsin in Madison. Within the Big Ten Conference, Tegen coached more league champions, national champions and All-Americans than any other coach. Tegen also coached more All-Americans than any coach in Wisconsin athletic history.

Tegen coached more than 43 national champions in track and cross country, and his athletes earned more than 250 All-American honors.

Tegen coached the Badgers to two NCAA cross country titles (1984, 1985), 24 Top-10 national finishes in cross country, 21 Top-10 national finishes in track, including four NCAA runnerup titles, and 39 Big Ten Conference championships in track and cross country. Tegen coached more than 224 Big Ten event champions.

His list of great runners include Olympians Kathy Butler (1996, 2004), Suzy Favor Hamilton (1992, 1996, 2000) and

Cindy Bremser (1984). He has also coached numerous runners who competed in several World Championships in track and field, and cross country.

Academics were just as important to Tegen with nearly 300 Academic All-Big Ten selections since 1984. Numerous other Badger athletes also gained Academic All-American status.

Because of his extraordinary success at Wisconsin and at Stanford, the United States Track & Field and Cross Country Coaches Association named Tegen the Outstanding NCAA Division I Women's Cross Country Coach of the past 25 years.

A native of the Hanover area in Germany, Tegen received his undergraduate degree from the Deutsche Sporthochschule and University of Koln in 1965, and has graduate degrees in English and sports sciences from the University of Freiburg in 1973.

Tegen has taught English and coached gymnastics and track in Germany, Africa and Latin America before coming to Wisconsin in 1973.

Tegen was the head coach of the Peruvian National team in 1971 and 1972. He also served as the head coach of the U.S. women's cross country team that finished sixth in the 1997 World Championships, the highest U.S. team finish since 1985.

Tegen has twice been selected by USA Track & Field to lead squads of middle distance runners on European tours.

Tegen has also received several notable honors in his career including National Cross Country Coach of the Year (twice), Big Ten Coach of the Year in track (six times) and in cross country (nine times).



Peter Tegen

Head Women's Track & Field Coach /
Head Cross Country Coach (Men/Women)





Ashley Couper

Assistant Coach, Track
and Field/Cross Country

Ashley Couper, who enjoyed success as a distance runner at Stanford University, the University of Vermont and now with the Palo Alto-based Nike Farm Team, joined the Stanford track and field/cross country staff during the summer of 2005.

Couper's success on the track has now carried over to the coaching ranks. Along with head cross country coach Peter Tegen, Couper helped guide the Cardinal women to the 2005 NCAA, NCAA West Regional and Pac-10 titles.

"Ashley is a young coach who loves the Stanford program and understands what it takes to be a successful student-athlete at Stanford," said Edrick Floreal, Franklin P. Johnson Director of Track & Field. "Ashley is committed to continuing our success in both the men's and women's distance running programs."

At Stanford in 2001, Couper finished sixth in the 1,500 meters at the NCAA Outdoor Championships to earn All-American honors. Couper also competed indoors on the team's nationally-ranked distance medley relay team. While at Vermont, Couper was

a standout competitor in cross country and track. Couper was a conference champion in the 1,500 meters, and was voted the 1999 Vermont cross country collegiate Female Runner of the Year.

At the conclusion of her career at Stanford, Couper was awarded the Bryan Mathias Award for her running achievements.

Couper, who has continued her running career with the Palo Alto-based Nike Farm Team, holds the Bermuda national record in the 1,500 meters and the mile.

Couper graduated Magna Cum Laude with a BA degree in French from Vermont in 2000. Couper won numerous academic honors including earning the Honor Roll in the America East Conference (1996-2000) and was the America East Conference Cross Country Scholar Athlete of the Year (1999).

Couper obtained her Masters degree in Education from Stanford in 2001. During her one-year running career on The Farm, Couper also won Pac-10 All-Academic Honors in addition to being named to the Stanford Athletic Honor Roll.



Kris Mack

Assistant Coach, Men's
and Women's
Multi-Events/Pole Vault

Kris Mack returns to The Farm for his third season as the Assistant Coach for the Cardinal men's and women's multi-event athletes and pole vault. Mack joined the Stanford staff in January of 2004 after working as a Physical Therapy Technician at BioMotion Physical Therapy in Thousand Oaks, CA.

As a member of the Cardinal coaching staff, Mack has been influential in helping Stanford qualify a record number of student-athletes for the NCAA Outdoor Track and Field Championships. In 2005, Mack coached then freshmen Graeme Hoste and Benjamin Dickens in the pole vault. Hoste vaulted 16-6 3/4 (5.05m) which qualified him for the NCAA West Regional, while Dickens vaulted 16-1 (4.90m) in five different meets. Both were impressive during their first year of collegiate competition, and were able to crack the Top 10 all-time in the Stanford record book. The Cardinal women vaulters also enjoyed productive seasons. Anna McFarlane and Samantha Sheppard both competed at the NCAA West Regional. McFarlane vaulted 12-11 3/4 (3.96m) in her freshman season, good for fourth place on the school's all-time list. Mack also coached decathlete Nick Taylor to a 1,000 point personal best increase in the decathlon (6,832 points) and a fifth place finish at the Pac-10 Championships in 2005. Taylor also set the indoor school record in the heptathlon (5,104 points).

In 2004, Mack coached senior Jason Goff to a 13-foot personal best in the javelin (218-8, 66.67m) and a berth in the NCAA Outdoor Championships in Austin, TX.

Mack has enjoyed coaching success at all levels from high school to elite athletes.

In 2003, Mack served as an Assistant Coach at Bloomington North High School in Bloomington, IN. In just one year at Bloomington North, Mack led four athletes (2 throwers/2 vaulters) to the Indiana state track and field championship meet. Mack helped guide Bloomington North to the 2003 Sectional and Regional track and field championship titles.

As a Graduate Assistant Coach at Indiana University from 2001-02, Mack helped coach Dino Efthimiou to a fifth place finish in the pole vault at the NCAA Indoor Championships, earning the senior Hoosier his first All-America award. At Indiana, Mack also coached then freshman, Emily Tharpe to a school record in the pole vault.

During the 2000 U.S. Olympic Trials, Mack was an Assistant Coach for Sky Jumpers Vertical Sports Club and coached Paula Serrano to a tenth place finish in the women's pole vault. While working at Sky Jumpers, Mack assisted with the development of many elite high school pole vaulters, including Chelsea Johnson, Shayla Balentine, Monica Pacas and Kasey Lundgren.

As a standout student-athlete at Cal Poly San Luis Obispo, Mack had a best of 17-4 (5.28m) in the pole vault and was a member of the track and field team that qualified five athletes in the pole vault at the 1998-99 NCAA Outdoor Championships. Mack graduated from Cal Poly in 2000 with a BS in Kinesiology and Biochemistry. In 2002, Mack earned his MS in Biomechanics from Indiana University. At Indiana, Mack studied under Jesus Dapena, the Sports Biomechanics high jump specialist for USA Track and Field.

Mack and his wife Paula, the 1999 NCAA Champion in the women's pole vault, reside in Mountain View, CA.



John Rembao

Director of Operations
Assistant Coach (Men's
and Women's High Jump)

John Rembao, who has an extended list of success in track and field, and cross country in the United States, was named Director of Operations for Stanford Track & Field/Cross Country during the summer of 2005.

"John Rembao will be the glue in handling the many aspects of running a successful track & field, and cross country program," said Edrick Floreal, Franklin P. Johnson Director of Track & Field. "That includes meet management, fund raising, promotions, and budgets in addition to serving as the high jump coach. His expertise in coaching high jumpers is known worldwide."

Rembao, a 23-year veteran of the coaching ranks, arrived at Stanford after enjoying coaching success at SMU (Southern Methodist University), the University of Texas, Arizona and Cal Poly San Luis Obispo.

In his four years at SMU Rembao coached the women's cross country team to its highest national ranking in school history (11th) in 2004. Rembao was named the NCAA South Central

Region Cross Country Coach of the Year in 2004. Rembao also coached the jumpers and distance runners on the track. Rembao coached 22 individual NCAA qualifiers, seven All-Americans, and one NCAA high jump champion.

Rembao coached high jumper Erin Aldrich to an indoor collegiate record and three NCAA individual titles. His accomplishments at Texas earned him a spot on the coaching staff for Team USA at the 2001 IAAF World Championship Games in Edmonton, Canada.

While at the University of Texas, Rembao coached ten All-Americans and helped UT to four NCAA Women's Track and Field Championships in a row ('98 Indoor and Outdoor, '99 Indoor and Outdoor). Rembao spearheaded UT's cross country program to a Top-25 national finish and two straight appearances at the NCAA Championships.

Rembao and his wife, Sue, a 1992 Olympian and three-time All-American high jumper, have one son, Jared Asher (5).

Name	Year	Event	High School	Hometown
Deborah Akinniyi	Sophomore	Multi-Events/Jumps	Creekview	Carrollton, TX
Julie Allen	Junior	Distances	Corona Del Mar	Corona Del Mar, CA
Lindsay Allen	Sophomore	Middle Distances	College Park	Pleasant Hill, CA
Jakki Bailey	Senior/Junior	Sprints	Kennett	Avondale, PA
Chauntae Bayne-Hackett	Junior/Sophomore	Sprints	Boswell	Ft. Worth, TX
Stephanie Benight	Senior/Junior	Throws	James B. Conant	Schaumburg, IL
Shannon Bergstedt	Sophomore/Freshman	Distances	Hopkins	Minnetonka, MN
Maura Burk	Sophomore	High Jump	Freehold Township	Freehold, NJ
Lauren Centrowitz	Sophomore/Freshman	Middle Distances	Broadneck	Arnold, MD
Claire Cormier	Sophomore	Middle Distances	Lamar	Houston, TX
Ramine Cromartie	Freshman	Jumps	St. Mary's College	American Canyon, CA
Janice Davis	Junior	Sprints	Natchez	Natchez, MS
Katy Elsbury	Senior/Junior	Throws	Orofino	Peck, ID
Lindsay Flacks	Sophomore	Distances	Harvard-Westlake	Calabasas, CA
Tessa Flippin	Freshman	High Jump	Minnehaha Academy	Minneapolis, MN
Alicia Follmar	Freshman	Middle Distances	Saratoga	Saratoga, CA
Ashley Freeman	Junior	Middle Distances	Long Beach Wilson	Hawthorne, CA
Keisha Gaines	Junior/Sophomore	Sprints	Stockdale	Bakersfield, CA
Lindsey Gannaway	Junior	High Jump	Edmond Memorial	Edmond, OK
Jaynie Goodbody	Freshman	Multi-Events	Wendell	Wendell, ID
Katie Harrington	Sophomore	Distances	Carmel	Carmel, IN
Sarah Hopping	Senior	Throws	Longmont	Longmont, CO
Grace Hunter	Freshman	Distances	University	San Francisco, CA
Sara Jacobsen	Sophomore	Throws	Marin Catholic	San Rafael, CA
Nashonme Johnson	Senior	Sprints	Haltam	Watauga, TX
Arianna Lambie	Junior	Middle Distances	The Bromfield School	Harvard, MA
Danielle Maier	Junior/Sophomore	Multi-Events/Throws	Sunset	Portland, OR
Mary Liz McCurdy	Freshman	Middle Distances	Bay Shore	Brightwaters, NY
Anna McFarlane	Sophomore	Pole Vault	Concord Carlisle	Weston, MA
Erica McLain	Sophomore	Jumps/Sprints	Plano East	Plano, TX
Teresa McWalters	Junior/Sophomore	Distances	Home Schooled	San Francisco, CA
Sally Mills	Senior/Junior	Multi-Events	Malibu	Malibu, CA
Laura Mottaz	Sophomore	Middle Distances	Maple Grove	Plymouth, MN
Chinny Offor	Senior	Middle Distances	Half Hollow Hills	Dix Hills, NY
Madeleine O'Meara	Freshman	Distances	Mercer Island	Mercer Island, WA
Jennifer O'Neil	Freshman	Pole Vault	Fairport	Fairport, NY
Idara Otu	Freshman	Sprints/Hurdles	Middle College	Brooklyn, NY
Kaylin Pennington	Freshman	Middle Distances	Benicia	Benicia, CA
Ashley Purnell	Senior/Junior	Sprints	St. Mark Catholic	Metcalfe, Ontario
Leah Sawyer	Junior/Sophomore	Middle Distances	St. Mary's	Medford, OR
Samantha Shepard	Senior	Pole Vault	Weston	Weston, MA
Celia Smalls	Junior	Distances	Garfield	Seattle, WA
Lauren Stewart	Freshman	Multi-Events/Jumps	Brentwood	Brentwood, TN
Leah Tapscott	Senior/Junior	Jumps	James Madison Memorial	Madison, WI
Laura Thom	Freshman	Jumps	Woodinville	Woodinville, WA
Amanda Trotter	Junior	Middle Distances	Red Bank Regional	Little Silver, NJ
Katy Trotter	Junior	Middle Distances	Red Bank Regional	Little Silver, NJ
Alana Walker	Freshman	Sprints	Half Hollow Hills	Dix Hills, NY
Michaela Wallerstedt	Freshman	Throws	Burke	Omaha, NE
Melissa Yunghans	Sophomore	Throws	Orange Lutheran	Orange, CA



Deborah Akinniyi



Lindsay Allen



Jakki Bailey



Deborah Akinniyi

Multi-Events/Jumps
Sophomore
Carrollton, TX

Collegiate Career Bests

Triple Jump 41-4 1/4 (12.60m)
Triple Jump 39-6i (12.04m)
100 Meter Hurdles 14.30

Collegiate Achievements

- * Triple jumped (40-2 3/4, 12.26m) at the 2005 USA Junior Championship.
- * Competed at the NCAA Outdoor Championship in Sacramento.
- * Attained a season-best of 41-4 1/4 (12.60m, #3 all-time at Stanford) at the Pac-10 Championship to help the Cardinal win the conference title for the first time in school history.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Akingbade and Gloria Akinniyi.
- * Brother (Akin) plays football at the University of Arizona.
- * Born May 16, 1986.



Julie Allen

Distances
Junior
Corona Del Mar, CA

Collegiate Career Bests

1500 meters 4:34.06
3000 meters 9:40.45
5000 meters 16:36.34i
5000 meters 17:06.86
10,000 meters 34:36.97

Collegiate Achievements

- * Competed at the Pac-10 Cross Country Championship to help Stanford win the 2004 team title.

High School Achievements

- * Competed at the Footlocker National Finals in 2001.
- * A CIF cross country individual champion and team champion.

Cardinal Catalogue

- * English major.
- * A 2005 Pac-10 All-Academic track & field selection.
- * A 2004 and 2005 Pac-10 All-Academic cross country selection.
- * Parents are John and Leslee Allen
- * Born September 27, 1983.



Julie Allen



Lindsay Allen

Middle Distances
Sophomore
Pleasant Hill, CA

Collegiate Career Bests

800 meters 2:15.07i
1500 meters 4:27.69
Mile 4:51.37i
3000m steeplechase 10:26.71

Record Book

- * The national high school record holder in the 3000 meter steeplechase with a time of 10:40.62

Collegiate Achievements

- * The 2005 United States Junior Outdoor Champion in the 3,000 meter steeplechase (10:37.94).
- * Her victory at the Junior Nationals earned her a berth on Team USA which competed at the Junior Pan Am Games in Canada last July where she won the bronze medal.
- * Competed on Stanford's winning team at the 2004 and 2005 Pac-10 Cross Country Championship.

High School Achievements

- * Finished third at the 2004 U.S. Junior National Championships in the 3000 meter steeplechase.
- * The California high school record holder in the 800 meters, 1600 meters and 3200 meters.
- * A two-time Footlocker West Regional cross country finalist.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Dawn Block and Spencer Allen.
- * Selected to the 2005 Pacific-10 All-Academic team.
- * Born June 30, 1986.



Jakki Bailey

Sprints
Senior/Junior (ath)
Avondale, PA

Collegiate Career Bests

60 meters 7.35i
100 meters 11.89
200 meters 24.13i

Collegiate Achievements

- * Ran the leadoff leg on the 400 meter relay team (44.49) which finished second at the 2005 Pac-10 Championship ... That time is third-best in school history.
- * Qualified for the 2003 NCAA Indoor Championship in the 60 meters (7.35, #2 all-time at Stanford).

High School Achievements

- * A three-time Pennsylvania state champion in the 100 meters (outdoors) and 60 meters (indoors).
- * Placed second in the 60 meters at the 2002 Nike Indoor Classic.
- * A 2002 high school All-American.

Cardinal Catalogue

- * Communication major.
- * A two-time (2004, 2005) Pacific-10 All-Academic track & field selection.
- * Parents are Jack and Gale Bailey.
- * Born October 4, 1984.



Chauntae Bayne-Hackett

Sprints
Junior/Sophomore (ath)
Ft. Worth, TX

Collegiate Career Bests

60 meters	7.55i
100 meters	11.81
200 meters	23.50
200 meters	24.24i

Record Book

- * During the 2003 outdoor season, competed on the school record breaking 400 meter relay team (45.22).

Collegiate Achievements

- * Ran the second leg on the Pac-10 winning 1600 meter relay team (3:35.10, #6 all-time at Stanford) in 2003.

High School Achievements

- * A seven-time U.S. Junior Olympic champion.
- * The 1999 and 2000 Texas high school 100 meter champion.
- * The 200 meter state high school champion in 1999.

Cardinal Catalogue

- * Architecture and Civil Engineering major.
- * Parents are Lorjust and Etha Bayne.
- * Born April 4, 1984.



Stephanie Benight

Throws
Senior/Junior (ath)
Schaumburg, IL

Collegiate Career Bests

Discus	145-6 (44.35m)
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High School Achievements

- * The 2003 Illinois state champion in the discus.
- * The high school record holder in the discus.

Cardinal Catalogue

- * Chemistry major.
- * Parents are Steve and Jo Ann Benight.
- * Born November 10, 1984.



Shannon Bergstedt

Distances
Sophomore/Freshman (ath)
Minnetonka, MN

Collegiate Achievements

- * Competed on Stanford's winning team at the 2005 Pac-10 Cross Country Championship.

High School Achievements

- * Won seven state high school championship titles in the 1600 and 3200 meters.
- * The Minnesota state high school record holder in the 3200 meters.
- * The Minnesota state cross country individual champion.
- * The 2001 Minnesota state Cross Country Runner of the Year.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Tim and Michelle Bergstedt.
- * Named to the 2005 Pacific-10 All-Academic team.
- * Born November 17, 1985.



Shannon Bergstedt



Maura Burk

High Jump
Sophomore
Freehold, NJ

Collegiate Career Best

High Jump	5-7 3/4 (1.72m)
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High School Achievements

- * A five-time New Jersey state high school champion in the high jump.
- * The 2004 Penn Relays runner-up in the high jump.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Patrick and Barbara Burk.
- * Born March 21, 1986.



Lauren Centrowitz

Middle Distances
Sophomore/Freshman (ath)
Arnold, MD

All-American

Collegiate Career Bests

Mile 4:46.42i

Collegiate Achievements

- * Competed in the finals of the 1500 meters at the 2005 USA Junior Outdoor Championship.
- * Gained All-America honors in helping Stanford win the 2005 NCAA cross country title.
- * Helped Stanford to the 2004 Pac-10 Cross Country Championship.
- * A second team 2004 and 2005 All Pac-10 selection.

High School Achievements

- * Finished third in the indoor mile at the Nike Championships during her senior season in high school.
- * Placed second in the mile at the 2004 Penn Relays.
- * Gained All-America honors in the 1500 meters at the 2003 U.S. Junior National Championships.
- * Won eight state high school titles in the 800 meters, mile and two-mile.
- * A two-time Maryland state cross country individual champion.
- * Competed at the Footlocker Regional Cross Country Championship during her senior season.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Matt and Beverly Centrowitz.
- * Father was the American record holder in the 5000 meters.
- * Named to the 2005 Pacific-10 All-Academic team.
- * Born September 25, 1986



Lauren Centrowitz



Claire Cormier

Middle Distances
Sophomore
Houston, TX

Collegiate Career Bests

800 meters 2:10.68

800 meters 2:14.07i

Collegiate Achievements

- * Competed in the 800 meters which included an appearance at the 2005 United States Junior Championship and at the prestigious Payton Jordan U.S. Open.

High School Achievements

- * The 2000 Texas state 5A champion in the 800 meters.
- * A four time district champion in the 800 and 1600 meters.
- * A three-time District-17 5A cross country champion.

Cardinal Catalogue

- * Urban Studies major.
- * Parents are Rufus and Yvonne Cormier.
- * Father was an All-American football running back at Southern Methodist University.
- * Born March 14, 1986.



Ramine Cromartie

Jumps
Freshman
American Canyon, CA

High School Achievements

- * A 2005 California state meet competitor in the long jump.
- * Member of the All-County team.
- * The school's leading point scorer during her senior season.
- * Placed third at the North Coast Section Championship.
- * National Honor Society member and CIF Scholar-Athlete.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Elois Thornton and Barry Cromartie.
- * Born December 20, 1987.



Janice Davis

Sprints
Junior
Natchez, MS

Two-Time All-American

Collegiate Career Bests

60 meters	7.31i
100 meters	11.47
200 meters	23.62
200 meters	23.70i

Record Book

- * Ran on the school record holding 1600 meter relay team which clocked a time of 3:29.39 at the 2005 NCAA Track & Field Championship.
- * Set the indoor school record in the 60 meters (7.31) and the 200 meters (23.70) during the 2005 season.
- * Helped Stanford set the indoor school record in the 1600 meter relay with a time of 3:34.9 in 2005.
- * Ran the first leg of the 400 meter relay that set a school record of 44.18 at the 2004 Pac-10 Championships

Collegiate Achievements

- * Gained All-American honors in running the second leg on the 1600 meter relay team which finished sixth at the 2005 NCAA Championship in Sacramento.
- * Anchored the winning 1,600 meter relay team at the 2005 NCAA West Regional.
- * Ran a career-best 11.47 (#2 in school history) to win the 100 meter title at the NCAA West Regional.
- * Ran the second leg on Stanford's 400 meter relay team which finished second at the 2005 Pacific-10 Championship and helped the Cardinal win the conference crown.



Janice Davis

- * Ran the anchor leg on the 1600 meter relay team at the 2005 NCAA Indoor Championship.
- * Captured the 2005 MPSF Conference title in the 60 meters (7.34) and the 200 meters (23.87).
- * An All-American as a member of the 400 meter relay at the 2004 NCAA Championship.
- * Competed in the 100 meters, 400 meter relay and 1600 meter relay at the 2004 NCAA Championship.
- * A member of 1600 meter relay team that finished second at the 2004 NCAA West Regional with a time of 3:33.09.
- * The runner-up in the 60 meters at the 2004 MPSF Indoor Championship.

High School Achievements

- * The 2001 U.S. Junior National champion in the 200 meters.
- * Competed for the United States on several junior national teams.
- * An All-American in the 100 and 200 meters.
- * The Mississippi state high school record holder in the 100 and 400 meters.
- * A five-time state champion in the 100, 200 and 400 meters.
- * The 2003 National Scholastic Indoor champion in the 60 meters.
- * During her junior high school season, ranked No. 1 in the indoor 60 meters.

Cardinal Catalogue

- * Human Biology major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * Parents are Janice Davis and Dr. Benny A. Wright.
- * Born October 27, 1984.



Katy Elsbury

Hammer
Senior/Junior (ath)
Peck, ID

Collegiate Career Bests

Hammer	186-8 (56.91m)
20-lb Weight	55-11 (17.04m)

Collegiate Achievements

- * Competed at the 2003 U.S. Junior Nationals where she was a finalist in the hammer with a season-best 176-1 (53.68m).
- * Tallied a career-best 186-8 (56.91m) at the 2005 Cardinal Invitational, the fifth-best mark in Stanford history.

High School Achievements

- * Competed in the hammer at the 2002 U.S. Junior National Championship.
- * The 2002 Idaho state high school champion in the discus.

Cardinal Catalogue

- * German Studies and Geological & Environmental Science major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * Parents are John and Nancy Jo Elsbury.
- * Born October 13, 1984.



Katy Elsbury



Lindsay Flacks

Distances
Sophomore
Calabasas, CA

All-American

Collegiate Career Bests

1500 Meters 4:45.21
5000 Meters 16:48.08
10,000 meters 35:30.82

Collegiate Achievements

- * Her third place finish in the 10,000 meters helped Stanford win its first Pacific-10 Conference title in 2005.
- * A member of the 2005 World Junior Cross Country Championship team ... Finished third among United States runners as the American squad finished fourth.
- * An All-American runner on Stanford's 2005 NCAA title winning cross country team.
- * Helped lead Stanford to the 2005 Pac-10 cross country title with a third place finish, and the NCAA West Regional crown with a sixth place finish.
- * Named 2005 first team All Pac-10 cross country pick.

High School Achievements

- * The 2004 California state high school champion in the 3200 meters.
- * A Footlocker national championship cross country finalist as a senior in 2003.
- * Runner-up at the 2003 Footlocker West Regional Championship.
- * Finished third individually at the California state cross country championships.
- * A two-time CIF cross country individual champion.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Dawn and Scott Flacks.
- * Selected to the All Pac-10 All-Academic team.
- * Born November 22, 1986.



Lindsay Flacks



Tessa Flippin

High Jump
Freshman
Minneapolis, MN

High School Achievements

- * The Minnesota state high jump champion in 2004.
- * Competed in the high jump with a personal best of 5-9 (1.76m).
- * An all-state athlete in basketball, soccer and track.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Tollie Flippin and Karen Johnson.
- * Born May 15, 1987.



Alicia Follmar

Middle Distances
Freshman
Saratoga, CA

Collegiate Achievements

- * A member of the 2005 Pac-10 winning cross country team.

High School Achievements

- * A two-time California state champion in the 1600 meters.
- * A three-time Central Coast Section (CCS) champion winning the 1600 and 800 meters her senior year.
- * Won ten DeAnza League titles in track and field in the 800, 1600, 3200 and 4 x 1600 meter relay.
- * A four time Central Coast Section (CCS) champion in track.
- * The California state champion in cross country for Saratoga High School.
- * The Central Coast Section (CCS) cross country champion.
- * The Stanford Invitational cross country champion.
- * A three-time DeAnza League cross country champion.

Cardinal Catalogue

- * Biology major.
- * Parents are Ken and Debbie Follmar.
- * Born July 24, 1987.



Alicia Follmar



Ashley Freeman



Ashley Freeman

Middle Distances
Junior
Hawthorne, CA

Two-Time All-American

Collegiate Career Bests

400 meters	54.16i
400 meters	54.36
800 meters	2:04.82
800 meters	2:07.21i

Record Book

- * A member of the 1600 meter relay team which set the school record with a time of 3:29.39 at the 2005 NCAA Track & Field Championship.
- * Ran the anchor leg on the school record setting indoor 1600 meter relay team (3:34.92) at the 2005 Arkansas Tyson Indoor Invitational.

Collegiate Achievements

- * Gained All-America honors in helping the Stanford 1600 meter relay team finish sixth at the NCAA's in a school record time of 3:29.39.
- * Ran the third leg to help Stanford win the 1600 meter relay title (3:34.73) at the NCAA West Regional.
- * Qualified for the 2005 NCAA Championship in the 800 meters with a career-best run of 2:04.82 (#4 in school history) at the NCAA West Regional.
- * Placed second in the 800 meters (2:05.71) to help the Cardinal women win the 2005 Pac-10 title.
- * Competed in the 800 meters at the 2005 NCAA Indoor Championship.
- * Indoors in 2005, ran the anchor leg on Stanford's winning effort in the 1600 meter relay at the MPSF Championship.
- * Finished second in the 800 meters at the indoor conference meet.
- * An All-American as a member of the distance medley relay that finished second at the 2004 NCAA Indoor Championship.
- * Competed in the 800 meters at the 2004 NCAA Outdoor Championship.

- * The 2004 Pac-10 Championship runner-up in the 800 meters with a time of 2:07.46.
- * The 2004 MPSF Indoor champion in the 400 meters with a time of 54.16, the third best in Stanford history.
- * A member of the winning 1600 meter relay team at the 2004 MPSF Indoor Championship.

High School Achievements

- * The 2003 California state high school meet champion in the 800 meters.

Cardinal Catalogue

- * Political Science major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * Parents are Cheryl Christopher and Clarence Freeman.
- * Born May 16, 1985.



Keisha Gaines

Sprints
Junior/Sophomore (ath)
Bakersfield, CA

Collegiate Career Bests

400 meters	53.83
400 meters	55.22i

Record Book

- * Set a freshman school record in the 400 meters at the 2004 Pac-10 Championship with a time of 53.83, the fourth best time in Stanford history.

Collegiate Achievements

- * Competed at the 2004 NCAA Championship in the 1600 meter relay.

High School Achievements

- * Competed in high school in the 400 meters at the 2002 U.S. Junior Nationals.

Cardinal Catalogue

- * Civil and Environmental Engineering major.
- * Parents are Joseph and Alma Gaines.
- * Born March 29, 1985.



Keisha Gaines



Lindsey Gannaway

High Jump
Junior
 Edmond, OK

Collegiate Career Best

High Jump 5-10 (1.78m)
 High Jump 5-7i (1.70m)

Collegiate Achievements

- * Set a career-best with a mark of 5-10 (1.78m) at the 2005 Stanford Invitational.
- * The 2004 and 2005 Big Meet champion in the high jump.

High School Achievements

- * A three-time Oklahoma state high school champion in the high jump.
- * The Oklahoma Mid-State Conference record holder in the high jump.

Cardinal Catalogue

- * Biomechanical Engineering major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * Parents are Keith and Michelle Gannaway.
- * Born November 6, 1984.



Jaynie Goodbody

Multi-Events
Freshman
 Wendell, ID

High School Achievements

- * A 2005 Junior Olympics All-American in the heptathlon.
- * In 2004 and 2005, finished third in the heptathlon at the Junior Olympic Nationals.
- * Placed second in the pentathlon at the National Scholastic Indoor Championships.
- * The 2A Idaho state high school champion – four-times (100 meters), three-times (200 meters), two-times (high jump).
- * Holds five individual and two relay school records.
- * A four-time MVP track athlete.
- * Also played four years of volleyball and three years of basketball.
- * National Honor Society.
- * Valedictorian
- * The 2005 winner of the SAMMY Award.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Steve and Jennifer Goodbody.
- * Her father was a four-year starter in football at the University of San Diego.
- * Born June 3, 1987.



Katie Harrington

Distances
Sophomore
 Carmel, IN

Collegiate Career Best

1500 meters 4:37.00
 5000 meters 16:45.12
 10,000 meters 37:02.58

Collegiate Achievements

- * Ran on Stanford's NCAA championship cross country team at the 2005 NCAA's.

High School Achievements

- * The Indiana state high school champion in the 1600 and 3200 meters as a junior.
- * The Indiana state high school record holder in the 1600 meters.
- * Finished second in the two-mile at the 2003 adidas Outdoor Championships.
- * Runner-up in the mile and two-mile at the 2003 Nike Indoor Championships.
- * Finished fourth at the Footlocker National Championships as a senior in 2003.
- * The Indiana state cross country individual champion during her junior season.



Katie Harrington

Cardinal Catalogue

- * Undeclared major.
- * Parents are Dave and Polly Harrington.
- * Selected to the 2005 Pacific-10 All-Academic team.
- * Born October 22, 1985.



Sarah Hopping

Throws
Senior
 Longmont, CO

Collegiate Career Bests

Hammer 204-2 (62.23m)
 20-Lb Weight 56-8 1/2i (17.28m)

Record Book

- * Threw the hammer a school record 204-2 (62.23m) at the NCAA West Regional in 2005.

Collegiate Achievements

- * Ended her 2005 outdoor campaign by competing at the United States Outdoor Championship.

- * Produced a career-best throw of 204-2 (62.23m) at the 2005 NCAA West Regional to earn a berth at the NCAA Championship in Sacramento.
- * Finished third in the hammer to help score important points in helping the Cardinal women capture the 2005 Pac-10 title.
- * The 2005 Big Meet champion in the hammer.
- * Competed at the 2004 NCAA Championship in the hammer throw.

High School Achievements

- * The 2000 and 2001 Colorado state high school champion in the long jump.
- * A 2000 All-American in the heptathlon at the Junior Olympics.

Cardinal Catalogue

- * Management Science & Engineering major.
- * A three-time (2003, 2004, 2005) Pacific-10 All-Academic track & field selection.
- * Parents are Mack and Jeanine Hopping.
- * Born August 5, 1983.



Grace Hunter

Distances
Freshman
San Francisco, CA

High School Achievements

- * Helped lead University High School win three Division V state cross country championships (2001-03).
- * Most Valuable Female Athlete award as a senior.

Cardinal Catalogue

- * Undeclared major.
- * Parents are J. Laurie and Carlyn Hunter.
- * Born January 15, 1987.



Sara Jacobsen

Throws
Sophomore
San Rafael, CA

Collegiate Career Best

Discus 152-1 (46.37m)

Cardinal Catalogue

- * Chinese major.
- * Parents are Lawrence and Louise Jacobsen.
- * Born September 11, 1986.



Nashonme Johnson

Sprints
Senior
Watauga, TX

Two-Time All-American

Collegiate Career Bests

60 meters	7.84
100 meters	11.64
200 meters	23.61
200 meters	24.71i
400 meters	52.40
400 meters	54.35i

Record Book

- * Ran the anchor leg on Stanford's school record setting 1600 meter relay team (3:29.39) at the 2005 NCAA Championship.
- * Set the school record in the 400 meters (52.40) at the 2004 Pac-10 Championship.
- * Ran the second leg of the 400 meter relay that set a school record of 44.18 at the 2004 Pac-10 Championship.
- * The 2003 Pac-10 Championship runner-up in the 200 meters with a personal best time of 23.61, a freshman school record and the third fastest performance all-time at Stanford.
- * Set a freshman school record in 2003 in the 400 meters with a time of 54.61.

Collegiate Achievements

- * Gained All-American honors in running the anchor leg on Stanford's school record setting 1600 meter relay team (3:29.39) that finished sixth at the NCAA Championship.
- * At the 2005 NCAA West Regional, helped Stanford win the team title by running the third leg on the winning 1600 meter relay team.
- * Finished second in the 400 meters at the West Regional to earn a berth at the NCAA's.



Nashonme Johnson

- * Helped Stanford win the 2005 Pac-10 crown ... Ran the third leg on the second place 400 meter relay team at the Pac-10's ... Finished third in the 400 meters.
- * Helped lead the Cardinal to the 2005 MPSF indoor title ... Captured the 400 meter indoor title in a time of 54.61 ... Ran on the league winning 1600 meter and distance medley relay teams ... Ran a career-best 24.71 in the 200 meters, the seventh-best indoor time in school history.
- * Ran the third leg on the 1600 meter relay team at the 2005 NCAA Indoor Championship.
- * An All-American as a member of the 400 meter relay at the 2004 NCAA Championship.
- * Competed in the 400 meters, 400 meter relay and 1600 meter relay at the 2004 NCAA Championship.
- * The 2004 MPSF Indoor Championship runner-up in the 400 meters with a time of 54.35, the fourth best time in Stanford history.
- * A member of the winning 1600 meter relay at the 2004 MPSF Indoor Championship.
- * Competed in the 200 meters and the 1600 meter relay at the 2003 NCAA Championship.
- * Ran the second leg on Stanford's winning 1600 meter relay team at the 2003 Pac-10 Championship.

High School Achievements

- * A two-time All-American in the 400 meters at Haltam High School.
- * A five-time Junior Olympian in high school.

Cardinal Catalogue

- * Political Science major.
- * A 2004 and 2005 Pacific-10 All-Academic track & field selection.
- * Parents are Douglas and Golletha Johnson.
- * Born April 3, 1984.



Arianna Lambie

- * At the 2004 NCAA West Regional, ran 4:13.14, a freshman school record, the fourth-best time in school history and the seventh-fastest in Pac-10 history.
- * Runner-up in the 1500 meters at the 2004 Pac-10 Championships with a time of 4:20.96
- * The 2004 Big Meet champion in the 800 and 1500 meters.
- * Ran a 4:11 anchor leg in the 4 x 1500 meter relay at the 2004 Penn Relays to help lead Stanford to the title ... Her 4:11 split was the third fastest in the 75-year history of the Penn Relays.
- * Led Stanford to the NCAA Championship 2005 cross country title ... Was Stanford's first runner and eighth overall at the NCAA Championship to gain All-American honors.
- * The 2005 Pac-10 and NCAA West Regional Cross Country champion.
- * Named the 2005 NCAA West Regional and Pac-10 Cross Country Runner of the Year
- * Named first team All Pac-10.
- * The 2003 Pac-10 Cross Country Newcomer of the Year.
- * Named a 2003 All-American in helping Stanford win the NCAA Cross Country team title.
- * Placed third at the 2003 Pac-10 Cross Country Championship.
- * Named first team All Pac-10.

High School Achievements

- * The 2003 U.S. Junior National Champion in the 1500 meters (4:20.20) while a high school senior.
- * Ran the third fastest high school time ever in the mile at 4:37.23.
- * Ran the nation's fastest times in the mile and the two-mile (10:12.0) as a senior.
- * Won eight state championships in cross country, and indoor and outdoor track.
- * Set a national indoor high school record in the 1000 meters with a time of 2:45.46.
- * Set a meet record of 4:39.00 in the mile at the adidas Outdoor Track & Field Championships.
- * The 2003 Footlocker Northeast Regional Cross Country champion.
- * Helped her team win the state cross country title during her junior and senior seasons.
- * A Wendy's High School Heisman national finalist.



Arianna Lambie

**Middle Distances
Junior
Harvard, MA**

Four-Time All-American

Collegiate Career Bests

800 meters	2:08.06
1500 meters	4:13.14
Mile	4:39.01i
5000 meters	16:44.30

Record Book

- * Set a freshman school record in the 1500 meters (4:13.14) at the 2004 NCAA West Regional ... That time is fourth-best in school history and seventh-fastest in Pac-10 history.

Collegiate Achievements

- * A finalist in the 1500 meters at the 2005 United States Outdoor Championship.
- * Gained All-America honors with a third place finish at the 2005 NCAA Championship in the 1500 meters (4:13.64, season-best).
- * A finalist in the mile at the 2005 NCAA Indoor Championship.
- * Captured the indoor mile (4:39.01, #3 all-time at Stanford) title at the 2005 MPSF Championship ... Her time at the indoor MPSF Championship was a meet record.
- * Led Stanford to the 2005 NCAA Championship cross country title ... Was Stanford's first runner and eighth overall at the NCAA Championship to gain All-American honors.
- * The 2005 Big Meet champion in the 1500 meters.
- * The No. 1 ranked freshman in the nation in the 1500 meters in 2004.
- * Competed in the 1500 meters at the NCAA Championship.

Cardinal Catalogue

- * Earth Systems major.
- * A 2005 Pacific-10 All-Academic Track & Field selection.
- * A 2005 Pac-10 All-Academic cross country selection.
- * Parents are Fred and Trudy Lambie.
- * Born June 12, 1985.



Danielle Maier

Throws/Multi Events
Junior/Sophomore (ath)
Portland, OR

Collegiate Career Best

Javelin 150-2 (45.78m)

Record Book

Set a freshman school record with a throw of 150-2 (45.78m) in the javelin.

Collegiate Achievements

- * Competed in the javelin where she had a season-best throw of 150-2 (45.78m) at the Pac-10 Championship ... Her season-best throw was a freshman school record and third-best in the varsity record book.
- * The 2005 Big Meet champion in the javelin.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Tom and Deb Maier
- * Born May 31, 1985



Danielle Maier

- * Voted Long Island Track MVP in 2005.
- * Also voted Suffolk County MVP three times (2003, 2004, 2005).
- * National Honor Society.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Beth and Brian McCurdy.
- * An older brother (Patrick) is a senior at Holy Cross.
- * A younger sister, Sarah, was on the national record setting distance medley relay team and other national championship teams at Bay Shore High School.
- * Born November 1, 1987.



Anna McFarlane

Pole Vault
Sophomore
Weston, MA

Collegiate Career Best

Pole Vault 12-11 3/4 (3.96m)

Pole Vault 11-0 1/4i (3.36m)

Collegiate Achievements

- * Had a season-best pole vault effort of 12-11 3/4 (3.96m) at the NCAA West Regional ... Her effort was fourth-best in school history.
- * The 2005 Big Meet champion in the pole vault.

High School Achievements

- * Placed third in the pole vault at the Nationals in New York during her senior season.
- * Placed second at the Nike Indoor Nationals in 2002 and 2003.
- * The Massachusetts state record holder (13-0, 3.97m).
- * A three-time prep All-American in the pole vault.

Cardinal Catalogue

- * Psychology major.
- * Parents are Robert McFarlane and Susanna Bedell.
- * Born April 16, 1986.



Mary Liz McCurdy

Middle Distances
Freshman
Brightwaters, NY

High School Achievements

- * A member of the national record holding and national championship distance medley relay team in 2004.
- * Also competed on the three-time national champion 4 x 800 meter relay team (2003, 2004, 2005).
- * A 12-time All-American as a member of the 4 x 800 meter, 4 x mile, and distance medley relay.
- * A six-time New York state champion in the 1000 meters, 1500 meters and 4 x 800 meter relay.
- * Holds the Suffolk County mile and 1000 meter records.
- * Also the Long Island record holder as a member of the 4 x 800 meter, 4 x mile and distance medley relay teams.
- * Ran 2:09.1 in the 800 meters, 4:28.4 in the 1500 meters.



Erica McLain

Jumps/Sprints
Sophomore
Plano, TX

Three-Time All-American

Collegiate Career Bests

Long Jump 21-2 1/2 (6.46m)

Long Jump 20-7i (6.27m)

Triple Jump 45-11 3/4 (14.01m)

Triple Jump 45-7 1/4i (13.90m)

Record Book

- * Set an American junior record and school record with a winning triple jump effort of 45-11 3/4 (14.01m) at the 2005 United States Outdoor Championship.



Erica McLain

Collegiate Achievements

- * Ranked #1 in the United States in the triple jump, and 42nd in the world.
- * Captured first place in the triple jump at the 2005 United States Outdoor Championship with an American junior record mark of 45-11 3/4 (14.01m) ... Her victory earned her a trip with Team USA to the 2005 World Championships in Helsinki, Finland.
- * Gained All-American honors with a third place finish in the triple jump at the 2005 NCAA Championship in Sacramento.
- * Helped Stanford win the 2005 Pac-10 championship with a victory in the triple jump ... Also captured the long jump title, thus becoming the first athlete to win both the long jump and triple jump at the Pac-10 Championship.
- * The 2005 Pac-10 Newcomer of the Year.
- * The 2005 Big Meet champion in the long jump and triple jump.
- * Finished second in the triple jump at the 2005 NCAA Indoor Championship to earn All-American status.
- * Set the MPSF Indoor Championship meet record with an effort of 45-7 1/4 (13.90m).

High School Achievements

- * Competed for Team USA at the 2002 and 2004 World Junior Championships in Kingston, Jamaica and Grosseto, Italy, respectively.
- * A three-time Texas state champion in the triple jump (2002-04).
- * Had the second furthest triple jump performance in the nation in 2004 with a leap of 44-1 1/4 (13.44m), the third furthest jump in U.S. history.
- * The 2004 and 2002 U.S. Junior National Championship runner-up in the triple jump.
- * The 2004 and 2003 Nike Indoor National champion in the triple jump.
- * Finished first in the triple jump at the 2004 Texas Relays (43-1 1/2, 13.14 m), Arcadia Invitational (43-5) and the adidas Outdoor National Championships (44-1 1/4, 13.44m)
- * Swept the triple and long jump titles at the 2002 Golden West Championships.
- * The 2002 U.S. Junior National champion in the long jump.
- * Led the nation in the triple jump as a junior with a leap of 43-1 (13.13m).

Cardinal Catalogue

- * Studio Art major with an emphasis on photography and communications.
- * Parents are Kevin and Terrie McLain ... Father, Kevin was a member of the football team at Western Michigan University.
- * Born January 24, 1986.



Teresa McWalters

Distances
Junior/Sophomore (ath)
San Francisco, CA

All-American

Collegiate Career Bests

1500 meters	4:27.25
3000 meters	9:33.08i
5000 meters	16:19.60
5000 meters	16:33.03i

Collegiate Achievements

- * Concluded her freshman season with All-American honors with a third place finish in the 5000 meters (16:19.60) at the NCAA Championship.
- * Helped propel the Stanford cross country team to the NCAA, NCAA West Regional and Pac-10 cross country titles in 2005.
- * Named first team All Pac-10 in 2005.
- * The 2004 Pac-10 Women's Cross Country Newcomer of the Year.
- * Stanford's No. 2 runner at the 2004 NCAA Championship.
- * A member of Stanford's title winning teams at the 2004 Pac-10 and NCAA West Regional Cross Country Championships.
- * A second team All Pac-10 selection in 2004.

High School Achievements

- * A talented student-athlete who was home schooled for 12 years ... Took classes at San Francisco State, USF and City College of San Francisco as well as independent study.

Cardinal Catalogue

- * Art History major.
- * A 2005 Pac-10 All-Academic track & field selection.
- * A 2004 and 2005 Pac-10 All-Academic cross country selection.
- * Parents are Mike and Jeanne McWalters.
- * Born November 15, 1984.



Teresa McWalters



Sally Mills

Multi-Events
Senior/Junior (ath)
Malibu, CA

Collegiate Career Best

Heptathlon	4,400 points
Discus	152-0 (46.32m)
Javelin	129-7 (39.50m)
Shot Put	41-0 1/2 (12.51m)
Triple Jump	40-11 3/4 (12.49m)
Pentathlon	3,417 points

Record Book

* Set the school record in the pentathlon (3,417 points) at the 2004 MPSF Indoor Championship.

Collegiate Achievements

* Competed in the heptathlon at the 2003 U.S. Junior National Championship.

Cardinal Catalogue

- * Earth Systems major.
- * Parents are Michael and Susan Mills.
- * Born July 18, 1984.



Laura Mottaz

Middle Distances
Sophomore
Plymouth, MN

Collegiate Career Bests

800 meters	2:10.21
800 meters	2:11.39i

Collegiate Achievements

* Competed at the 2005 Pac-10 Championship where she ran a season-best 2:10.21.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Tom and Judy Mottaz.
- * Born September 15, 1985.



Chinny Ofor

Middle Distances
Senior
Dix Hills, NY

Two-Time All-American

Collegiate Career Bests

400 meters	54.43
400 meters	55.22i
800 meters	2:06.17
800 meters	2:05.81i

Collegiate Achievements

- * Ran the leadoff leg on Stanford's winning 1600 meter relay team at the 2005 NCAA West Regional.
- * Ran a season-best 2:06.42 in the 800 meters at the 2005 NCAA Championship.
- * Earned All-America honors as a member of the indoor distance medley relay team at the 2005 NCAA Indoor Championship.
- * Competed in the 800 meters at the 2004 NCAA Outdoor Championship.
- * A 2004 All-American as a member of the distance medley relay that finished second at the NCAA Indoor Championship.
- * Finished third in the 800 meters at the 2004 Pac-10 Championship.
- * Competed in the 1600 meter relay at the 2003 NCAA Championship.
- * Ran the leadoff leg on the winning 1600 meter relay (3:35.10) at the 2003 Pac-10 Championship.

High School Achievements

- * A two-time high school state outdoor 400 meter and indoor 300 meter champion.
- * Placed fourth in the 400 meters at the 2002 National Scholastic Outdoor Championships and the 2002 U.S. Junior Olympics.

Cardinal Catalogue

- * Communication and Human Biology major.
- * Parents are Kingsley and Chinwe Ofor.
- * Born October 26, 1984.



Chinny Ofor



Madeleine O'Meara

Distances
Freshman
Mercer Island, WA

High School Achievements

- * Runner up at the Washington state meet in the 1600 meters in 2003, and third place in 2004.
- * Also played soccer ... A three-year letter winner who was a first team all-league midfielder during her junior and senior seasons ... Her team won the league title in 2002, and finished second in the state tournament in 2003.
- * The scholar Athlete of the Year in 2005 at Mercer Island High School.
- * National Honor Society.
- * Washington State Principals' Scholars Program (given to the top five percent of every graduating class).

Cardinal Catalogue

- * Undeclared major.
- * Parents are Matt O'Meara and Lisa Belden (both Stanford graduates).
- * Born April 21, 1987.



Jennifer O'Neil

Pole Vault
Freshman
Fairport, NY

High School Achievements

- * The high school outdoor national meet record holder at 13-1 1/2 (4.00m).
- * An All-American.
- * A member of the National Honor Society.

Cardinal Catalogue

- * Undeclared major.
- * Parents are John and Sue O'Neil.
- * Born March 21, 1987.



Idara Otu

Sprints/Hurdles
Freshman
Brooklyn, NY

High School Achievements

- * A standout on the track and in the classroom.

Cardinal Catalogue

- * Undeclared major
- * Parents are Dr. Victoria Edem and Effiong Otu
- * Born July 5, 1987



Kaylin Pennington

Middle Distances
Freshman
Benicia, CA

High School Achievements

- * Finished first in the 800 meters at the 2005 Golden West Invitational.
- * Holds school records in the mile and 800 meters.
- * Finished tenth at the 2004 USATF Cross Country Junior Olympics, earning All-America honors.
- * Valedictorian.
- * California Scholar Federation (CSF) member.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Terrance and Gretchen Pennington.
- * Born June 14, 1987.



Ashley Purnell

Sprints
Senior/Junior (ath)
Metcalfe, Ontario, Canada

All-American

Collegiate Career Bests

60 meters	7.56i
100 meters	11.68
200 meters	23.43
200 meters	23.88i
400 meters	53.57i

Record Book

- * Set a school record in 2005 with a time of 53.57 in the indoor 400 meters at the Washington Last Chance Qualifier.
- * Ran the anchor leg on the 400 meter relay team that set a school record of 44.18 in finishing third at the 2004 Pac-10 Conference Championship.
- * Ran the second leg on the indoor school record setting 1600 meter relay team (3:43.37) in 2003.



Ashley Purnell

Collegiate Achievements

- * Participated in the 200 meters at the 2005 NCAA Championship.
- * Ran a career-best 11.68 (#4 in school history) in the 100 meters at the 2005 Pac-10 Championship, and a career-best 23.43 (#2 in school history) in the 200 meters also at the conference meet.
- * Helped the Cardinal women to victory at the 2005 Pac-10 Championship as the anchor leg runner on the second place 400 meter relay team.
- * Competed on the 1600 meter relay team at the 2005 NCAA Indoor Championship.
- * Ran 7.56 (#4 in school history) in the 60 meters at the 2005 MPSF Indoor Championship.
- * Finished second in the 200 meters at the 2005 MPSF Indoor Championship.
- * An All-American as a member of the 400 meter relay team that finished eighth at the 2004 NCAA Championship.
- * A member of the 1600 meter relay that finished third at the 2004 Pac-10 Championship.

High School Achievements

- * The Canadian high school record holder in the 100 and 200 meters.
- * The 2002 Canadian Junior National champion in the 100 meters, 200 meters and 100 meter hurdles.
- * Runner-up in the 100 meters at the 2002 Canadian Senior Nationals.
- * Competed in the 200 meters at the 2002 World Junior Championships in Jamaica.
- * The 2001 Junior Pan Am Games 100 meter hurdle champion.
- * Runner-up at the 2001 Junior Pan Am Games in the 100 and 200 meters.

Cardinal Catalogue

- * Human Biology major.
- * Parents are Ted and Gini Purnell.
- * Sister, Heather, competes on the Stanford gymnastics team.
- * Born May 23, 1983.



Leah Sawyer

Middle Distances
Junior/Sophomore (ath)
Medford, OR

Cardinal Catalogue

- * Human Biology major.
- * A 2004 Pac-10 All-Academic cross country selection.
- * Parents are Rick and Linda Sawyer.
- * Born April 6, 1985.



Samantha Shepard

Pole Vault
Senior
Weston, MA

Collegiate Career Bests

Pole Vault 13-2 1/4 (4.02m)
 Pole Vault 12-8 3/4 (3.88m)i

Record Book

- * Set a freshman school record in 2003 in the pole vault with a mark of 13-2 1/4 (4.02m) at the NCAA West Regional.

Collegiate Achievements

- * Competed at the 2005 NCAA West Regional.
- * The 2004 and 2003 Big Meet champion in the pole vault.

High School Achievements

- * Set a national high school and meet record of 13-4 1/2 at the 2002 U.S. Indoor National Scholastic Championship.
- * A five-time Indoor National Scholastic champion in the pole vault.
- * A four-time Massachusetts state champion in the pole vault.
- * A two-time Outdoor National Scholastic champion in the pole vault.

Cardinal Catalogue

- * History major.
- * The first female pole vaulter to ever participate in the Milrose Games.
- * Parents are Ray and Kathy Sheppard.
- * Born November 13, 1983.



Samantha Shepard



Celia Smalls

Distances
Junior
Seattle, WA

Collegiate Career Bests

1500 meters 4:41.62
3000 meters 9:59.68i
5000 meters 16:59.91
5000 meters 17:45.72i

Cardinal Catalogue

- * International Relations major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * Parents are Albert Smalls III and Celia Alvarez.
- * Born February 14, 1985.



Lauren Stewart

Jumps/Multi Events
Freshman
Brentwood, TN

High School Achievements

- * The Junior Pan Am gold medalist in the heptathlon in 2005 (5,333 points).
- * The 2005 Nike indoor pentathlon champion.
- * The three-time Tennessee state champion in the triple jump and high jump.
- * A two-time state champion in the long jump and pentathlon.
- * The current Tennessee state record holder in the high jump (6-0, 1.83m) and pentathlon (3,802 points).
- * The Great Southwest high jump and triple jump champion in 2005.
- * The two-time Tennessee Gatorade Track & Field Athlete of the Year in 2004 and 2005.
- * A track and field high school All-American in 2004 and 2005.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Tom and Cathy Stewart.
- * Born January 8, 1987.



Leah Tapscott

Jumps
Senior/Junior (ath)
Madison, WI

Collegiate Career Bests

Long Jump 18-9 3/4 (5.73m)
Triple Jump 38-0 1/4 (11.59m)

High School Achievements

- * Captured the 2002 Wisconsin long jump high school state title.
- * Earned all-state, all-conference and all-city honors in soccer.
- * An Academic All-American.

Cardinal Catalogue

- * Human Biology major.
- * A member of Stanford's women's soccer team.
- * A Pac-10 All-Academic soccer selection.
- * Parents are Angeni Tapscott and Jim Volberding.
- * Born January 9, 1984.



Laura Thom

Jumps
Freshman
Woodinville, WA

High School Achievements

- * Placed fifth in the triple jump at the state meet during her senior year.
- * Invited to the Oregon Meet of Champions.
- * Set the Woodinville High School triple jump record with an effort of 37-6 3/4 (11.45m).
- * Member of the National Honor Society and the National Honor Roll.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Darrow Thom (Stanford alumnus) and Adela Thom.
- * Aspires to be an astronaut.
- * Born September 7, 1986



Amanda Trotter

Middle Distances
Junior
 Little Silver, NJ

Collegiate Career Bests

1500 meters	4:26.71
Mile	4:48.88i
3000m steeplechase	10:28.43
3000 meters	9:32.83i
5000 meters	16:51.71

Collegiate Achievements

- * Ran the opening leg on Stanford's winning distance medley relay team at the 2005 MPSF Indoor Championship.
- * The 2004 Big Meet champion in the 5000 meters with a season-best time of 16:51.71.
- * Runner-up in the 3000 meters at the 2004 MPSF Indoor Championship.
- * Helped lead Stanford to the 2005 NCAA, NCAA West Regional and Pac-10 Cross Country Championships.
- * Named second team All Pac-10 in 2005.
- * Competed for Team USA at the 2004 IAAF World Junior Cross Country Championships in Brussels, Belgium.
- * Ran on the title winning 2004 Pac-10 and NCAA West Regional Championship cross country teams.
- * A first team All Pac-10 selection in 2004.
- * Helped Stanford win the 2003 NCAA cross country team title.
- * Named second team All Pac-10 in 2003.

High School Achievements

- * The 2003 New Jersey state high school champion in the 1600 and 3200 meters.
- * Ran the 1200 meters as her team set a national record in the distance medley relay at the adidas Outdoor High School Nationals and captured the 2003 Penn Relays crown.
- * Finished first in the mile and two-mile at the 2003 Meet of Champions in New Jersey.
- * New Jersey indoor state two-mile record holder.
- * An All-American and state champion in cross country.

Cardinal Catalogue

- * Human Biology major.
- * A 2005 Pac-10 All-Academic track & field selection.
- * A 2004 and 2005 Pac-10 All-Academic cross country selection.
- * Parents are Tom and Janet Trotter.
- * Older sister, Sarah, ran track at Virginia.
- * Born on April 4, 1985.



Amanda Trotter



Katy Trotter

Katy Trotter

Middle Distances
Junior
 Little Silver, NJ

Six-time All-American

Collegiate Career Bests

1500 meters	4:22.03
Mile	4:42.11i
3000 meters	9:20.56i
3000m steeplechase	10:07.55

Record Book

- * Set an American junior record, school and freshman records in the 3000 meter steeplechase (10:07.55) at the 2004 NCAA West Regional Championship ... That time is also third-best in Pac-10 history.

Collegiate Achievements

- * Finished second in the 3000 meter steeplechase and fifth in the 5000 meters to help Stanford win its first Pac-10 title in 2005.
- * Gained All-America honors with a fifth place finish in the 3000 meters at the 2005 NCAA Indoor Championship.
- * The 2005 Big Meet champion in the 3000 meter steeplechase.
- * An All-American member of the distance medley relay team at the 2004 NCAA Indoor Championship.
- * Her second place finish in the 3000 meters helped Stanford win the 2005 MPSF Indoor Championship title.
- * Gained All-America honors in helping the Cardinal to the 2005 NCAA Cross Country Championship title.
- * Ran the 1200 meter leg on the distance medley relay team that finished second at the 2004 NCAA Indoor Championship to gain All-American honors.
- * Competed at the 2004 NCAA Championship in the 3000 meter steeplechase.
- * Earned All-America honors at the 2004 NCAA Cross Country Championship.
- * Runner-up in the 3000 meter steeplechase at the 2004 Pac-10 Championship.
- * The 2004 Big Meet champion in the 3000 meter steeplechase.

- * Competed for Team USA at the 2004 IAAF World Junior Cross Country Championships in Brussels, Belgium.
- * Helped Stanford win the 2003 NCAA cross country team title after finishing 21st to gain All-American honors.
- * A 2003 first team All Pac-10 cross country selection.

High School Achievements

- * The 2003 Footlocker National Cross Country runner-up.
- * Finished third at the 2003 Footlocker Northeastern Regional.
- * Ran the 1600 meters on the distance medley relay team that finished first at the 2003 Penn Relays and set a national record at the adidas Outdoor Championships.
- * The 2003 Arcadia Invitational champion in the mile.
- * Ranked in the top 10 in the nation in the mile and two-mile as a high school senior.

Cardinal Catalogue

- * Human Biology major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * A 2004 and 2005 Pac-10 All-Academic cross country selection.
- * Older sister, Sarah, ran track at Virginia.
- * Parents are Janet and Tom Trotter.
- * Born on April 4, 1985



Alana Walker

Sprints
Freshman
Dix Hills, NY

High School Achievements

- * Gained several honors on the track and in the classroom.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Dennis Walker and Novella Merriwether.
- * Born March 28, 1987.



Michaela Wallerstedt

Throws
Freshman
Omaha, NE

High School Achievements

- * The All Class Nebraska state champion in the shot put in 2004 and 2005.
- * The All Class discus champion in 2004.
- * Competed in the 2003 World Youth Championships and finished eleventh.
- * Competed in the 2004 World Junior Championships.
- * The Nike indoor champion in the shot put in 2004.
- * The adidas outdoor champion in the shot put and silver medalist in the discus in 2004.
- * The Nike indoor and adidas outdoor silver medalist in the shot put in 2005.
- * A National Honor Society member.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Tracy and Chuck Wallerstedt.
- * Born January 23, 1987.



Melissa Yunghans

Throws
Sophomore
Orange, CA

Collegiate Career Bests

Discus	146-5 (44.62m)
Shot Put	52-4 3/4 (15.97m)
Shot Put	47-9 1/4 (14.57m)

Collegiate Achievements

- * Placed fifth in the shot put at the 2005 United States Junior National Championship.
- * Qualified for the 2005 NCAA West Regional with a mark of 52-4 3/4 (15.97m) in the shot put ... Her shot put effort is fourth-best in school history.
- * Competed at the 2005 MPSF Championship to help Stanford win the team title.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Tom and Lois Yunghans.
- * Born August 21, 1986.



Melissa Yunghans

Name	Year	Event	High School	Hometown
Neftalem Araia	Junior/Sophomore	Distances	Lawrence North	Indianapolis, IN
Keith Avila	Senior/Junior	Javelin	Bishop Hendricken	East Providence, RI
Kevin Bickham	Junior/Sophomore	Middle Distances	El Camino	Oceanside, CA
Michael Bordoni	Senior	Middle Distances	Bellarmino	Los Altos, CA
Myles Bradley	Freshman	Jumps/Hurdles	Norwich Free Academy	Norwich, CT
Russell Brown	Junior/Sophomore	Middle Distances	Hanover	Hanover, NH
Joaquin Chapa	Junior	Middle Distances	Grant	Portland, OR
Kyle Davis-Hammerquist	Sophomore/Freshman	Throws	Webb School	Berkeley, CA
Hakon DeVries	Sophomore/Freshman	Middle Distances	John Jay	Hopewell Junction, NY
Steven DeWitt	Senior/Junior	Middle Distances	Ellsworth	Ellsworth, ME
Benjamin Dickens	Sophomore	Pole Vault	Stoneman Douglas	Parkland, FL
Jacob Evans	Sophomore/Freshman	Middle Distances	Aptos	Watsonville, CA
Michael Garcia	Junior/Sophomore	Middle Distances	Santa Fe	Santa Fe, NM
Eric Giddings	Freshman	Distances	South Portland	South Portland, ME
Jacob Gomez	Senior/Junior	Distances	Klamath Union	Klamath Falls, OR
Brett Gotcher	Senior/Junior	Distances	Aptos	Watsonville, CA
Alex Greenburg	Freshman	Middle Distances	Upland	Upland, CA
Garrett Heath	Sophomore/Freshman	Middle Distances	Winona Senior	Winona, MN
Donell Hill	Freshman	Pole Vault	UMS Wright Prep	Mobile, AL
Graeme Hoste	Sophomore	Pole Vault	Claremont	Claremont, CA
Josh Hustedt	Sophomore	Multi-Events	Jordan	Sandy, UT
Lauren Jespersen	Junior/Sophomore	Middle Distances	Klamath Union	Klamath Falls, OR
Bryan Kelley	Senior	Javelin	Issaquah	Bellevue, WA
Daniel Knickerbocker	Senior	Hurdles	Christopher Columbus	Miami, FL
Mark Kogan	Freshman	Throws	Capital	Olympia, WA
Elliott Luscombe	Freshman	Sprints	Plattsburgh	Plattsburgh, NY
Michael Macellari	Junior/Sophomore	Throws	Clay	Granger, IN
David Marrero	Junior/Sophomore	Sprints	St. Thomas Aquinas	Parkland, FL
Eddie Martinez	Sophomore	Throws	Bonita Vista	San Diego, CA
Matthew McEvoy	Freshman	Distances	Jesuit College Prep	Dallas, TX
Kelly McGrath	Freshman	Pole Vault	Jesuit	Sacramento, CA
John McGuire	Freshman	Middle Distances	D'Evelyn	Golden, CO
Hari Mix	Sophomore/Freshman	Distances	Albemarle	Charlottesville, VA
Chris Mocko	Sophomore/Freshman	Distances	Thomas Jefferson	McLean, VA
Tunji Munabi	Freshman	Sprints/Jumps	St. Paul's School	Wynnewood, PA
John Murphy	Freshman	Middle Distances	Chugiak	Eagle River, AK
Feranmi Okanlami	Junior	Jumps	Deerfield Academy	Granger, IN
Wopamo Osaisai	Sophomore	Sprints	Pinole	Pinole, CA
Randy Pensinger	Freshman	Middle Distances	El Camino	Oceanside, CA
Jonathan Pierce	Senior/Junior	Middle Distances	Lisbon Central	Ogdensburg, NY
Joel Prickett	Freshman	Hurdles	Sehome	Bellingham, WA
Michael Robertson	Senior	Throws	Southern Methodist	Beebe, AR
Daniel Schaerer	Sophomore	Throws	The Bishops	San Diego, CA
Mark Shughart	Sophomore/Freshman	Throws	Cumberland Valley	Mechanicsburg, PA
Rolf Steier	Senior/Junior	Middle Distances	Berkeley Prep	Temple Terrace, FL
Forrest Tahdoohnippah	Junior/Sophomore	Distances	Minneapolis Southwest	St. Paul, MN
David Vidal	Senior	Distances	Flathead	Kalispell, MT
Solomon Welch	Senior	Jumps	St. Mary's	Danville, CA
Greg Williams	Sophomore/Freshman	Middle Distances	Henderson	West Chester, PA



Neftalem Araia



Michael Garcia



Graeme Hoste



Neftalem Araia

Distances
Junior/Sophomore (ath)
 Indianapolis, IN

Two-Time All-American

Collegiate Career Bests

3000 meters 7:57.89i
 5000 meters 13:44.78
 10,000 meters 29:32.83

Collegiate Achievements

- * Ran the 5000 meters at the 2005 NCAA Championship as well as at the NCAA West Regional.
- * Competed in the 10,000 meters (29:32.83) at the 2005 Pac-10 Championship where he finished third.
- * The 2005 Big Meet champion in the 5000 meters.
- * Gained All-America honors at the NCAA Cross Country Championships the past two years.

High School Achievements

- * Won the Indiana state 3200 meter title as a junior in high school.
- * The 2001 and 2002 Indiana state high school cross country champion.

Cardinal Catalogue

- * Communication major.
- * A 2005 Pac-10 All-Academic track & field selection.
- * A 2004 and 2005 Pac-10 All-Academic cross country selection.
- * Parents are Araia & Lemlem Hadgu
- * Born December 13, 1984.



Neftalem Araia



Keith Avila

Javelin
Senior/Junior (ath)
 East Providence, RI

Collegiate Career Bests

Javelin 194-11 (59.41m)

High School Achievements

- * The former Rhode Island state high school record holder in the javelin with a throw of 201-0 (61.27m).

Cardinal Catalogue

- * Economics major.
- * A 2005 Pacific-10 All-Academic Track & Field selection.
- * Parents are Alexander and Fatima Avila.
- * Born May 18, 1984.



Kevin Bickham

Middle Distances
Junior/Sophomore (ath)
 Oceanside, CA

Collegiate Career Best

1500 meters 3:59.74

Cardinal Catalogue

- * Mechanical Engineering, Product Design major.
- * Parents are Eddie and Karen Bickham.
- * Born June 14, 1985.



Kevin Bickham



Michael Bordoni

Middle Distances
Senior
 Los Altos, CA

Collegiate Career Best

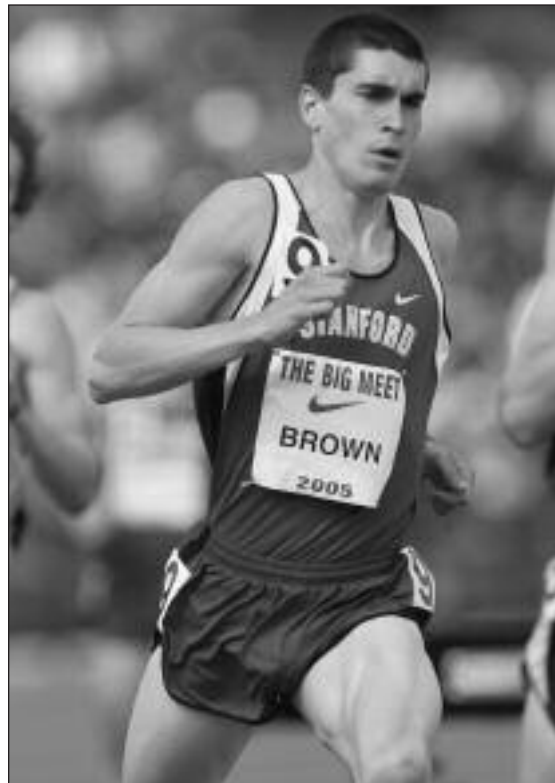
800 meters 1:56.55
 1500 meters 4:12.76

Cardinal Catalogue

- * A History and Political Science major.
- * Parents are Jim and Diane Bordoni.
- * Both parents are Stanford graduates.
- * Father Jim competed in cross country and track and field at Stanford.
- * Uncle, Bill Simpkins, played water polo at Stanford.
- * Born October 4, 1983.



Michael Bordoni



Russell Brown



Russell Brown

Middle Distances
Junior/Sophomore (ath)
 Hanover, NH

All-American

Collegiate Career Bests

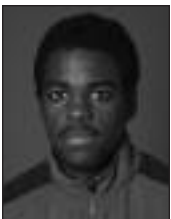
800 meters 1:50.83i
 800 meters 1:51.07
 1500 meters 3:41.72
 Mile 4:01.98i

Collegiate Achievements

- * Competed at the 2005 United States Outdoor Championship in the 1500 meters.
- * Appeared in his first NCAA Outdoor Championship in 2005 where he competed in the finals of the 1500 meters.
- * An All-American member of the indoor distance medley relay team that finished fourth at the 2005 NCAA Indoor Championship.
- * Competed for the United States in the 1500 meters at the 2004 IAAF World Junior Championships in Grosseto, Italy.

High School Achievements

- * Finished third in the 800 meters at the 2003 U.S. Junior National Championships with a time of 1:50.16, the fourth fastest time in the nation.
- * The New Hampshire state high school record holder in the 800 meters.
- * In outdoor track, won the class (intermediate) meet title in the 400, 800, mile and two mile.
- * Ran the second fastest indoor 600 meter time in high school history as a senior.
- * Won the New England 600 meter indoor title and the Nike Indoor Classic 800 meters as a senior.
- * In cross country, won the individual class (intermediate) state championship and helped his team win the state title as a junior.



Myles Bradley

Jump/Hurdles
Freshman
 Norwich, CT

High School Achievements

- * Triple Jump 49-4 1/2 (15.05m).
- * Long Jump 24-2 1/4 (7.37m).
- * 110 Meter Hurdles (13.9).

Cardinal Catalogue

- * Undeclared major.
- * Parents are Susan Bynum and James Bradley.
- * Born October 2, 1986.

Cardinal Catalogue

- * Political Science major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * A 2005 Pacific-10 All-Academic cross country selection.
- * Parents are Chris Brown and Jocelyn Chertoff.
- * Born March 6, 1985.



Joaquin Chapa

Middle Distances
Junior
Portland, OR

All-American

Collegiate Career Bests

800 meters	1:49.83
1500 meters	3:43.22
Mile	4:03.89i

Collegiate Achievements

- * Competed in the 1500 meters at the 2005 United States Outdoor Championship.
- * Gained All-American honors as a member of the distance medley relay team that finished fourth at the 2005 NCAA Indoor Championship.
- * The 2004 Big Meet champion in the 800 meters.

High School Achievements

- * The 2003 Oregon state high school 1500 meter champion with a time of 3:51.39, the fourth fastest performance in the nation in 2003.
- * Ran the 1500 meters at the 2003 U.S. Junior National Championship.



Joaquin Chapa

Cardinal Catalogue

- * Political Science major.
- * A 2005 Pac-10 All-Academic track & field selection.
- * A 2004 Pac-10 All-Academic cross country selection.
- * Parents are Rudy Chapa and Patricia Eiting.
- * Father was one of the top distance runners in U.S. history and is the American high school record holder in the 10,000 meters.
- * Mother was a long jumper and sprinter at Indiana University.
- * Born November 1, 1984.



Kyle Davis-Hammerquist

Throws
Sophomore/Freshman (ath)
Berkeley, CA

High School Achievements

- * A 2003 and 2004 California state high school meet finalist in the discus.
- * Competed in the discus at the 2003 World Youth Championship.
- * Threw a career best of 196-5 (59.86m) as a senior.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Mike Hammerquist and Olive Davis.
- * Born April 15, 1986.



Hakon DeVries

Middle Distances
Sophomore/Freshman (ath)
Hopewell Junction, NY

Collegiate Career Bests

3000 meters	8:09.02i
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Collegiate Achievements

- * Competed for the United States at the 2005 World Junior Cross Country Championship in France.

High School Achievements

- * A two-time New York state high school two-mile champion.
- * The 2003 indoor state champion in the 1600 meters.
- * Also a member of the state winning 4 x 800 meter relay team during his senior season.
- * The 2004 Gatorade New York State Runner of the Year.
- * A Footlocker National Championship finalist as a junior.
- * A high school All-American in the two mile.



Hakon DeVries

- * The New York state cross country individual champion as a junior.
- * The New York State Cross Country Runner of the Year during his junior season.

Cardinal Catalogue

- * Undeclared major.
- * A 2005 Pacific-10 All-Academic selection.
- * Parents are Ken and Christine DeVries.
- * Born February 17, 1986.



Steve DeWitt

**Middle Distances
Senior/Junior (ath)
Ellsworth, ME**

Collegiate Career Bests

1500 meters	3:51.06
Mile	4:11.77i
3000 meters	8:17.15i
5000 meters	14:24.54

High School Achievements

- * The 2002 indoor Maine state high school champion in the 800 meters and mile.
- * Runner-up in the 1600 meters at the 2002 New England High School Championship.
- * The 2001 Maine state cross country champion.

Cardinal Catalogue

- * Biological Sciences major.
- * A 2004 and 2005 Pac-10 All-Academic cross country selection.
- * Parents are Michael and Lisa Dewitt.
- * Born August 2, 1984.



Benjamin Dickens

**Pole Vault
Sophomore
Parkland, FL**

Collegiate Career Best
Pole Vault 16-0 3/4 (4.90m)

Collegiate Achievements

- * Competed in the pole vault at the 2005 United States Junior Outdoor Championship.

High School Achievements

- * The 2004 Florida state high school champion in the pole vault.
- * The Florida state record holder in the pole vault.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Harold and Linda Dickens.
- * Born August 18, 1986.



Benjamin Dickens



Jacob Evans

**Middle Distances
Sophomore/Freshman (ath)
Watsonville, CA**

Collegiate Career Bests

Mile	4:22.64i
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High School Achievements

- * A two-time Central Coast Section (CCS) high school champion in the 800 and 1600 meters.
- * A four-time league champion in the 800 meters.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Jim Petralia and Jennifer Evans-Lee.
- * Born January 3, 1986.



Jacob Evans



Michael Garcia



Michael Garcia

Middle Distances
Junior/Sophomore (ath)
Santa Fe, NM

All-American

Collegiate Career Bests

800 meters 1:49.61i
800 meters 1:48.8r

Collegiate Achievements

- * Gained All-American honors in running the 800 meter leg on Stanford's distance medley relay team that placed fourth at the 2005 NCAA Indoor Championship.
- * The 2005 Big Meet champion in the 800 meters.
- * Ran a personal best of 1:48.8r at the 2005 Penn Relays.
- * Competed in the 800 meters at the 2004 U.S. Junior National Championship.

High School Achievements

- * The two-time New Mexico state high school champion in the 800 meters.
- * The 2003 state champion and state meet record holder in the 400 meters (48.10).

Cardinal Catalogue

- * Biological Sciences major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * Parents are Anthony and Antoinette Garcia
- * Born May 23, 1985.



Eric Giddings

Distances
Freshman
South Portland, ME

High School Achievements

- * An eleven-time Maine state champion in cross country, indoor and outdoor track.
- * Two-time state cross country champion.
- * Five-time state champion in the 3200 meters in indoor and outdoor track.
- * Four-time state champion in the 1600 meters in indoor and outdoor track.
- * Helped lead South Portland High School to the Maine state indoor and outdoor track titles in 2002.
- * New England 3200 meter champion in outdoor track during his senior season.
- * Voted Runner of the Year in the Southern Maine Athletic Association.
- * National Honor Society.
- * Won several other academic awards including Rhode Island School of Design Award, the Bates College Book Award, and the Top Honors Art Award.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Sharon Belisle and Larry Giddings.
- * Born April 20, 1987.



Jacob Gomez

Distances
Senior/Junior (ath)
Klamath Falls, OR

Collegiate Career Bests

1500 meters 3:43.37
Mile 4:09.51i
3000 meters 8:08.36i
5000 meters 13:56.77

Collegiate Achievements

- * Competed in the 5000 meters at the 2005 NCAA Championship.
- * Competed at the 2005 NCAA Cross Country Championship where Stanford finished sixth.
- * Helped Stanford to the 2004 and 2005 Pac-10 cross country championship.
- * Named a first and second team All Pac-10 cross country selection the past two years.

High School Achievements

- * The 2001 and 2002 Oregon state high school champion in the 3000 meters.
- * The 2002 Golden West champion in the two-mile.
- * Ran the third fastest two-mile time (8:55.84) in the nation as a senior.

Cardinal Catalogue

- * Human Biology major.
- * A 2004 Pac-10 All-Academic track & field selection.
- * A 2003 and 2005 Pacific-10 All-Academic cross country selection.
- * Parents are Gabriel and Sydne Gomez.
- * Born November 26, 1983.



Brett Gotcher

Distances
Senior/Junior (ath)
Watsonville, CA

Collegiate Career Bests

1500 meters	3:47.91
3000 meters	8:10.75i
5000 meters	14:16.03
10,000 meters	28:59.27

Collegiate Achievements

- * Competed in the 10,000 meters at the 2005 NCAA Championship for a second straight season.
- * Had a career-best time of 28:59.27 in the 10,000 meters at the 2005 Stanford Invitational.
- * The gold medalist in the 10,000 meters at the 2003 Junior Pan Am Games in Barbados.
- * The 2003 U.S. Junior National Champion in the 10,000 meters.
- * Finished sixth in the 5000 meters at the 2003 U.S. Junior National Championships.
- * Competed on Stanford's 2005 NCAA Championship sixth place finishing cross country team.
- * Also competed on Stanford's 2004 cross country team at the NCAA's.
- * Helped the Cardinal win the 2004 and 2005 Pac-10 cross country titles.
- * Named second team All Pac-10 the last two years.



Brett Gotcher

High School Achievements

- * Finished fourth at the 2002 U.S. Junior National Cross Country Championships to qualify for the IAAF World Junior Championships in Lausanne, Switzerland.
- * Ran the fifth-fastest two-mile time in the nation as a senior at Aptos High School.
- * Finished third in the 10,000 meters at the 2002 Junior National Championships.
- * A 2000 Footlocker national cross country finalist.

Cardinal Catalogue

- * Psychology major.
- * A 2004 and 2005 Pacific-10 All-Academic track & field selection.
- * A three-time (2003, 2004, 2005) Pacific-10 All-Academic cross country selection.
- * Parents are Terry and Loree Gotcher.
- * Born September 1, 1984.



Alex Greenburg

Middle Distances
Freshman
Upland, CA

High School Achievements

- * The mile record holder for Upland High School during his sophomore and senior years.
- * The Arcadia 4 x 800 meter relay champion in 2004.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Linda Bosserman and Roger Greenburg (deceased), and Ted Piatt (step father).
- * Born June 1, 1987.



Garrett Heath

Middle Distances
Sophomore/Freshman (ath)
Winona, MN

Collegiate Career Bests

Mile	4:08.17i
3000 meters	8:06.78i

Collegiate Achievements

- * Competed on Stanford's 2005 NCAA Championship sixth place finishing cross country team.

High School Achievements

- * The 2003 and 2004 Minnesota state mile and two-mile champion.
- * Holds his high school's records in the mile and two-mile.
- * Finished in the Top-10 at the Footlocker National Championships as a junior and senior.
- * A two-time Minnesota state cross country champion as a junior and senior.
- * A two-time Minnesota state champion in Nordic skiing.

Cardinal Catalogue

- * Undeclared major.
- * A 2005 Pacific-10 All-Academic cross country selection.
- * Parents are Bob and Linda Heath.
- * Born November 3, 1985.



Garrett Heath



Donnell Hill

**Pole Vault
Freshman
Mobile, AL**

High School Achievements

- * Competed at the 2005 United States Junior Outdoor Championship.
- * Personal best of 16-1 (4.90m).
- * The Alabama state record holder.
- * The 2004 and 2005 Alabama indoor and outdoor state champion.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Norman and Linda Hill.
- * Born March 7, 1987.



Graeme Hoste

**Pole Vault
Sophomore
Claremont, CA**

Collegiate Career Best

Pole Vault 16-6 3/4 (5.05m)

Collegiate Achievements

- * Competed at the 2005 United States Outdoor Junior Championship.
- * Stanford's top pole vaulter with a season-best mark of 16-6 3/4 (5.05m) at the 2005 Cardinal Invitational

High School Achievements

- * Had the fifth highest pole vault performance in the nation in 2004.

Cardinal Catalogue

- * Civil Engineering major.
- * Parents are Jim Hoste and Mary Gauvain.
- * Born May 1, 1986.



Josh Hustedt

**Multi-Events
Sophomore
Sandy, UT**

Collegiate Career Best

Decathlon 5,727 points

Collegiate Achievements

- * Returning to The Farm after two years on a Mormon mission.

High School Achievements

- * A four-time Junior Olympic high school All-American in the pentathlon.
- * A two-time Utah state champion in the long jump.
- * The Utah state championship runner up in the 110 meter high hurdles.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Barry and Linda Hustedt.
- * Born June 1, 1984.



Lauren Jespersen

**Middle Distances
Junior/Sophomore
Klamath Falls, OR**

Collegiate Career Bests

800 meters	1:51.73i
1500 meters	3:49.52
Mile	4:00.99i
3000 meters	8:14.66i
5000 meters	14:36.56

Collegiate Achievements

- * Competed in the mile at the 2005 NCAA Indoor Championship.

High School Achievements

- * Won the 2002 Oregon state high school title in the 1500 meters and finished second in the 800 meters.
- * Also finished second in the 800 meters at the state meet as a sophomore.
- * The Oregon state cross country individual champion as a junior and runner-up as a senior.
- * Two-time Footlocker Nationals cross country finalist.
- * A second team All-America selection and two-time first team All-West.



Lauren Jespersen

Cardinal Catalogue

- * Civil Engineering major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * A 2004 and 2005 Pacific-10 All-Academic cross country selection.
- * Parents are Larry and Maureen Jespersen.
- * Born September 24, 1984.



Bryan Kelley

**Javelin
Senior
Bellevue, WA**

Collegiate Career Bests

Javelin 191-2 (58.26m)

Cardinal Catalogue

- * Communication/Economics major.
- * A 2005 first team All-Academic Pacific-10 Track & Field selection.
- * Parents are Rob and Karyn Kelley.
- * Born January 22, 1984.



Daniel Knickerbocker

Hurdles
Senior
Miami, FL

Collegiate Career Bests

60 meter hurdles 8.40i
110 meter hurdles 14.59
400 meter hurdles 55.07

Cardinal Catalogue

- * Human Biology major.
- * 2004 Pacific-10 All-Academic selection.
- * Parents are Jeffrey and Holly Knickerbocker.
- * Born December 11, 1983.



Mark Kogan

Throws
Freshman
Olympia, WA

High School Achievements

- * Placed fourth in the hammer at the 2004 Junior Olympic Nationals.
- * National Merit Scholar.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Simon Kogan and Yelena Semenova.
- * Born March 20, 1987.



Elliot Luscombe

Sprints
Freshman
Plattsburgh, NY

High School Achievements

- * Placed second in the 300 meters at the New York Indoor State Championship as a junior.
- * Won the New York state Division II 400 meters in 48.67.
- * Has a career-best of 48.50 in the 400 meters.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Sherod and Elizabeth Luscombe.
- * His grandmother, Hallett Luscombe, is a Stanford alum.
- * Born December 7, 1986.



Michael Macellari

Throws
Junior/Sophomore (ath)
Granger, IN

Collegiate Career Best

Shot Put 55-4 3/4 (16.88m)

High School Achievements

- * A two-time Indiana state high school meet finalist in the shot put and discus.
- * The sectional champion in the shot put and discus.
- * The high school record holder in the discus at 190-4 (58.01m).

Cardinal Catalogue

- * English major.
- * Parents are Paul and Karen Macellari.
- * Born July 8, 1984



Michael Macellari



David Marrero

Sprints
Junior/Sophomore (ath)
Parkland, FL

Collegiate Career Bests

100 meters 10.79

High School Achievements

- * The 2000 Class 3A Florida state high school champion in the 100 meters.
- * The 2001 state champion as a member of the 400 meter relay.

Cardinal Catalogue:

- * Science, Technology and Society major.
- * Parents are Manuel and Cyndia Marrero.
- * Born December 20, 1984.



Eddie Martinez

Throws
Sophomore
San Diego, CA

Collegiate Career Best
Javelin 128-7 (39.20m)

Cardinal Catalogue

- * Engineering major.
- * Parents are Jose and Maria Martinez.
- * Born August 2, 1985



Eddie Martinez



Kelly McGrath

Pole Vault
Freshman
Sacramento, CA

High School Achievements

- * Cleared a personal best of 15-3 3/4 (4.67m) in 2004.
- * A Junior Olympic national qualifier.
- * National Honor Society.
- * AP Scholar.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Frank and Marcia McGrath.
- * Born August 28, 1986.



John McGuire

Middle Distances
Freshman
Golden, CO

High School Achievements

- * Competed on Stanford's sixth place finishing team at the 2005 NCAA Championship.
- * A member of the 3A state high school record team in the 4 x 800 meter relay.
- * Set the 4A state record in the 800 meters (1:51.91).
- * Won seven individual Colorado state meet track titles.
- * Led the 4 x 800 meter relay team to All-American status at the Nike Outdoor Nationals in 2005.
- * His best times included 1:51.91 in the 800 meters and 4:14 in the 1600 meters.
- * A three-time Colorado state cross country champion.
- * Finished fourth at the Footlocker National Cross Country Championship earning him All-American status.
- * Led his team to three state cross country championships.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Robin and Rose McGuire.
- * Born December 31, 1986.



Matthew McEvoy

Distances
Freshman
Dallas, TX

High School Achievements

- * A three-time National Junior Olympic medalist in the steeplechase.
- * The sophomore Scholar-Athlete of the Year.
- * Graduated salutatorian.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Bill and Jean McEvoy.
- * Born August 15, 1986.



Hari Mix

Distances
Sophomore/Freshman (ath)
 Charlottesville, VA

Collegiate Career Best:

Mile 4:16.02i
 3000 meters 8:11.06i

Collegiate Achievements

* Competed on Stanford's 2005 title winning Pac-10 cross country team.

High School Achievements

- * The 2004 Virginia state high school indoor champion in the 3200 meters.
- * Named a Nike Indoor All-American in the two-mile.
- * The Virginia Cross Country Runner of the Year during his senior season.
- * Valedictorian.
- * The 2003 Central Virginia Scholar-Athlete of the Year.

Cardinal Catalogue

- * Geological and Environmental Sciences major.
- * A 2005 Pacific-10 All-Academic cross country selection.
- * Parents are Tom and Madhuri Mix.
- * Born October 16, 1985.



Hari Mix



Chris Mocko

Distances
Sophomore/Freshman (ath)
 McLean, VA

Collegiate Achievements

* Competed at the 2005 USA Junior Cross Country Championship.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Paul and Madeline Mocko.
- * Born March 6, 1986.



Tunji Munabi

Sprints/Jumps
Freshman
 Wynnewood, PA

High School Achievements

- * ISL long and triple jump champion in 2004, 2005.
- * New England Prep School Track Association long jump champion in 2004, 2005.
- * NEPSTA triple jump champion in 2005.
- * An All-American long jumper at the 2005 USA Junior Championship.
- * A four year letter winner in track and soccer, and a three-year letter winner in basketball.
- * Captained all three teams his senior season at the St. Paul's School in Concord, NH.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Abraham and Susan Munabi.
- * Father, Abraham, competed in the triple jump at the 1972 Olympics for Uganda.
- * Born July 29, 1987.

John Murphy

Middle Distances
Freshman
 Eagle River, AK

High School Achievements

- * A standout student-athlete at Chugiak High School.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Neil Murphy and Angela Liston.
- * Born November 14, 1986.



Feranmi Okanlami

Jumps
Junior
 Granger, IN

Collegiate Career Bests:

Triple Jump 50-5 1/4 (15.37m)
 Long Jump 22-7 1/4 (6.89m)

Collegiate Achievements:

- * Jumped a career-best 50-5 1/4 (15.37m) in the triple jump at the 2005 NCAA West Regional.
- * Triple jumped 50-0 (15.24m) at the MPSF Championship in 2005.
- * The 2005 Big Meet triple jump champion.
- * Placed fifth in the triple jump at the 2004 U.S. Junior National Championship with a season-best of 49-11 3/4 (15.23m).

Cardinal Catalogue

- * A Pre-Med student majoring in Honors Interdisciplinary Studies in the Humanities.
- * Parents are Drs. Olubunmi and Olufemi Okanlami
- * Born April 26, 1985.



Feranmi Okanlami



Wopamo Osaisai

Sprints
Sophomore
 Pinole, CA

Collegiate Career Bests:

60 meters 6.83i
 100 meters 10.39
 200 meters 21.04
 200 meters 21.82i

Record Book

- * Became the school record holder in the 100 meters with a time of 10.39 at the Junior Pan Am Championships in Canada during the summer of 2005.
- * Indoors, set the school record in the 60 meters (6.83).

Collegiate Achievements

- * A second place finish in the 100 meters (10.58) at the 2005 United States Junior Outdoor Championship earned Osaisai a berth on Team USA at the Junior Pan Am Games in Canada.
- * Competed at the 2005 NCAA Track & Field Championship in the 100 meters.
- * The 2005 Big Meet champion in the 100 meters.

Cardinal Catalogue

- * Undeclared major.
- * Mother is Edith Osaisai
- * Born September 13, 1986.



Wopamo Osaisai



Randy Pensinger

Middle Distances
Freshman
 Oceanside, CA

High School Achievements

- * Won the 800 meter CIF title in 2005.

Cardinal Catalogue

- * Undeclared major
- * Parents are Carlos and Gina Pensinger.
- * Born August 7, 1987.



Jonathan Pierce

Distances
Senior/Junior (ath)
Ogdensburg, NY

Collegiate Career Bests

1500 meters	3:45.95
Mile	4:13.11i
3000 meters	8:04.21
3000m steeplechase	8:45.84
5000 meters	14:09.55

Record Book

* Set a freshman school record in the 3000 meter steeplechase (9:00.35) at the NCAA West Regional.

Collegiate Achievements

- * Ran on Stanford's 2005 and 2004 NCAA Championship sixth place cross country team.
- * Also helped the Cardinal win the 2005 Pac-10 cross country title.
- * Named first team All Pac-10 in 2005.
- * Competed on Stanford's Pac-10 and NCAA West Regional Championship winning teams in 2004.



Jonathan Pierce

High School Achievements

- * The 2002 New York state high school champion in the 1600 and 3200 meters.
- * A 2001 Footlocker national cross country finalist.
- * Finished second at the state cross country championship as a senior.
- * Named the 2002 New York State Senior Runner of the Year.

Cardinal Catalogue

- * Human Biology major.
- * A 2003 Pacific-10 All-Academic cross country selection.
- * Parents are Paul and Susan Pierce.
- * Born September 3, 1983.



Joel Prickett

Hurdles
Freshman
Bellingham, WA

High School Achievements

- * Competed in the 110 and 300 meter hurdles, the 400 meter relay, and the 1600 meter relay at the Washington state meet.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Jim Prickett and Janet Seltzer.
- * Born November 26, 1986.



Michael Robertson



Michael Robertson

Throws
Senior
Beebe, AR

NCAA Champion (Discus, 2005)

Two-Time Time All-American

Collegiate Career Best

Discus	212-11 (64.89m)
Hammer	171-10 (52.38m)
Shot Put	52-1 3/4 (15.89m)

Record Book

- * Captured the 2005 NCAA discus title with a school record effort of 202-5 (61.70m).
- * Originally set the school record at the 2005 Mt. SAC Relays.

Southern Methodist

- * An All-American in the discus
- * Finished third in the discus (195-2, 59.48m) at the 2004 NCAA Championship.
- * Competed in the discus at the 2004 U.S. Olympic Trials with a throw of 194-5 (59.25m).
- * Competed in the discus at the 2003 U.S. National Championship.

Collegiate Achievements

- * The 2005 NCAA champion in the discus.
- * Became the first Stanford athlete in 40 years to win the national championship in the discus.
- * Also captured the discus title at the NCAA West Regional and the Pac-10 Championship.
- * Competed in the discus at the 2005 United States Outdoor Championship.
- * The 2005 Big Meet champion in the discus.

High School Achievements

- * A four-time state high school champion in the discus.
- * The 2002 U.S. Junior National champion in the discus.
- * Competed at the 2002 World Junior Championship in Kingston, Jamaica.

Cardinal Catalogue

- * Economics major.
- * Parents are George and Deborah Robertson.
- * Born December 19, 1983.



Daniel Schaerer

Throws
Sophomore
San Diego, CA

Collegiate Career Best
 Discus 176-0 (54.65m)

High School Achievements

- * The 2004 California state high school meet champion in the discus.
- * Set a California state meet record and personal best in the discus in 2004 with a throw of 206-5 (62.92m).
- * Had the fifth furthest discus throw in the nation as a senior in 2004.

Cardinal Catalogue

- * Undeclared major.
- * Parents are Jake and Lisa Schaerer.
- * Born October 20, 1985.



Daniel Schaerer



Mark Shughart

Throws
Sophomore/Freshman (ath)
Mechanicsburg, PA

Collegiate Career Bests
 Shot Put 38-6 (11.73m)

Cardinal Catalogue

- * Undeclared major.
- * Parents are Gary and Elaine Shughart.
- * Born December 17, 1985.



Rolf Steier

Middle Distances
Senior/Junior (ath)
Temple Terrace, FL

Collegiate Career Bests

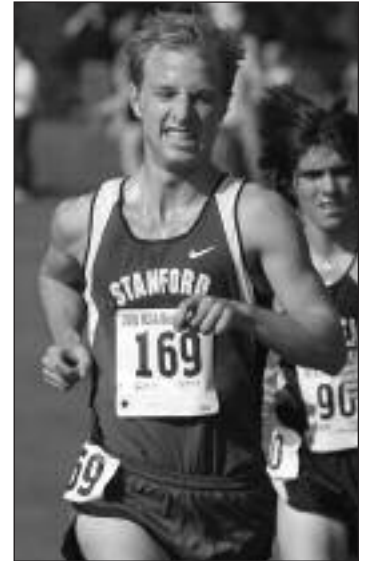
800 meters	1:55.32
1500 meters	3:47.22
3000 meters	8:08.16i
5000 meters	14:15.26

Collegiate Achievements

- * A finalist in the 1500 meters at the 2003 U.S. Junior National Championship.

High School Achievements

- * The 2001 and 2002 Florida state high school meet champion in the 1600 and 3200 meters.
- * A 2002 indoor All-American in the two-mile.
- * Represented the U.S. in the 1500 meters at the World Youth Games.
- * A three-time state champion in cross country.



Rolf Steier

Cardinal Catalogue

- * Engineering major.
- * A 2004 Pacific-10 All-Academic track & field selection.
- * Parents are Frederick Steier and Jane Jorgensen
- * Born June 7, 1984.

Forrest
Tahdooahnippah

Distances
Junior/Sophomore (ath)
St. Paul, MN

Collegiate Career Bests

5000 meters	14:10.86
10,000 meters	29:36.11

Collegiate Achievements

- * Finished fourth in the 10,000 meters at the 2004 U.S. Junior National Championship.
- * Helped the Cardinal to the 2004 and 2005 Pac-10 cross country championship.
- * Competed for Team USA at the 2004 IAAF World Junior Cross Country Championship in Brussels, Belgium.

High School Achievements

- * The 2002 Minnesota state high school champion in the 3200 meters.
- * A nine-time regional and city champion in track and field.

Cardinal Catalogue

- * Public Policy major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * A 2004 and 2005 Pacific-10 All-Academic cross country selection.

- * Parents are Teresa Whitman and Cornell Tahdooahrippah.
- * Born March 31, 1985.



David Vidal

Distances
Senior
Kalispell, MT

Collegiate Career Bests

1500 meters	3:47.16
Mile	4:08.05i
3000m steeplechase	8:43.07
5000 meters	14:10.03

Collegiate Achievements

- * Competed in the 3000 meter steeplechase at the 2005 United States Outdoor Championship.
- * Finished second in the 3000 meter steeplechase at the 2005 Pac-10 Championship.
- * His time of 8:43.07 (#4 all-time at Stanford) allowed him to compete in the finals at the 2005 NCAA West Regional.
- * The 2005 Big Meet champion in the 3000 meter steeplechase.
- * Ran on Stanford's 2005 and 2004 NCAA Championship sixth place cross country team.
- * Also helped Stanford win the Pac-10 cross country titles in 2004 and 2005.
- * A member of Stanford's winning Pac-10 and NCAA West Regional Championship teams in 2004.
- * A 2004 first team All Pac-10 selection.



David Vidal

High School Achievements

- * Won five individual state high school championships.
- * The Montana state record holder in the 1600 meters.
- * Won two individual state titles in cross country in high school
- * Participated in the Footlocker National Championship.

Cardinal Catalogue

- * Human Biology major.
- * A three-time (2003, 2004, 2005) Pac-10 All-Academic Track & Field selection.
- * A three-time (2003, 2004, 2005) Pacific-10 All-Academic cross country selection.
- * Parents are Jim and Gayle Vidal.
- * Born June 7, 1982.



Solomon Welch

Jumps
Senior
Danville, CA

Collegiate Career Bests

Triple Jump	51-9 (15.77m)
Long Jump	23-5 1/2 (7.15m)i

Record Book

- * Set a freshman school record with a triple jump of 50-9 1/2 (15.48m) in 2003.

Collegiate Achievements

- * Attained a career-best 51-9 (15.77m) in 2005, second-best in school history.
- * Jumped 51-9 (15.77m) at the 2005 NCAA West Regional to gain a berth at the NCAA Championship in Sacramento.
- * Jumped a career best of 23-5 1/2 (7.15m) in the long jump indoors in 2004.
- * Won the 2003 U.S. Junior National title in the triple jump (50-2 1/2, 15.30m).
- * Competed in the 2003 Junior Pan Am Games in Barbados.
- * Finished fourth in the triple jump at the 2002 U.S. Junior National Championship.



Solomon Welch

Cardinal Catalogue

- * African and African American Studies major.
- * A 2005 Pacific-10 All-Academic track & field selection.
- * Parents are Leonard Welch and Terry McMillan.
- * Born April 24, 1984.



Greg Williams

Middle Distances
Sophomore/Freshman (ath)
West Chester, PA

High School Achievements

- * The Pennsylvania state high school 3000 meter indoor champion and mile runner-up as a senior.
- * The indoor school record holder in the mile and 3000 meters.

Cardinal Catalogue

- * Undeclared major.
- * Parents are John and Mary Williams.
- * Born December 11, 1985.

2005 Track and Field

Stanford Women Take NCAA Cross Country Crown, Season in Review Robertson Wins Discus Title



The Stanford women's cross country team placed three runners in the Top 25 to win the 2005 NCAA Championships.

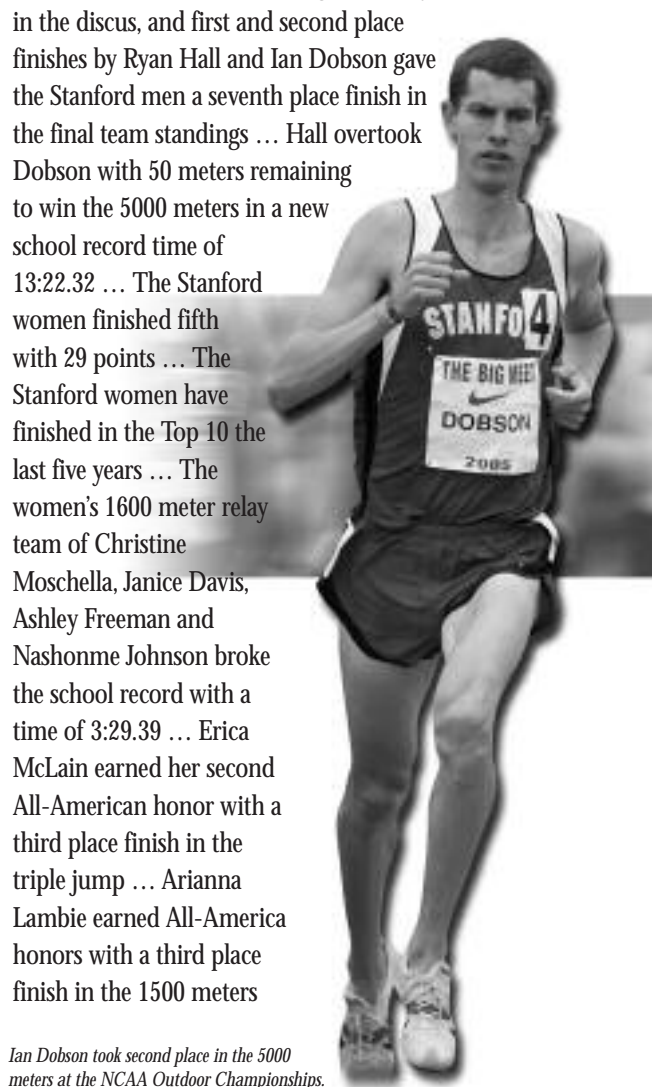
NCAA Cross Country Championships

Congratulations to the 2005 Stanford women's cross country team ... Stanford is the 2005 NCAA Champion ... The Cardinal women won their third NCAA title in school history, and the second national championship in the last three years with a resounding victory at the 2005 NCAA Cross Country Championships in Terre Haute, In ... Paced by three Top 25 finishers for the Cardinal, Stanford totaled 146 points compared to runner up Colorado with 181 points ... Duke, ranked No. 1, fell to third place with 185 points ... Rounding out the Top 5 were Arizona State (191 points) and Illinois (212 points) ... Entering the meet, Stanford had been ranked No. 2 in the country ... Once again, Stanford sophomore Arianna Lambie led the way to the Cardinal victory ... Lambie gained All-American honors as Stanford's top runner with an eighth place finish over 6,000 meters (19:59.1) ... The Cardinal women competed in seven races and won all seven races including the NCAA West Regional title, the Pac-10 Championship, and now the NCAA title ... The Cardinal men, ranked sixth in the nation, finished sixth with a team score of 231 ... Wisconsin easily ran to the NCAA title with 37 points, 68 points better than second-ranked Arkansas ... Notre Dame (178 points), Iona (205 points) and Colorado (222) rounded out the Top 5 ... Stanford was the highest

placing Pac-10 team that competed ... Stanford sophomore Neftalem Araia was Stanford's top finisher in eleventh place to earn All-American honors for a second straight season ... Peter Tegen was named Pac-10 Cross Country Coach of the Year ... Lambie was named Pac-10 Cross Country Athlete of the Year.

NCAA Outdoor Championships

It had been exactly 40 years since a Stanford athlete had won the NCAA title in the discus ... The long streak ended at the 2005 NCAA Track & Field Championships when Michael Robertson captured the national crown with a school record effort of 202-5 (61.70m) ... Robertson won the event on his fifth of sixth throws, and upset the favorite, Vikas Gowda, the 2004 Olympian from India, who competed for North Carolina ... Robertson became Stanford's first NCAA discus champion since 1965 when Bob Stoecker captured the national title ... Robertson is one of eight Stanford athletes to have now captured the NCAA title in the discus ... The 28 points gathered by Robertson in the discus, and first and second place finishes by Ryan Hall and Ian Dobson gave the Stanford men a seventh place finish in the final team standings ... Hall overtook Dobson with 50 meters remaining to win the 5000 meters in a new school record time of 13:22.32 ... The Stanford women finished fifth with 29 points ... The Stanford women have finished in the Top 10 the last five years ... The women's 1600 meter relay team of Christine Moschella, Janice Davis, Ashley Freeman and Nashonme Johnson broke the school record with a time of 3:29.39 ... Erica McLain earned her second All-American honor with a third place finish in the triple jump ... Arianna Lambie earned All-America honors with a third place finish in the 1500 meters



Ian Dobson took second place in the 5000 meters at the NCAA Outdoor Championships.

with a season-best time of 4:13.64.

NCAA West Regional Championships

The Stanford women, fresh off their victory at the Pac-10 Championship, continued their winning ways with a victory at the NCAA West Regional in Eugene, Oregon ... The Cardinal tallied 110.5 points, thanks in part to victories by Sara Bei (5000 meters), Janice Davis (100 meters), and the 1600 meter relay team of Chinny Offor, Ashley Freeman, Nathonme Johnson and Janice Davis ... Stanford produced 20 Top-10 finishes in claiming the team title ...

Michael Robertson continued his march to the NCAA title with a victory in the discus at the NCAA Regional ... Twelve Top-10 performances were turned in by the Stanford men, including second place finishes by Ryan Hall (5000 meters) and Donald Sage (1500), and a third place finish by Ian Dobson (5000 meters) ... Forty-six Stanford student-athletes competed at the West Regionals.

Women's Pac-10 Championship

Stanford broke UCLA's eight-year hold on the Pac-10 title with a convincing victory at the conference championship at UCLA's Drake Stadium ... The Cardinal chalked up a school record 173 points to easily score a 48 point victory over the second place Bruins ... The 173 points was also fourth-most by a Pac-10 school in the 19-year existence of the conference championship meet ... The Stanford women were paced on the final day by victories in the 5000 meters by Sara Bei, the 400 meter hurdles by Undine Becker, and an American junior and school record performance by freshman

sensation Erica McLain ... McLain, who captured the Pac-10 title in the long jump the day before, added to her impressive resume with a victory in the triple jump with an American junior and school record jump of 45-2 1/2 (13.78m) ... McLain's effort was a Pac-10 meet record and the third-best mark in conference history ... McLain also became the first Pac-10 athlete to win the long jump and triple jump conference titles in the same year ... Bei led a 1-2 finish for Stanford in the 5000 meters ... Craig, who won the 10,000 meter title the day before, finished second ... During the two days of competition, the Stanford women produced five Pac-10 champions and 24 Top-5 finishes ... Of the 24 Stanford women who competed, 23 contributed points in the winning effort ... Head women's track & field coach Edrick Floreal was named Pac-10 Coach of the Year ... McLain was named Pac-10 Newcomer of the Year.

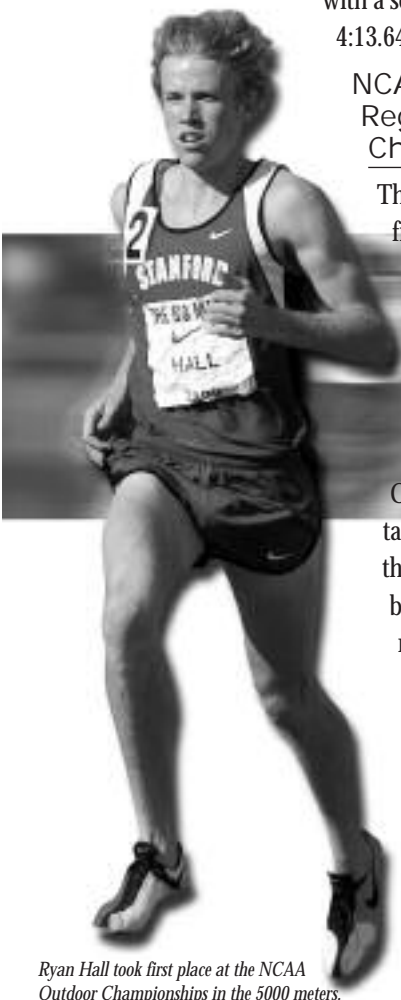
Men's Pac-10 Championship

The Stanford men performed with several excellent performances and came away with a seventh place showing in a highly competitive field ... The Cardinal scored 66 points ... Stanford produced one winner in men's competition on the final day of competition ... Michael Robertson, the conference favorite, won the discus competition with a throw of 192-7 (58.70m) ... Robertson became Stanford's first conference discus champion in 40 years ... Bob Stoecker won the conference crown in 1965 ... Ryan Hall finished second in the 5000 meters while David Vidal took runner up honors in the 3000 meter steeplechase ... Six Stanford athletes finished in the Top 4 during the two days of competition.

The Big Meet

Erica McLain scored wins in the long jump and the triple jump, Alicia Craig captured the 5000 meters and Christine Moschella helped score 18 points to lead the Stanford women's track & field team to a 97-66 victory over California in the 16th Big Meet at Cobb Track & Angell Field ... One Big Meet record was set during the competition ... Arianna Lambie broke the longtime meet record in the 1500 meters with a time of 4:17.13 ... The old record was 4:19.4 by Regina Jacobs of Stanford in 1983 ... In all, the Stanford women won 12 of the 19

Michael Robertson became Stanford's first NCAA Champion in the discus in 40 years.



Ryan Hall took first place at the NCAA Outdoor Championships in the 5000 meters.



Sara Bei helped the women to a Pac-10 title with her win in the 5000 meters.

events ... Stanford's women's team has won the last five Big Meets against the Golden Bears, and eight of the last nine ... The Cal men's team scored a 85-78 victory over Stanford in the 111th Big Meet ... Wopamo Osaisai scored a victory in the 100 meters ... Other Stanford winners were Curtis Goehring in the 400 meters, Michael Garcia in the 800 meters, Donald Sage in the 1500 meters, David Vidal in the 3000 meter steeplechase, Neftalem Araia in the 5000 meters, Michael Robertson in the discus, and Feranmi Okanlami in the triple jump ... The Cardinal men's team of Michael Garcia, Russell Brown, Curtis Goehring and Nick Sebes scored a victory in the 1600 meter relay ... The Cardinal men captured first place honors in races from the 400 meters through the 5000 meters.

NCAA Indoor Championships

Erica McLain earned two All-American honors in helping lead the Stanford women to an eighth place finish, and Ian Dobson captured the 5000 meter title to highlight Stanford's participation at the NCAA Indoor Championships at Arkansas ... McLain finished second in the triple jump, one day after she placed eighth in the long jump ... Dobson fought off the challenge of Arizona's Robert Cheseret to win the national title after finishing second the year before ... Dobson became the first Stanford runner since Brad Hauser in 1999 to win the national title in the indoor 5000 meters ... Alicia Craig finished fourth to gain All-America honors in the 5000 meters ... More All-America accolades were picked up by the women's distance medley relay team of Katy Trotter, Christine Moschella, Chiny Offor and Sara Bei ... The DMR team finished fourth ... The Cardinal men finished 13th in the team standings ... The men's distance medley relay team of Russell Brown, Nick Sebes, Michael Garcia and Joaquin Chapa gained All-American honors with a fourth place finish.

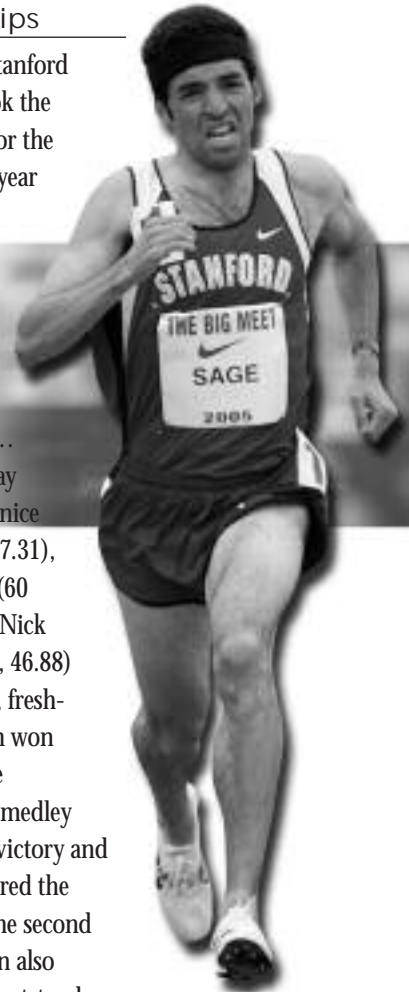
MPSF Indoor Championships

The top-ranked Stanford women's team took the MPSF team title for the third consecutive year by pounding out 180.5 points to almost double the margin of victory over runner up California which scored 94 points ... During the first day of competition, Janice Davis (60 meters, 7.31), Wopamo Osaisai (60 meters, 6.83) and Nick Sebes (400 meters, 46.88) set school records, freshman Erica McLain won the long jump, the women's distance medley relay team ran to victory and Ian Dobson captured the 5000 meters ... The second day of competition also produced several outstanding results for the Cardinal ... Davis captured the 60 and 200 meter titles, McLain set another school record in the triple jump (45-7 1/4, 13.90m), and Nashonme Johnson won the 400 meters ... Other victories were turned in by Arianna Lambie in the mile, Sara Bei in the 3000 meters, and the 1600 meter relay team of Chiny Offor, Christine Moschella, Nashonme Johnson and Ashley Freeman ... The Cardinal men finished second with 93 points ... Edrick Floreal was named MPSF Women's Coach of the Year ... Erica McLain was named MPSF Female Athlete of the Year.

The Stanford women took the Pac-10 Title with a school-record 173 points; 48 points more than the second-place school.



Alicia Craig won the 10,000 meter title and finished second in the 5000 meters at the Pac-10 Championships.



Donald Sage finished second in the 1500 meters at the NCAA Championships.

Cardinal Catalogue

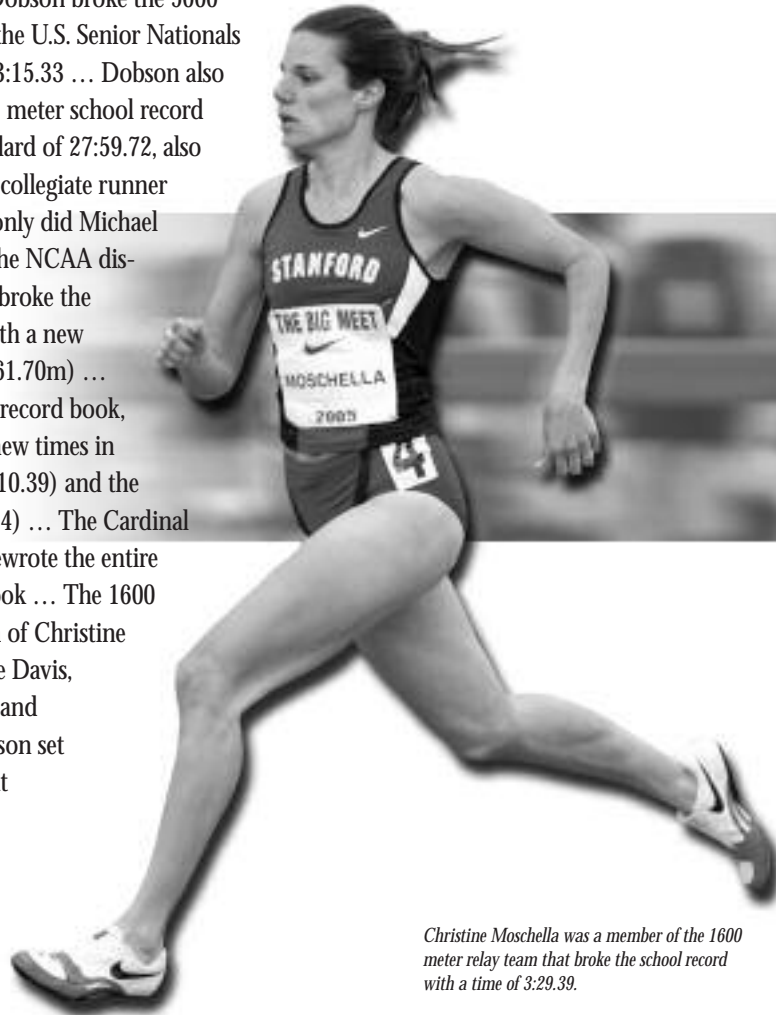
The unbelievable freshman season for Stanford triple jumper Erica McLain continued with a resounding victory and a berth on Team USA at the 2005 United States Outdoor Track & Field Championship ... McLain broke her American junior record en route to her first U.S. title ... McLain's mark of 45-11 1/2 (14.01m) surpassed her previous American junior record of 45-2 1/2 (13.78m) at the Pac-10 Track & Field Championship ... McLain joined two Stanford graduating seniors (Ian Dobson, Ryan Hall) who also earned berths on Team USA who competed at the World Championships in Finland ... Dobson and Hall finished second and third, respectively, in the 5000 meters at the U.S. Outdoor Championship ... Two Cardinal freshmen enjoyed outstanding seasons ... Lindsay Allen captured the bronze medal in the 3000 meter steeplechase and Wopamo Osaisai finished fourth in the 100 meters at the Junior Pan American Games in Canada ... Allen and Osaisai earned berths on Team USA with first and second place finishes, respectively, at the United States Junior

Outdoor Championships which ran concurrently with the Senior National Championships in Carson, California ... Twenty-eight current and former Stanford athletes competed at the U.S. Senior and Junior National Championships.

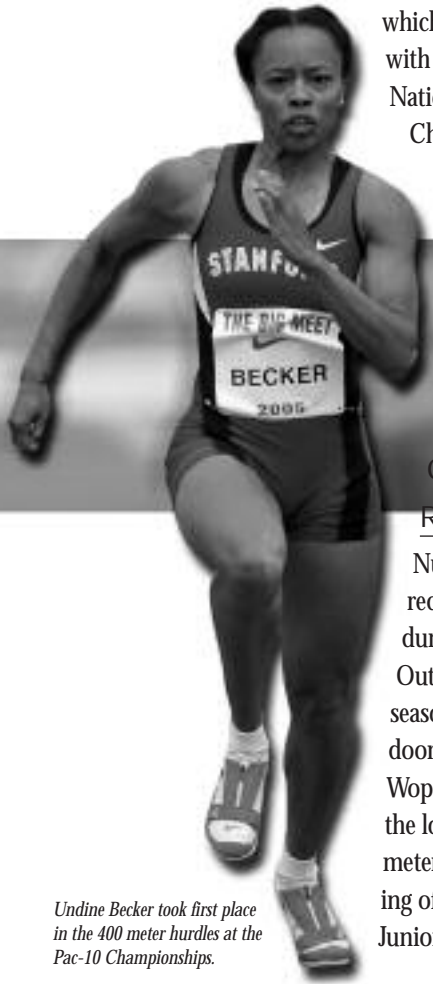
Record Recap

Numerous school records were broken during the 2005 Outdoor and Indoor season ... In men's outdoor competition, Wopamo Osaisai broke the long standing 100 meter time with a clocking of 10.39 at the Junior Pan Am Games in

Canada ... Ian Dobson broke the 5000 meter record at the U.S. Senior Nationals with a time of 13:15.33 ... Dobson also broke the 10,000 meter school record with a new standard of 27:59.72, also the #1 time by a collegiate runner in 2005 ... Not only did Michael Robertson win the NCAA discus title, he also broke the school record with a new mark of 202-5 (61.70m) ... In the freshman record book, Osaisai set two new times in the 100 meters (10.39) and the 200 meters (21.04) ... The Cardinal women nearly rewrote the entire school record book ... The 1600 meter relay team of Christine Moschella, Janice Davis, Ashley Freeman and Nashonme Johnson set the new record at 3:29.39 ... Sarah Hopping established a new school record in the hammer (204-2, 62.23m), and Erica McLain set the American junior and school records in the triple jump (45-11 1/2 , 14.01m) ... In the freshman record book, Danielle Maier was the new record holder in the javelin (150-2 1/4, 45.78m) while McLain set new frosh marks in the long jump (21-2 1/2, 6.46m) and triple jump (45-11 1/2, 14.01m) ... The indoor school record book also will look different this year ... Wopamo Osaisai set new times in the 60 meters (6.83) while Nick Sebes took top honors in the 400 meters (46.88) ... Janice Davis is the new school record holder in the indoor 60 meters (7.31) and the 200 meters (23.70) while Ashley Purnell established a new time in the 400 meters (53.57) ... The indoor 1600 meter relay team of Christine Moschella, Janice Davis, Ashley Freeman and Ashley Purnell are owners of the school record with a time of 3:34.92 ... Erica McLain set the indoor school record in the triple jump (45-7 1/4, 13.90m).



Christine Moschella was a member of the 1600 meter relay team that broke the school record with a time of 3:29.39.



Undine Becker took first place in the 400 meter hurdles at the Pac-10 Championships.



Patti Sue Plumer won the 2-Mile Indoors title in 1983, and the 5000 Meters title in 1984.



Gabe Jennings won four NCAA titles during his tenure on The Farm.



Five time national champion Lauren Fleshman won three consecutive NCAA titles in the 5000 meters from 2001-03.

Individual Champions

Men's NCAA Champions

Name	Event	Mark/Time	Year	Site
Albritton, Terry	Shot Put	67-3 1/2	1977	Champaign, Il
Dobson, Ian	5000m (Indoors)	13:43.36	2005	Fayetteville, Ark
Dunn, Gordon	Discus	162-7	1934	Los Angeles, Ca
Edmonds, Ward	Pole Vault	13-6 1/4	1928	Chicago, Il
	Pole Vault	13-8 7/8	1929	Chicago, Il
Hall, Ryan	5000 Meters	13:22.32	2005	Sacramento, Ca
Hanner, Flint	Javelin	191-2 1/4	1921	Chicago, Il
Hartranft, Glenn	Shot Put	50-0	1921	Chicago, Il
Hassell, Mark	Distance Medley Relay	9:30.01	2001	Fayetteville, Ark
Hauser, Brad	5000 Meters (Indoors)	13:58.50	1998	Indianapolis, In
	10,000 Meters	28:31.30	1998	Buffalo, NY
	5000 Meters (Indoors)	13:52.79	1999	Indianapolis, In
	5000 Meters	13:48.80	2000	Durham, NC
	10,000 Meters	30:38.57	2000	Durham, NC
Held, Bud	Javelin	209-8	1948	Minneapolis, Mn
	Javelin	224-8 1/4	1949	Los Angeles, Ca
	Javelin	216-8 5/8	1950	Minneapolis, Mn
Hoffman, Clifford	Discus	148-4	1921	Chicago, Il
Jennings, Gabe	Mile (Indoors)	3:59.46	2000	Fayetteville, Ark
	Distance Medley Relay	9:28.83	2000	Fayetteville, Ark
	1500 Meters	3:37.76	2000	Durham, NC
	Distance Medley Relay	9:30.01	2001	Fayetteville, Ark
	220 Yards	21.1	1939	Los Angeles, Ca
Jeffrey, Clyde	Distance Medley Relay	9:28.83	2000	Fayetteville, Ark
Kelty, Evan	High Jump	6-6 5/8	1928	Chicago, Il
King, Robert	High Jump	6-6 5/8	1928	Chicago, Il
Klopstock, Sam	120 Yard hurdles	14.4	1934	Los Angeles, Ca
Krenz, Eric	Discus	149-2	1928	Chicago, Il
Laborde, Henri	Discus	163-3 3/4	1933	Chicago, Il
Lofton, James	Long Jump	26-11 3/4	1978	Eugene, Or
Long, Leo	Javelin	226-8 3/4	1954	Ann Arbor, Mi
Malott, Ray	440-Yards	46.8	1938	Minneapolis, Mn
Meier, August	120 Yard Hurdles	14.2	1933	Chicago, Il
Nutter, Nathan	10,000 Meters	29:11.96	1999	Boise, Id
Questad, Larry	100 Yards	9.7	1963	Albuquerque, NM
Reynolds, James	Shot Put	50-5 1/4	1936	Chicago, Il
Riley, Jonathon	Distance Medley Relay	9:28.83	2000	Durham, NC
	Distance Medley Relay	9:30.01	2001	Fayetteville, Ark
	5000 Meters	13:42.51	2001	Eugene, Or
Robertson, Michael	Discus	202-5 (61.70m)	2005	Sacramento, Ca
Robison, Grant	1500 Meters	3:40.39	2003	Sacramento, Ca
Rotherth, Harlow	Shot Put	49-10 3/4	1928	Chicago, Il
	Shot Put	50-3	1929	Chicago, Il
	Shot Put	51-1 3/4	1930	Chicago, Il
Sage, Donald	1500 Meters	3:42.65	2002	Baton Rouge, La
	Distance Medley Relay	9:30.01	2001	Fayetteville, Ark
Spencer, Bud	440 Yards	47.7	1928	Chicago, Il
Stember, Michael	Distance Medley Relay	9:28.83	2000	Fayetteville, Ark
Stevens, Jon	Distance Medley Relay	9:30.01	2001	Fayetteville, Ark
Stevenson, Toby	Pole Vault	18-2 1/2	1998	Buffalo, NY
Stoecker, Bob	Discus	183-7 1/4	1965	Berkeley, Ca
Weill, Dave	Discus	188-1	1962	Eugene, Or
	Discus	181-2 1/4	1963	Albuquerque, NM
Zagar, Peter	Discus	156-3	1937	Berkeley, Ca
	Discus	162-3 1/4	1939	Los Angeles, Ca
	Discus	164-0 1/4	1940	Minneapolis, Mn



Terry Albritton won the NCAA shot put title in 1977.



Tracy Lawyer is the only Cardinal to ever win the heptathlon.



Brad Hauser was a five-time national champion.

Women's NCAA Champions

Name	Event	Mark/Time	Year	Site
Bernhagen, Lisa	High Jump (Indoors)	6-5 1/2	1987	Oklahoma City, Ok
Cady, Carol	Shot Put	56-0	1983	Houston, Tx
	Discus	198-5	1984	Eugene, Or
Chokshi, Monal	3000 Meters	9:20.18	1998	Buffalo, NY
Craig, Alicia	10,000 Meters	32:40.03	2003	Sacramento, Ca
	10,000 Meters	33:58.27	2004	Austin, Tx
Dukes, Pam	Shot Put (Indoors)	57-1	1987	Oklahoma City, Ok
Edwards, Jackie	Long Jump (Indoors)	21-7 1/2	1992	Indianapolis, In
	Long Jump	21-8	1992	Austin, Tx
Fleshman, Lauren	Distance Medley Relay	11:01.66	2000	Fayetteville, Ark
	5000 Meters	15:52.21	2001	Eugene, Or
	3000 Meters (Indoors)	9:07.45	2002	Fayetteville, Ark
	5000 Meters	15:53.91	2002	Baton Rouge, La
	5000 Meters	15:24.06	2003	Sacramento, Ca
Gaines, Chryste	55m (Indoors)	6.87	1992	Indianapolis, In
	100 Meters	11.05w	1992	Austin, Tx
Glynn, Sally	Distance Medley Relay	11:01.66	2000	Fayetteville, Ark
Hopp, Ceci	3000 Meters	8:57.0	1982	Provo, Ut
Hyatt, Lindsay	Distance Medley Relay	11:01.66	2000	Fayetteville, Ark
Lawyer, Tracy	Heptathlon	5,855 pts	1999	Boise, Id
Plumer, PattiSue	2-Mile (Indoors)	9:45.54	1983	Pontiac, Mi
	5000 Meters	15:39.38	1984	Eugene, Or
Schnurpfeil, Kim	10,000 Meters	32:36.51	1982	Provo, Ut
Smith, Jayna	Distance Medley Relay	11:01.66	2000	Fayetteville, Ark
Wiley, Alison	3000 Meters	9:03.51	1983	Houston, Tx

Men's NCAA West Regional Outdoor Champions

Name	Event	Mark/Time	Year	Site
Louis Luchini	5000 Meters	13:45.36	2003	Stanford, Ca
Michael Robertson	Discus	201-0 (61.26m)	2005	Eugene, Or
Grant Robison	1500 Meters	3:45.63	2003	Stanford, Ca
Nick Welihozkiy	Hammer	212-0 (64.62m)	2003	Stanford, Ca
Stanford	1600 Meter Relay	3:07.23	2003	Stanford, Ca

Milton Little, Gerren Crochet, Curtis Goehring, Nick Sebes

Women's NCAA West Regional Outdoor Champions

Name	Event	Mark/Time	Year	Site
Sara Bei	5000 Meters	16:06.48	2003	Stanford, Ca
	5000 Meters	16:12.86	2004	Northridge, Ca
	5000 Meters	16:22.41	2005	Eugene, Or
Jill Camarena	Shot Put	55-7 3/4 (16.96m)	2004	Northridge, Ca
Janice Davis	100 Meters	11.61	2005	Eugene, Or
Stanford	1600 Meter Relay	3:34.73	2005	Eugene, Or

Chinny Offor, Ashley Freeman, Nashonme Johnson, Janice Davis

Men's Pacific-10 Conference Champions (Since 1960)

Name	Event	Mark/Time	Year	Site
Terry Albritton	Shot Put	65-6 1/4 (19.97m)	1977	Los Angeles, Ca (UCLA)
Art Batchelder	Javelin (old implement)	240-11 1/2 (73.46m)	1962	Los Angeles, Ca (USC)
Rick Buss	Hammer	211-5 (64.66m)	1980	Seattle, Wa
Travis Clark	Decathlon	6,982 points	1994	Pullman, Wa
Bill Crowley	1500 Meters	3:47.79	1990	Seattle, Wa
Ian Dobson	3000 Meter Steeplechase	8:50.83	2003	Los Angeles, Ca (USC)
Jim Eshelman	Pole Vault	16-0 3/4 (4.90m)	1965	Pullman, Wa
Brad Hauser	5000 Meters	13:56.40	2000	Eugene, Or
Brent Hauser	10,000 Meters	29:27.90	2000	Eugene, Or
Marcus Hickerson	Long Jump	26-0 1/4 (7.93m)	1991	Tempe, Az
Matt Hogsett	440 Yard Hurdles	51.3	1974	Los Angeles, Ca (USC)
Gabe Jennings	1500 Meters	3:42.86	2000	Eugene, Or
	1500 Meters	3:43.30	2001	Berkeley, Ca
	1500 Meters	3:42.23	2002	Pullman, Wa
Jimmie Johnson	200 Meters	20.95	1997	Seattle, Wa
John Kelly	Long Jump	24-1 3/4 (7.36m)	1960	Seattle, Wa
Milton Little	Long Jump	24-10wa (7.57m)	2002	Pullman, Wa
James Lofton	Long Jump	26-4 3/4wa (8.05m)	1977	Los Angeles, Ca (UCLA)
	Long Jump	25-9 1/2 (7.86m)	1978	Corvallis, Or
Louis Luchini	5000 Meters	14:06.67	2003	Los Angeles, Ca (USC)
	10,000 Meters	29:13.28	2003	Los Angeles, Ca (USC)
Brian Marshall	High Jump	7-4 1/4 (2.24m)	1986	Los Angeles, Ca (USC)
	High Jump	7-5 3/4 (2.28m)	1988	Los Angeles, Ca (UCLA)
Harry McCalla	Three Miles	14:13.3	1962	Los Angeles, Ca (USC)
Allen Meredith	Triple Jump	52-3 (15.92m)	1970	Los Angeles, Ca (UCLA)
Bob Miltz	880 Yards	1:50.4	1963	Berkeley, Ca
Dan Moore	Long Jump	24-8 1/4 (7.52m)	1962	Los Angeles, Ca (USC)
	Long Jump	24-5 1/2 (7.45m)	1963	Berkeley, Ca
Nathan Nutter	10,000 Meters	29:55.20	1999	Tempe, Az
Michael Ponikvar	High Jump	7-0 1/2 (2.15m)	1999	Tempe, Az
	High Jump	7-4 1/2 (2.25m)	2001	Berkeley, Ca
Dave Popejoy	Hammer	216-0 (65.84m)	1992	Eugene, Or
Bill Pratt	880 Yards	1:50.3	1964	Los Angeles, Ca (USC)
Michael Questad	100 Yards	21.5	1963	Berkeley, Ca
Rob Reeder	10,000 Meters	29:48.88	1997	Seattle, Wa
Jonathon Riley	5000 Meters	14:18.11	2002	Pullman, Wa
	10,000 Meters	30:22.64	2002	Pullman, Wa
Michael Robertson	Discus	192-7 (58.70m)	2005	Los Angeles, Ca
Grant Robison	1500 Meters	3:44.42	2003	Los Angeles, Ca (USC)
Justin Romaniuk	800 Meters	1:49.86	2003	Los Angeles, Ca (USC)
Tony Sandoval	10,000 Meters	28:55.6	1976	Berkeley, Ca
Paul Schlicke	Mile	4:02.5	1964	Los Angeles, Ca (USC)
Michael Stember	800 Meters	1:50.02	2001	Berkeley, Ca
Toby Stevenson	Pole Vault	18-9 1/4 (5.72m)	2000	Eugene, Or
Bob Stoecker	Discus	183-10 1/2 (56.05m)	1965	Pullman, Wa
David Strang	800 Meters	1:49.38	1990	Seattle, Wa
	800 Meters	1:48.96	1991	Tempe, Az
Jesse Thomas	3000 Meter Steeplechase	8:51.48	2001	Berkeley, Ca
Dave Thomson	Hammer	209-8 (63.90m)	1981	Stanford, Ca
Rick Tipton	120 Yard Hurdles	13.9	1969	Corvallis, Or
Bud Walsh	Long Jump	24-6 1/2 (7.48m)	1967	Eugene, Or
Dave Weill	Discus	179-2 1/2 (54.64m)	1961	Stanford, Ca
	Discus	187-7 (57.19m)	1962	Los Angeles, Ca (USC)
	Discus	179-8 1/2 (54.78m)	1963	Berkeley, Ca

Women's Pacific-10 Conference Champions

Name	Event	Mark/Time	Year	Site
Undine Becker	400 Meter Hurdles	58.59	2005	Los Angeles, Ca
Sara Bei	5000 Meters	16:35.39	2004	Tucson, Az
	5000 Meters	16:47.57	2005	Los Angeles, Ca
Melanie Bloch	1500 Meters	4:24.2	1990	Seattle, Wa
Jill Camarena	Shot Put	54-10 1/4 (16.72m)	2002	Pullman, Wa
	Shot Put	57-10 1/4 (17.63m)	2004	Tucson, Az
Monal Chokshi	3000 Meters	9:38.16	1995	Tucson, Az
	3000 Meters	9:23.92	1998	Stanford, Ca

Alicia Craig	10,000 Meters	33:42.29	2003	Los Angeles, Ca (USC)
	10,000 Meters	36:04.95	2004	Tucson, Az
	10,000 Meters	34:02.79	2005	Los Angeles, Ca (UCLA)
Jackie Edwards	Long Jump	21-8 1/4 (6.61m)	1992	Eugene, Or
	Triple Jump	41-8 1/2 (12.71m)	1991	Tempe, Az
Melissa Feinstein	Pole Vault	12-5 1/2 (3.80m)	1998	Stanford, Ca
Lauren Fleshman	5000 Meters	16:47.24	2002	Pullman, Wa
	5000 Meters	16:37.52	2003	Los Angeles, Ca (USC)
Chryste Gaines	100 Meters	12.05	1990	Seattle, Wa
	100 Meters	11.28	1991	Tempe, Az
	100 Meters	10.94wa	1992	Eugene, Or
Sally Glynn	1500 Meters	4:16.98	2001	Berkeley, Ca
	3000 Meters	9:22.11	2000	Eugene, Or
Carol Gray	10,000 Meters	33:41.8	1988	Los Angeles, Ca (UCLA)
Tracye Lawyer	Heptathlon	5,663 points	1997	Seattle, Wa
	Heptathlon	5,809 points	1998	Stanford, Ca
	Heptathlon	5,794 points	1999	Tempe, Az
Jen McCormick	Javelin	179-5 (54.68m)	1994	Pullman, Az
Erica McLain	Long Jump	21-2 1/2 (6.46m)	2005	Los Angeles, Ca (UCLA)
	Triple Jump	45-2 1/2 (13.78m)	2005	Los Angeles, Ca (UCLA)
Peggy Odita	Heptathlon	5,285 points	1990	Seattle, Wa
Sarna Renfro	10,000 Meters	34:25.55	1997	Seattle, Wa
Erin Sullivan	10,000 Meters	35:44.19	2002	Pullman, Wa
Louise Watson	10,000 Meters	34:44.72	1994	Pullman, Wa
Erica Wheeler	Javelin(old implement)	192-2 (58.58m)	1988	Los Angeles, Ca (UCLA)

Men's MPSF Conference Indoor Champions

Year	Event	Mark/Time	Year	Site
Ian Dobson	5000 Meters	13:45.54	2005	Seattle, Wa
Seth Hejny	Mile	4:05.29	2003	Boise, Id
Louis Luchini	3000 Meters	8:12.21	2003	Boise, Id
	5000 Meters	14:13.13	2003	Boise, Id
Daniel Parris	5000 Meters	15:13.52	2002	Flagstaff, Az

Women's MPSF Conference Indoor Champions

Year	Event	Time/Mark	Year	Site
Sara Bei	3000 Meters	9:13.86	2005	Seattle, Wa
Jill Camarena	Shot Put	55-2 1/4 (16.82m)	2002	Flagstaff, Az
	Shot Put	55-6 1/2 (16.93m)	2003	Boise, Id
Alicia Craig	5000 Meters	16:05.24	2003	Boise, Id
	3000 Meters	9:26.67	2004	Seattle, Wa
Janice Davis	60 Meters	7.34	2005	Seattle, Wa
	200 Meters	23.87	2005	Seattle, Wa
Malindi Elmore	Mile	4:42.0	2003	Boise, Id
Ashley Freeman	400 Meters	54.16	2004	Seattle, Wa
Jeanne Goff	3000 Meters	9:40.40	2003	Boise, Id
Nashonme Johnson	400 Meters	54.61	2005	Seattle, Wa
Arianna Lambie	Mile	4:39.01	2005	Seattle, Wa
Erica McLain	Long Jump	20-7 (6.27m)	2005	Seattle, Wa
	Triple Jump	45-7 1/4 (13.90m)	2005	Seattle, Wa
Anita Siraki	5000 Meters	16:58.74	2004	Seattle, Wa
Stanford	1600 Meter Relay	3:43.37	2003	Boise, Id
	Nashonme Johnson, Ashley Purnell, Chantae Bayne, Christine Moschella			
Stanford	1600 Meter Relay	3:40.19	2004	Seattle, Wa
	Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman			
Stanford	1600 Meter Relay	3:38.51	2005	Seattle, Wa
	Chinny Offor, Christine Moshella, Nashonme Johnson, Ashley Freeman			
Stanford	Distance Medley Relay	11:32.95	2003	Boise, Id
	Yfa Kretzschmar, Lindsey Johnson, Lauren Fleshman, Alicia Craig			
Stanford	Distance Medley Relay	11:18.42	2004	Seattle, Wa
	Sara Bei, Chinny Offor, Katie Hotchkiss, Alicia Craig			
Stanford	Distance Medley Relay	11:24.54	2005	Seattle, Wa
	Amanda Trotter, Nashonme Johnson, Lindsay Allen, Anita Siraki			



Erica McLain won the long jump and triple jump at the 2005 Pac-10 Championships.

Stanford Top Team Performances at the NCAA Championships

Men – Track & Field (Outdoors)

Year	Place	Points	Site
2005	Seventh Place	28 points	Sacramento, Ca
2003 (tie)	Seventh Place	30 points	Sacramento, Ca
2002	Eighth Place	26 points	Baton Rouge, La
2001	Fourth Place	36 points	Eugene, Or
2000	NCAA Champions	72 points	Durham, NC
1999	Second Place	52 points	Boise, Id
1998	Second Place	51 points	Buffalo, NY
1977 (tie)	Tenth Place	16 points	Champaign, Il
1968 (tie)	Tenth Place	14 points	Berkeley, Ca
1963	Second Place	42 points	Albuquerque, NM
1962	Fifth Place	24 3/7 points	Eugene, Or
1960 (tie)	Sixth Place	20 points	Berkeley, Ca
1957	Fifth Place	21 points	Austin, Tx
1954	Eighth Place	15 points	Ann Arbor, Mi
1953 (tie)	Third Place	22 points	Lincoln, Ne
1952 (tie)	Fourth Place	24 points	Berkeley, Ca
1950	Second Place	28 points	Minneapolis, Mn
1949	Third Place	30 points	Los Angeles, Ca
1948	Eighth Place	17 3/4 points	Minneapolis, Mn
1940	Second Place	28 2/3 points	Minneapolis, Mn
1939	Second Place	44 3/4 points	Los Angeles, Ca
1938	Second Place	38 points	Minneapolis, Mn
1937	Second Place	50 points	Berkeley, Ca
1936	Fourth Place	32 points	Chicago, Il
1935 (tie)	Third Place	20 points	Berkeley, Ca
1934	NCAA Champions	63 points	Los Angeles, Ca
1933	Fourth Place	26 3/7 points	Chicago, Il
1930	Fifth Place	28 points	Chicago, Il
1929	Fifth Place	28 points	Chicago, Il
1928	NCAA Champions	72 points	Chicago, Il
1925	NCAA Champions	26 points	Chicago, Il
1923	Fourth Place	13.5 points	Chicago, Il

Men – Track & Field (Indoors)

Year	Place	Points	Site
2003 (tie)	Ninth Place	18 points	Fayetteville, Ark
2001	Fifth Place	28.5 points	Fayetteville, Ark
2000	Second Place	52 points	Fayetteville, Ark
1999	Second Place	42.5 points	Indianapolis, In
1998	Second Place	36.5 points	Indianapolis, In

Men – Cross Country

Year	Place	Points	Site
2005	Sixth Place	231 points	Terre Haute, In
2004	Sixth Place	269 points	Terre Haute, In
2003	NCAA Champions	24 points	Waterloo, Ia
2002	NCAA Champions	47 points	Terre Haute, In
2001	Second Place	91 points	Greenville, SC
2000	Fourth Place	149 points	Ames, Ia
1999	Fourth Place	223 points	Bloomington, In
1998	Second Place	114 points	Lawrence, Ks
1997	NCAA Champions	53 points	Greenville, SC
1996	NCAA Champions	46 points	Tucson, Az
1995	Fifth Place	209 points	Ames, Ia
1994	Sixth Place	208 points	Fayetteville, Ar
1968	Second Place	100 points	Wheaton, Il

Women – Track & Field (Outdoors)

Year	Place	Points	Site
2005	Fifth Place	29 points	Sacramento, Ca
2004	Sixth Place	27 points	Austin, Tx
2003	Ninth Place	27 points	Sacramento, Ca
2002	Seventh Place	25 points	Baton Rouge, La
2001	Eighth Place	27 points	Eugene, Or
1998	Ninth Place	25.5 points	Buffalo, NY
1992	Fourth Place	28 points	Austin, Tx
1988	Eighth Place	26 1/3 points	Eugene, Or
1986	Sixth Place	29 points	Indianapolis, In
1984	Third Place	71 points	Eugene, Or
1983	Sixth Place	60 points	Houston, Tx
1982	Fifth Place	78 points	Provo, Ut

Women – Track & Field (Indoors)

Year	Place	Points	Site
2005	Eighth Place	24 points	Fayetteville, Ark
2004 (tie)	Seventh Place	30 points	Fayetteville, Ark
2003	Sixth Place	32 points	Fayetteville, Ark
2002 (tie)	Fifth Place	25 points	Fayetteville, Ark
1992	Second Place	26 points	Indianapolis, In
1983	Third Place	28 points	Pontiac, Mi

Women – Cross Country

Year	Place	Points	Site
2005	NCAA Champions	146 points	Terre Haute, In
2004	Fifth Place	269 points	Terre Haute, In
2003	NCAA Champions	120 points	Waterloo, Ia
2002	Second Place	113 points	Terre Haute, In
2001	Fifth Place	206 points	Greenville, SC
2000	Third Place	198 points	Ames, Ia
1999	Third Place	127 points	Bloomington, In
1998	Third Place	111 points	Lawrence, Ks
1997	Second Place	102 points	Greenville, SC
1996	NCAA Champions	101 points	Tucson, Az
1995	Ninth Place	235 points	Ames, Ia
1994	Seventh Place	198 points	Fayetteville, Ark
1984	Second Place	89 points	University Park, Pa
1983	Second Place	98 points	Bethlehem, Pa
1982	Second Place	91 points	Bloomington, In
1981	Third Place	105 points	Wichita, Ks

Stanford Top Team Performances at the NCAA West Regionals

Men – (Outdoors)

Year	Place	Points	Site
2005	Sixth Place	61 points	Eugene, Or
2004	Sixth Place	48 points	Northridge, Ca
2003	Fourth Place	69 points	Stanford, Ca

Women – (Outdoors)

Year	Place	Points	Site
2005	First Place	110.5 points	Eugene, Or
2004	Third Place	74 points	Northridge, Ca
2003	Second Place	77 Points	Stanford, Ca

Stanford Top Team Performances at the Pac-10 Championships

Men – (Outdoors)

Year	Place	Points	Site
2003	Second Place	130 points	Los Angeles, Ca (USC)
2002	First Place	151 points	Pullman, Wa
2001	First Place	142 points	Berkeley, Ca
2000	Second Place	122.5 points	Eugene, Or
1999	Third Place	105.5 points	Tempe, Az
1994	Fifth Place	51.5 points	Pullman, Wa
1966	Fourth Place	32 points	Stanford, Ca
1965	Fifth Place	34 points	Pullman, Wa
1964	Fourth Place	37 points	Los Angeles, Ca (USC)
1963	Second Place	64 points	Berkeley, Ca
1962	Third Place	50 points	Los Angeles, Ca (USC)
1961	Fourth Place	28.5 points	Stanford, Ca
1960	Fifth Place	26.5 points	Seattle, Wa

Women – (Outdoors)

Year	Place	Points	Site
2005	First Place	173 points	Los Angeles, Ca (UCLA)
2004	Second Place	153 points	Tucson, Az
2003	Second Place	140 points	Los Angeles, Ca (USC)
2002	Third Place	121 points	Pullman, Wa
2001	Third Place	120.5 points	Berkeley, Ca
2000	Third Place	114 points	Eugene, Or
1999	Fourth Place	122.5 points	Tempe, Az
1998	Second Place	136 points	Stanford, Ca
1997	Third Place	110 points	Seattle, Wa
1991	Fourth Place	54 points	Tempe, Az

Stanford Top Team Performances at the MPSF Championships

Men – (Indoors)

Year	Place	Points	Site
2005	Second Place	93.5 points	Seattle, Wa
2004	Third Place	82.5 points	Seattle, Wa
2003	Second Place	99 points	Boise, Id
2002	Fifth Place	57 points	Flagstaff, Az

Women – (Indoors)

Year	Place	Points	Site
2005	First Place	180.5 points	Seattle, Wa
2004	First Place	148 points	Seattle, Wa
2003	First Place	171 points	Boise, Id
2002	Sixth Place	57 points	Flagstaff, Az

Men's All-Americans

Name	Event	Year
Albritton, Terry	Shot Put	1977
Allen, Jeff	DMR	1998, 1999
Araia, Nefalem	Cross Country	2004, 2005
Atkinson, Jeff	1500 Meters	1985, 1986
Balkman, Jason	Cross Country	1997
	5000 Meters (I)	1998, 1999, 2000
	5000 Meters	1999
	10,000 Meters	1999, 2000
Batchelder, Art	Javelin	1962
Bogges, Brian	Shot Put	1989
Boyce, Peter	High Jump	1968
Brock, Greg	Cross Country	1968, 1969
Brown, Russell	DMR	2005
Buss, Rick	Hammer	1980
Carrigan, Casey	Pole Vault	1970
Chapa, Joaquin	DMR	2005
Colby, Tom	Javelin	1968
Connolly, Adam	35-pound Weight	1998, 1999
	Hammer	1996, 1998, 1999
Cortwright, Steve	120Yd Hurdles	1963
Crowley, Bill	800 Meters	1990
Cunliffe, Ernie	880 Yards	1959, 1960
Dobson, Ian	Cross Country	2001, 2002, 2003
	5000 Meters (I)	2003, 2004, 2005
	10,000 Meters	2003
	3000 Meters (I)	2004
	3000M Steeplechase	2004
	5000 Meters	2005
Emme, Chris	3000 Meters (I)	2002, 2004
Fadil, Mark	DMR	1996
Fox, Evan	DMR	2003
Frische, Eric	440-Yard Relay	1965
Garcia, Michael	DMR	2005
Goehring, Curtis	DMR	2002
Hall, Ryan	Cross Country	2002, 2003, 2004
	5000 Meters	2005
Hassell, Mark	DMR	1999, 2001, 2002
Hauser, Brad	Cross Country	1996, 1997, 1998
	3000 Meters (I)	1999
	5000 Meters (I)	1998, 1999
	5000 Meters	1998, 1999, 2000
	10,000 Meters	1997, 1998, 2000
Hauser, Brent	Cross Country	1996, 1997, 1998
	3000 Meters (I)	2000
	5000 Meters (I)	1998, 1999, 2000
	5000 Meters	1997, 1998, 1999, 2000
	10,000 Meters	1998, 1999, 2000
Heath, Tad	DMR	1996
Hejny, Seth	3000 Meters (I)	2001, 2002, 2003
	5000 Meters	2001, 2002, 2003, 2004
	DMR	2003
Hickerson, Marcus	Long Jump	1991
Inan, Omer	Discus	2001, 2002, 2003
Jennings, Gabe	DMR	1998, 2000, 2001
	Mile (I)	2000, 2001
	1500 Meters	1998, 2000, 2001
	3000 Meters (I)	1998, 2000
Jimmerson, Greg	Cross Country	1994, 1995, 1996
	10,000 Meters	1996
Johnson, Jimmie	DMR	1996
Kardong, Don	Cross Country	1970
	Three Miles	1970
Kelty, Evan	DMR	2000
Kelly, John	Triple Jump	1959, 1960
Kissin, Roy	10,000 Meters	1978
Lofton, James	Long Jump	1976, 1977, 1978
Luchini, Louis	Cross Country	2001, 2002, 2003
	3000 Meters (I)	2003
	5000 Meters (I)	2001, 2002, 2003
	5000 Meters	2002, 2003, 2004
	10,000 Meters	2002
	DMR	2003
Lunn, Jason	DMR	1996
	1500 Meters	1997
	Mile (I)	1997
Maas, Jake	Cross Country	1999
	1500 Meters	1999
	DMR	1998
Marshall, Brian	High Jump	1986, 1988
Mastalir, Eric	1500 Meters	1990
Mastalir, Mark	1500 Meters	1991
McCalla, Harry	Cross Country	1962
McIntyre, Bob	440-Yard Relay	1965
Murley, Thomas	Cross Country	1999, 2000
Norwood, Toby	Hammer	1995
Nutter, Nathan	Cross Country	1995, 1996, 1997
	10,000 Meters	1997, 1998, 1999
	1500 Meters	1988
Olesen, Marc	Hammer	1984
Pickering, Shaun	High Jump (I)	2001
Ponikvar, Michael	High Jump	2001, 2002
Popejoy, David	35-Pound Weight	1995
	Hammer	1994, 1995
Questad, Larry	100 Yards	1963
	200 Yards	1963
	440 Yard Relay	1965

Reeder, Rob	5000 Meters (I)	1997
	10,000 Meters	1997
Riley, Jonathon	Cross Country	1997, 1998, 1999, 2000
	Mile (I)	1998, 1999
	3000 Meters (I)	1999, 2000, 2001
	5000 Meters (I)	2001
	5000 Meters	2000, 2001, 2002
	DMR	1999, 2000
Robertson, Michael	Discus	2005
Robison, Grant	Cross Country	2001, 2002, 2003
	3000 Meters (I)	2002, 2003
	1500 Meters	2002, 2003
	5000 Meters	2001
	DMR	2002, 2003
Rodriguez, Rene	400 Meters (I)	1994
Rubin, Dale	440 Yard Relay	1965
Sage, Donald	Cross Country	2001, 2002, 2003
	1500 Meters	2001, 2002, 2004
	Mile (I)	2002
	DMR	2001, 2002
	3000 Meters (I)	2004
	Discus	1988
Schneider, Glenn	10,000 Meters	1992, 1993
Scudamore, Dave	DMR	2003, 2005
Sebes, Nick	800 Meters	2000, 2001
Stember, Michael	1500 Meters	1997, 2000, 2001
	Mile (I)	1999, 2000
	DMR	1998, 1999, 2000
	DMR	2001
Stevens, Jon	Pole Vault (I)	1998, 1999, 2000
Stevenson, Toby	Pole Vault	1998, 1999, 2000
	Discus	1965, 1966
Stoecker, Bob	Cross Country	1992
Stolz, Gary	5000 Meters (I)	1993
	Hammer	1996, 1997, 1998
Strand, Justin	800 Meters	1990, 1991
Strang, David	35-Pound Weight	1995
Swanson, Pete	Shot Put (I)	1995
Tenforde, Adam	Cross Country	2002, 2003
	5000 Meters (I)	2003
	10,000 Meters	2002, 2003
	Cross Country	1968
Thomas, Brook	3000 Meter Steeplechase	2002
Thomas, Jesse	Hammer	1980
Thomson, Dave	Hammer	1980
Thorson, Jay	Decathlon	1986
Weill, Dave	Discus	1961, 1962, 1963
Welihozkiy, Nick	Hammer	2003
	35-lb Weight (I)	2003
White, J.J.	Cross Country	1996
	3000 Meters (I)	1997
Winter, John	Shot Put	1960

Women's All-Americans

Name	Event	Year
Annis, Caroline	Cross Country	1998
Beatty, Allison	Javelin	1999
Bei, Sara	Cross Country	2003
	DMR	2004, 2005
	3000 Meters (I)	2004
	5000 Meters	2004, 2005
Bernhagen, Lisa	High Jump	1986, 1987, 1988
Bush, Lillian	Heptathlon	2003
Cady, Carol	Discus	1982, 1983, 1984
	Shot Put	1983, 1984
Camarena, Jill	Shot Put (I)	2002, 2003, 2004
	Shot Put	2002, 2003, 2004
	Discus	2003
Carlucci, Maurica	1500 Meters	2002
	DMR	2002
Chokshi, Monal	Cross Country	1996
	3000 Meters	1995, 1996, 1998
	DMR	1995, 1996, 1998
	Cross Country	2005
Centrowitz, Lauren	Cross Country	1995, 1996, 1997, 1998
Cobb, Mary	DMR	1996
	3000 Meters	1996
	5000 Meters (I)	1996
	5000 Meters	1997, 1999
	1500 Meters	2001
Couper, Ashley	Cross Country	2001, 2002, 2003, 2004
Craig, Alicia	3000 Meters (I)	2003
	5000 Meters (I)	2003, 2004, 2005
	10,000 Meters	2003, 2004
Davis, Janice	4 x 100 Meter Relay	2004
	4 x 400 Meter Relay	2005
Dey, Denia	1500 Meters	1996
	DMR	1995, 1996
Donoghue, Kathleen	Pole Vault	2001, 2002
Dukes, Pam	Shot Put	1985, 1986
Dunscombe, Kortney	Cross Country	1994
	5000 Meters (I)	1995, 1998
	5000 Meters	1995
	10,000 Meters	1997
Edwards, Jackie	Long Jump (I)	1991, 1992
	Long Jump	1991, 1992
	Triple Jump (I)	1991, 1992
	Triple Jump	1991, 1992

Elmore, Malindi	Mile (I)	2002, 2003
	Cross Country	2002
	1500 Meters	2003
	DMR	2003
Feinstein, Melissa	Pole Vault (I)	1998
	Pole Vault	1998
Flacks, Lindsay	Cross Country	2005
Fleshman, Lauren	Cross Country	1999, 2000, 2001, 2002
	1500 Meters	2000
	Mile (I)	2001
	3000 Meters (I)	2000, 2002, 2003
	5000 Meters (I)	2003
	5000 Meters	2001, 2002, 2003
	DMR	2000, 2002
Freeman, Ashley	DMR	2004
	4 x 400 Meter Relay	2005
Fry, Jessica	Cross Country	1996
Gaines, Chryste	55 Meters (I)	1991, 1992
	100 Meters	1991, 1992
	200 Meters (I)	1991, 1992
	200 Meters	1991, 1992
	Heptathlon	1986
Gaztambide, Denise	Cross Country	1997, 1998
Glynn, Sally	1500 Meters	2001
	Mile (I)	1999
	3000 Meters	1998, 1999, 2000
	5000 Meters	2001
	DMR	1998, 1999, 2000
	DMR	2003
Goff, Jeane	10,000 Meters	1988
Gray, Carol	DMR	1995, 1996
Holt, Tyra	3000 Meters	1982
Hopp, Ceci	DMR	2003
Hotchkiss, Katie	800 Meters (I)	2000
Hyatt, Lindsay	DMR	2000, 2002
Jacobs, Regina	Cross Country	1982, 1983, 1984, 1985
	800 Meters	1982
	1500 Meters	1983, 1985
Johnson, Nashonme	4 x 100 Meter Relay	2004
	4 x 400 Meter Relay	2005
Lambie, Arianna	Cross Country	2003, 2004, 2005
	1500 Meters	2005
Lawyer, Tracye	Heptathlon	1997, 1998, 1999
	High Jump (I)	1997
	High Jump	1998
	10,000 Meters	1982
Locke, Ann	Cross Country	1984
Lyons, Ellen	Discus	1991
Malueg, Debbie	5000 Meters	1982
Mason, Michelle	Triple Jump (I)	2005
McClain, Erica	Long Jump (I)	2005
	Triple Jump	2005
	Javelin	1993, 1994
McCormick, Jen	5000 Meters	2005
McWalters, Teresa	DMR	1998
Miller, Heather	1500 Meters	1997
Moore, Sara	DMR	1998
Moschella, Christine	DMR	2002, 2003, 2005
	4 x 100 Meter Relay	2004
	4 x 400 Meter Relay	2005
Nickerson, Karen	Discus	1985, 1986
Odita, Peggy	Heptathlon	1990
Offor, Chinny	DMR	2004, 2005
Osborne, Mary	Javelin	1983
Plumer, PattiSue	3000 Meters	1982, 1983, 1984
	5000 Meters	1984
	4 x 100 Meter Relay	2004
Purnell, Ashley	Discus	1986, 1988, 1989
Purpur, Patty	Shot Put	1987, 1988, 1989
Renfro, Sarna	Cross Country	1994, 1997
	3000 Meters	1995
	5000 Meters	1996, 1997
	5000 Meters (I)	1998
	DMR	1995
Schnurpfeil, Kim	Cross Country	1981
	10,000 Meters	1982
	DMR	2000
Smith, Jayna	Cross Country	1997, 1998, 1999
Stamps, Julia	3000 Meters (I)	1998, 1999
	3000 Meters	1999
	Cross Country	1999, 2000
Sullivan, Erin	Cross Country	2003, 2004, 2005
Trotter, Katy	DMR	2004, 2005
	3000 Meters	2005
	3000 Meter Steeplechase	2002
Turner, Laura	5000 Meters (I)	1994
Watson, Louise	10,000 Meters	1994
	Javelin	1987, 1988
Wheeler, Erica	Cross Country	1982, 1983, 1984
Wiley, Alison	3000 Meters	1983, 1984
	5000 Meters	1984, 1986

Year	Name	Event	Time/Mark	Year	Name	Event	Time/Mark
1904	Norman Dole	pole vault	12-1 8/25	1940	Clyde Jeffrey	100-yard dash	9.4
1910	Leland Scott	pole vault	12-10 7/8		Paul Moore	1,320-yard run	2:58.7
1912	George Horine	high jump	6-7		Mile relay team of Charles Shaw, Ernie Clark, Craig Williamson, Clyde Jeffrey		3:10.5
1921	Morris Kirksey	100-yard dash	9.6	1950	Bob Mathias	decathlon	8,042 points
1925	Glen Hartranft	discus	157-1 5/8	1952	Bob Mathias	decathlon (old scoring system)	7,887 points
1928	Bud Spencer	400-meter dash	47.0	1953	Bud Held	javelin	263-10
	member of the U.S. 1,600-meter relay team		3:14.2	1955	Bud Held	javelin	266-2 1/2
	member of the U.S. mile relay team		3:13.4	1956	Bud Held	javelin (made after leaving Stanford)	270-0
1930	Harlow Rothert	shot put	52-1 5/8	1960	Ernie Cunliffe	member of the U.S. two-mile relay team	7:19.4
	Eric Krenz	discus	167-5 3/8	1961	Ernie Cunliffe	1,000-yard run (indoor)	2:07.9
1931	Mile relay team of Maynor Shove, Abe Hables, Ike Hables, Ben Eastman		3:12.6	1965	440-yard relay team of Eric Frische, Dale Rubin, Bob McIntyre, Larry Questad		39.7
1932	Ben Eastman	440-yards	46.4	1973	880-yard relay (indoor) team of Ken Curl, John Kessel, Matt Hogsett, John Anderson		1:27.4
	Bill Miller	pole vault	14-1 7/8	1974	Mile int. hurdle relay team of Matt Hogsett, Dave Bagshaw, Reggie Mason, Kenny Kring		3:37.8
	Hector Dyer	member of U.S. 400-meter relay team	40.0	1976	Terry Albritton	shot put	71-8 1/2
1933	Gus Meier	120 high hurdles	14.2	2000	Distance Medley Relay team (indoors) of Gabriel Jennings, Evan Kelty, Michael Stember, Jonathon Riley		9:28.83
1934	John Lyman	shot put	54-1				
	Ben Eastman	880-yards	1:49.8				
1935	Sam Klopstock	high hurdles	14.1				
1937	880-yard relay team of Jim Kneubuhl, Ray Malott, Stan Hiserman, Jack Weierhauser		1:25.0				



Bob Mathias recorded world record performances in the decathlon in 1950 and 1952.

STANFORD IN THE OLYMPICS



Toby Stevenson ('00) won the silver medal at the 2004 Olympic Games in Athens.



Don Kardong placed fourth in the Marathon in the 1976 Olympics.

Name	Event	Year	Name	Event	Year
Atkinson, Jeff	1500 meters (10th)	1988	Krenz, Eric	Shot Put (4th)	1928
Bellah, Sam	Pole Vault (6th)	1908	Laborde, Henry	Discus (Silver)	1932
	Pole Vault (7th)	1912	MacDonald, Duncan	5000 Meters	1976
Bihlman, Herc	Shot Put	1920	Marshall, Brian	High Jump	1988
Boyce, Peter	High Jump	1968	Mathias, Bob	Decathlon (Gold)	1948
Cady, Carol	Shot Put (7th)	1984		Decathlon (Gold)	1952
	Discus (11th)	1988	Miller, Bill	Pole Vault (Gold)	1932
Caughey, Reg	Shot Put	1920	Miller, John	400 Meters	1908
Cunliffe, Ernie	800 meters	1960		800 Meters	1908
Ditz, Nancy	Marathon	1988	Murray, Feg	110 Meter Hurdles (Bronze)	1920
Dukes, Pam	Shot Put	1992	Norton, John	400 Meter Hurdles (Silver)	1920
Dunn, Gordon	Discus (Silver)	1936	Osborne, Mary	Javelin	1980
Dyer, Hec	4 x 100 Relay (Gold)	1932	Pickering, Shaun	Shot Put	1996
Eastman, Ben	400 Meters (Silver)	1932	Plumer, PattiSue	3000 Meters (12th)	1988
Edwards, Jackie	Long Jump	1992, 1996, 2000, 2004		1500 Meters (10th)	1992
Elmore, Malindi	1500 Meters	2004	Popejoy, Dave	Hammer	1996
Envela, Gus	100 Meters	1988, 1992	Questad, Larry	200 Meters (5th)	1968
Francis, Chuck	100 Meters	1972	Reed, Ian	Discus	1952
	4 x 100 Meter Relay	1972	Richardson, Bill	800 Meters (5th)	1924
Gaines, Chryste	4 x 100 Meter Relay	1992	Riley, Jonathon	5000 meters	2004
	4 x 100 Meter Relay (Gold)	1996	Robison, Grant	1500 meters	2004
	4 x 100 Meter Relay (Bronze)	2000	Rothert, Harlow	Shot Put	1928
	100 Meters	2000		Shot Put (Silver)	1932
Gray, Nellie	Shot Put (5th)	1932	Sandoval, Tony	Marathon	1980
Hanner, Flint	Javelin	1920	Schadler, Steve	1500 Meters	1992
Hartranft, Glen	Shot Put (Silver)	1924	Spencer, Bud	4 x 400 Meter Relay (Gold)	1928
	Discus (6th)	1924	Stevenson, Toby	Pole Vault (Silver)	2004
Hauser, Brad	5000 Meters	2000	Strang, Dave	1500 Meters	1992
Held, Bud	Javelin (9th)	1952		800 Meters	1996
Horine, George	High Jump (Bronze)	1912	Stember, Michael	1500 Meters	2000
Jacobs, Regina	1500 Meters	1988, 92, 96, 2000	Templeton, Dink	Long Jump (4th)	1920
Jennings, Gabriel	1500 Meters	2000	Weill, Dave	Discus (Bronze)	1964
Kardong, Don	Marathon (4th)	1976	Weir, Robert (Coach)	Discus	1984, 1996, 2000
King, Bob	High Jump (Gold)	1928			
Kirksey, Morris	100 Meters (Silver)	1920			
	4 x 100 Meter Relay (Gold)	1920			

Stanford Rich in Track and Field University and Cross Country Success



Jonathon Riley
2004 U.S. Olympian



Grant Robison
2004 U.S. Olympian

Track & Field/Cross Country Heritage

Tradition and success are often used descriptions for Stanford Track and Field. Since 1916 for men and 1977 for women, Stanford has enjoyed tremendous success on the national and international levels. Cardinal student-athletes have competed for numerous United States National and Junior National teams, and have been prominent competitors at the Olympic Games and the IAAF World Championships.

On the collegiate track and field level, championship titles and top performances remain a constant at Stanford University. In seven of the last eight years, the Stanford men's track and field team has finished in the top-10 at the NCAA Championships, including a first place team title in 2000 and runner-up finishes from 1998-99. At the conference level, Stanford has finished third or better at five of the past seven Pac-10 Championship meets, including consecutive team titles in 2001 and 2002. In 2005, the Cardinal women registered their first Pac-10 title with an impressive performance. The Cardinal produced a school record 173 points and 14 Top 3 finishes. Since 2000, the Stanford women have had six consecutive top-three finishes at the Pac-10 Track and Field Championships, including runner-up finishes from 2003-04.

Stanford Cross Country has shared in the success. Stanford has been the most dominant collegiate men's and women's cross country team over the last 13 years. The Cardinal men's and women's cross country teams have finished in the top six at the NCAA Championships every year since 1996, including four men's national titles (1996, 1997, 2002, 2003) and three women's national titles (1996, 2003, 2005). In 2005, the Stanford women were on the winners podium with an impressive victory at the NCAA Cross Country Championship. Since 1996, Stanford has won 15 of 17 men's and women's NCAA West Regional Cross Country titles. The Cardinal women have won eleven of the last twelve Pac-10 Cross Country Championships while the men have stood atop the awards podium at eight of the last nine conference championships.

At the 2006 United States Cross Country Championships, Ryan Hall captured top honors in the 12km event, and placed third in the 4km run to claim a berth on both American teams at the World Championships in Japan in April. Ian Dobson claimed a berth on the U.S. team with a fifth place finish in the 4km. Two former Stanford female runners also claimed berths on the American team. Lauren Fleshman finished second in the 4km while Sara Hall (formerly Sara Bei) finished sixth. Other Stanford runners who competed at the U.S. Championships included Gabriel Jennings, Grant Robison and Grant Robison. Freshman Eric Giddings competed in the junior 8km race.

Several current and former Stanford athletes have garnered impressive individual track and field accolades as well. Numerous athletes from Stanford competed at the 2004 U.S. Olympic Trials, including Sara Bei (5000m - 11th), Jillian Camarena (Shot put - 3rd) Alicia Craig (10,000m - 5th), Lauren Fleshman (5000m), Chryste Gaines (100m), Sally Hauser (1500m - 7th), Tracye Lawyer (Heptathlon - 8th), Summer Pierson (Discus - 9th), Erica Wheeler (Javelin - 4th),

Ashley Wysong (800m), Ian Dobson (3000m steeplechase), Seth Hejny, (5000m - 13th), Greg Jimmerson (10,000m - 12th), Milton Little (Long jump), Louis Luchini (5000m - 12th), Jason Lunn (1500m - 5th), Jonathon Riley (5000m - 2nd), Grant Robison (1500m), Donald Sage (1500m - 7th), Michael Stember (1500m - 11th), Toby Stevenson (Pole vault - 2nd), and Adam Tenforde (10,000m - 9th).

At the 2004 Olympic Games in Athens, Greece, 2000 Stanford graduate Toby Stevenson won the silver medal in the pole vault with a clearance of 19-4 1/4 (5.90m). Earlier in the year, Stevenson jumped a world leading 19-8 1/4 (6.00m) in the pole vault becoming the 11th man in history to clear that height. Also in Athens, Grant Robison '04 was a semifinalist in the 1500 meters, Jonathon Riley '02 competed in the 5000 meters, and Malindi Elmore '03 competed for Canada in the 1500 meters.

In 2005, several current Stanford track & field athletes competed both nationally (The USA Senior and Junior National Championships) and internationally (Pan Am Junior Championships). The list includes Ian Dobson, Ryan Hall, Michael Robertson, David Vidal, Neftalem Araia, Chris Emme, Wopamo Osaisai, Graeme Hoste, Benjamin Dickens, Erica McLain, Sara Bei, Arianna Lambie, Sarah Hopping, Lindsay Allen, Melissa Yunghans, and Deborah Akinniyi. Allen won the bronze medal at the Junior Pan Am Championships in Canada.

Stanford's Cobb Track and Angell Field proved to be a beautiful setting for the 2003 and 2002 USA Outdoor Track & Field Championships and the USA Junior National Championships. More than 20 current and former Stanford student-athletes competed at the 2003 U.S. National Championships. Many of the top performances were turned-in by Stanford athletes, including Jason Lunn (1500m - 1st), Jonathon Riley (5000m - 4th), Grant Robison (1500m - 3rd), Michael Stember (1500m - 4th), Toby Stevenson (Pole vault - 4th), Lauren Fleshman (5000m - 4th), Alicia Craig (5000m - 5th), Louis Luchini (5000m - 5th), Ian Dobson (10,000m - 6th), and Jill Camarena (Shot put - 7th). At the 2003 U.S. Junior National Championships, Stanford freshmen Solomon Welch and Brett Gotcher finished first in the triple jump and 10,000 meters, respectively.

At the 2003 IAAF World Track and Field Championships in Paris, France, Stanford graduate Jason Lunn was a semifinalist in the men's 1500 meters. Lauren Fleshman competed in the women's 5000 meters setting a school record in her semifinal heat.

Stanford runners had a strong presence at the 2003 Pan American Games. Toby Stevenson won the gold medal in the pole vault while Brett Gotcher captured gold in the Junior 10,000 meters. Grant Robison won the bronze medal in the 1500 meters behind former Cardinal runner Michael Stember who won the silver medal. Malindi Elmore finished fourth in the 1500 meters, and was followed by former Stanford runner and current assistant Ashley Couper who placed sixth. Seth Hejny finished ninth in the 5000 meters. Freshmen Solomon Welch and Peter Meindl competed in the triple jump and 5000 meters at the Junior Pan Am Games.

Former Cardinal runners performed well at the 2003 U.S. Indoor Track and Field Championships, also. Stanford graduates Jason Lunn, Michael Stember and Jonathon Riley reaffirmed Stanford's dominance in the middle distance events over the last several years. Lunn and Stember led a 1-2 Cardinal sweep in the 1500 meters and Riley won the gold medal in the 3000 meters. All three former Stanford greats competed for Team USA at the World Indoor Track and Field Championships in Birmingham, England.

At the 2002 U.S. Junior National Championships at Stanford University, Sara Bei ran away from the field in the women's 3000 meters to earn a spot on the Team USA squad that participated at the IAAF World Junior Track and Field Championships in Kingston, Jamaica.

Stanford's Olympic tradition was perhaps best exemplified at the 2000 U.S. Olympic Trials when Cardinal runners Gabe Jennings, Brad Hauser and Michael Stember gained berths on the Olympic Team that competed in Sydney, Australia. Jennings captured first place honors in the 1500 meters at the 2000 Olympic Trials in Sacramento with a time of 3:35.90. For Jennings, being a member of the U.S. Olympic team and going to the Sydney Olympics

was a dream come true. "I remember dreaming as a young kid, thinking of where I'd be in four years," said Jennings. "All young kids do that. Here I am now, I can't explain it. It's one thing to dream it, quite another to make your dreams come true."

Hauser, a 2000 Stanford graduate, competed in both the 10,000 and 5000 meters, earning his first Olympic berth with a second place finish and school record time of 13:27.31 in the 5000 meters. Hauser, a five-time NCAA champion and 12-time All-American, also ran the 10,000 meters at the 1999 World Championships. Stember, a 2001 Stanford graduate, placed third in the 1500 meters to gain a berth on the U.S. Olympic team. He established a new school record of 3:35.11 while representing the United States at the IAAF Golden League Meet in Monte Carlo, Monaco, in August of 2000.

Over the years, the Stanford men's program has produced some of the nation's finest track and field athletes, including Terry Albritton, Jeff Atkinson, Ernie Cunliffe, Ian Dobson, Ben Eastman, Ian Dobson, Brad and Brent Hauser, Bud Held, Ryan Hall, Omer Inan, Gabriel Jennings, Don Kardong, James Lofton, Louis Luchini, Jason Lunn, Bob Mathias, Harry McCalla, Nathan Nutter, Marc Olesen, Jonathon Riley, Grant Robison, Harlow Rotherth, Toby Stevenson, Tony Sandoval, Michael Stember, Gary Stolz, Brook Thomas and Dave Weill.

The Cardinal women's program first gained national prominence during the early 1980's when future Olympians and NCAA champions Regina Jacobs, Alison Wiley, PattiSue Plumer, and Ceci (Hopp) St. Geme established national prominence for Stanford in the middle distance and distance events. Carol Cady and Pam Dukes dominated the discus and shot put for the Cardinal from 1983-87, as did Mary Osborne in the javelin. In the 1990's, another large group of Cardinal athletes returned Stanford to the national spotlight. The long list included Monal Chokshi, Mary Cobb, Chryste Gaines, Jackie Edwards, Sally Glynn, Tracye Lawyer, Sarna Renfro and Julia Stamps. In 2003, Lauren Fleshman became Stanford's first three-time NCAA champion, with consecutive 5000 meter national titles from 2001-03.

Stanford Academic Excellence

Academic excellence is the norm for Stanford Track and Field/Cross Country. Numerous Stanford student-athletes have achieved All-American academic status in their careers. The Cardinal track and field program traditionally leads the Pac-10 Conference in a number of All-Academic first team selections. Started only 13 years ago, the United States Cross Country Coaches Association began selecting not only individuals, but also teams for the honor of being named Academic All-American. Based upon the criteria that the entire roster must maintain an average of at least a 3.0 cumulative GPA, both the men's and women's cross country teams at Stanford have been named Academic All-American teams each of the last 12 years.

Stanford Invitational

The 2006 Stanford Track & Field Invitational will be held on March 31 and April 1. Thousands of high school, college, and professional runners, jumpers, and throwers will compete at Stanford's Cobb Track and Angell Field during this two-day track and field extravaganza. The list of past champions and meet record holders include a who's who of American Track and Field, including Gail Devers, and Stanford's PattiSue Plumer, Michael Stember, and Brad Hauser. Last year's meet produced more than 180 NCAA Regional qualifying performances.



U.S. Olympian Gabe Jennings
(1,500m) Photo: Kieth McMakin



Five-time NCAA Champion Lauren
Fleshman Photo: David Gonzales

Men's Records

Yards	Name	Time	Year
100 yards	Larry Questad	9.3	1963, 1965
220 yards	Larry Questad	20.6	1963
440 yards	Ben Eastman	46.4	1932
880 Yards	Ernie Cunliffe	1:47.3	1960
Mile	Jeff Atkinson	3:55.16	1986
Two Miles	Don Kardong	8:37.8	1971
Three Miles	Don Kardong	13:20.8	1971
Six Miles	Don Kardong	28:00.6	1971
Marathon	Tony Sandoval	2:14:58.0	1976
120 Yard Hurdles	Rick Tipton	13.7	1971
220 Yard Hurdles	Sam Klopstock	23.2	1934
	Jack Weiershauser	23.2	1937
440 Yard IM Hurdles	Randy White	50.7	1971
440 Yard Relay	Eric Frische, Dale Rubin, Bob McIntyre, Larry Questad	39.7	1965
880 Yard Relay	Marvin Holmes, James Lofton, Gordon Banks, Alan Sheats	1:23.7	1977
Mile Relay	Alan Sheats, Tom Shellworth, Gordon Banks, James Lofton	3:08.5	1977
Two-Mile Relay	Bob Miltz, Bill Pratt, Harlan Andrews, Harry McCalla	7:23.5	1964
Distance Medley Relay	James Cramton (440), Bill Crowley (880), Dave Strang (1320), Marc Olesen (Mile)	9:32.85	1988
4 x Mile Relay	Seth Hejny, Donald Sage, Jonathon Riley, Michael Stember	16:15.70	2001

Meters	Name	Time	Year
100 Meters	Wopamo Osaisai	10.39	2005
200 Meters	Larry Questad	20.74	1963
	James Lofton	20.74	1978
400 Meters	Rene Rodriguez	45.85	1994
800 Meters	Michael Stember	1:46.20	2000
1500 Meters	Michael Stember	3:35.11	2000
3000 Meter Steeplechase	Ian Dobson	8:32.09	2004
5000 Meters	Ian Dobson	13:15.33	2005
10,000 Meters	Ian Dobson	27:59.72	2005
110 Meter Hurdles	John Foster	13.94	1976
400 Meter Hurdles	Randy White	50.4	1971
4 x 100 Meter Relay	T.J. Rushing, Nick Sebes, Curtis Goehring, Stanley Wilson	39.71	2004
4 x 400 Meter Relay	Paul McCarthy, Alan Sheats, Gordon Banks, James Lofton	3:06.6	1978
4 x 800 Meter Relay	Ryan Carroll, Gabe Jennings, Mark Hassell, Michael Stember	7:16.94	2000
4 x 1500 Meter Relay	Brad Hauser, Michael Stember, Brent Hauser, Jason Lunn	15:08.95	1997

Field Events	Name	Time	Year
Discus	Michael Robertson	202-5 (61.70m)	2005
Hammer	David Popejoy	240-10 (73.40m)	1995
High Jump	Brian Marshall	7-5 3/4 (2.28m)	1988
Javelin (old)	Tom Colby	265-8 (80.98m)	1978
Javelin (new)	Chad Wassink	234-0 (71.32m)	2001
Long Jump	James Lofton	26-11 3/4 (8.22m)	1978
Pole Vault	Toby Stevenson	18-9 1/4 (5.72m)	2000
Shot Put	Terry Albritton	70-7 (21.51m)	1977
Triple Jump	Allen Meredith	52-3 (15.93m)	1970
Decathlon (old)	Bob Mathias	7,887	1952
Decathlon (new)	Jay Thorson	7,529	1986
Pentathlon	Kenny King	3,140	1973



Jillian Camarena set the outdoor and indoor school records in the shot put in 2004.



Michael Robertson set the school record in the discus in 2005.



James Lofton holds the Stanford record in the long jump.



Tracye Lawyer holds the Stanford record in the heptathlon with 5,855 points.

Women's Records

Yards	Name	Time	Year
Mile	Ceci Hopp	4:36.50	1982
Two Mile	Kim Schnurpfeil	10:01.89	1982
4 x 440 Yard Relay	Pam Donald, Margaret Demorest, Marcia Martin, Regina Jacobs	3:48.15	1983

Meters	Name	Time	Year
100 Meters	Chryste Gaines	11.16	1992
200 Meters	Chryste Gaines	23.00	1992
400 Meters	Nashonne Johnson	52.40	2004
800 Meters	Malindi Elmore	2:04.35	2003
1500 Meters	Malindi Elmore	4:10.42	2003
3000 Meters	PattiSue Plumer	8:53.1	1983
3000 Meter Steeplechase	Katy Trotter	10:07.55	2004
5000 Meters	Lauren Fleshman	15:15.48	2003
10,000 Meters	Alicia Craig	32:19.97	2004
100 Meter Hurdles	Lindsey Johnson	13.48	2003
400 Meter Hurdles	Pam Board	58.31	1987
4 x 100 Meter Relay	Janice Davis, Nashonne Johnson, Christine Moschella, Ashley Purnell	44.18	2004
4 x 400 Meter Relay	Christine Moschella, Janice Davis, Ashley Freeman, Nashonne Johnson	3:29.39	2005
Sprint Medley Relay	Pam Donald, Andrea Check, Johnna Hansen, Shelly Poerio	1:52.9	1980
4 x 800 Meter Relay	Laura Mottaz (2:09.8), Arianna Lambie (2:07.8), Chiny Offor (2:08.9), Ashley Freeman (2:05.5)	8:32.02	2005
4 x 1500 Meter Relay	Ashley Wysong, Malindi Elmore, Lauren Fleshman, Maurica Carlucci	17:36.66	2002
Distance Medley Relay	Sally Glynn, Danielle Spurlock, Lindsay Hyatt, Lauren Fleshman	11:06.23	2000

Field Events	Name	Time	Year
Discus	Carol Cady	207-8 (63.30m)	1983
Hammer	Sarah Hopping	204-2 (62.23m)	2005
High Jump	Lisa Bernhagen	6-2 (1.88m)	1987
Javelin (old implement)	Erica Wheeler	192-2 (58.58m)	1988
Javelin (new implement)	Allison Beatty	158-7 (48.35m)	1999
Long Jump	Jackie Edwards	21-11 3/4 (6.70m)	1991
Pole Vault	Kathleen Donoghue	13-5 1/4 (4.10m)	2002
Shot Put	Jill Camarena	59-6 3/4 (18.15m)	2004
Triple Jump	Erica McLain	45-11 1/2 (14.01m)	2005
Heptathlon	Tracye Lawyer	5,855 points	1999

Men's Indoor Records

Yards	Name	Time	Year
60 Yards	Larry Questad	6.2	1963
	Ken Curl	6.2	1973
100 Yards	Rick Tipton	9.6	1971
600 Yards	Brian Connolly	1:11.0	1985
880 Yards	Ernie Cunliffe	1:51.3	1961
1000 Yards	Ernie Cunliffe	2:07.9	1961
Mile	Michael Stember	3:58.40	2000
Two Mile	Tony Sandoval	8:52.6	1976
60 Yard High Hurdles	Dave Bagshaw	7.0	1973
70-Yard High Hurdles	Dave Bagshaw	4	1973
120-Yard High Hurdles	Rick Tipton	3.9	1971
880 Yard Relay	Ken Curl, John Kessel	1:27.4	1973
	Matt Hogsett, John Anderson		
Mile Relay	Matt Hogsett, John Kessel	3:17.2	1973
	Dave Bagshaw, John Anderson		
Sprint Medley	(110, 110, 220, 440)	1:32.5	1973
	Ken Curl, John Kessel, John Anderson, Dave Bagshaw		

Meters	Name	Time	Year
55 Meters	Leroy Sims	6.40	2000
60 Meters	Wopamo Osaisai	6.83	2005
200 Meters	Jimmie Johnson	21.17	1997
400 Meters	Nick Sebes	46.88	2005
500 Meters	Terry Parks	63.4	1983
800 Meters	Michael Stember	1:47.78	2000
1500 Meters	Brian Pettingill	3:49.7	1983
3000 Meters	Jonathon Riley	7:46.84	2002
5000 Meters	Brad Hauser	13:42.00	1998
55 Meter Hurdles	Jay Thorson	7.38	1986
60 Meter Hurdles	Justin Williams	8.03	2003
4 x 400 Meter Relay	Stanford	3:10.40	2003
4 x 800 Meter Relay	Christian Skoog	7:33.2	1986
Distance Medley Relay	Brian Pettingill, Brian Connolly, Jeff Atkinson (1200, 400, 800, 1600)	9:28.83	2000
	Gabe Jennings, Evan Kely, Michael Stember, Jonathon Riley		

Field Events	Name	Time	Year
High Jump	Brian Marshall	7-3 1/2 (2.22m)	1986
Long Jump	James Lofton	25-7 1/4 (7.80m)	1977
Pole Vault	Toby Stevenson	18-4 1/2 (5.60m)	2000
Shot Put	Terry Albritton	70-6 1/2 (21.50m)	1977
Triple Jump	Phil Cannon	50-2 (15.29m)	1986
35-lb. Weight	Adam Connolly	71-7 1/4 (21.82m)	1999
Heptathlon	Nicholas Taylor	5,104 pts	2005

Women's Indoor Records

Yards	Name	Time	Year
Mile	PattiSue Plumer	4:37.0	1983
Two Mile Run	Kim Schnurpfeil	10:01.89	1980
Mile Relay	Marcia Martin	3:54.0	1983
	Regina Jacobs, Pam Board, Terri Givens		
Meters	Name	Time	Year
50 Meters	Chryste Gaines	6.25	1991
55 Meters	Chryste Gaines	6.87	1991
60 Meters	Janice Davis	7.31	2005
200 Meters	Chauntae Bayne-Hackett	23.41	2006
300 Meters	Margaret Demorest	40.7	1982
400 Meters	Ashley Purnell	53.57	2005
800 Meters	Lindsay Hyatt	2:05.95	2000
1500 Meters	PattiSue Plumer	4:23.5	1983
3000 Meters	PattiSue Plumer	8:53.1	1983
5000 Meters	Alicia Craig	15:43.04	2003
55 Meter Hurdles	Jackie Bridgeman	7.38	1994
60 Meter Hurdles	Lindsey Johnson	8.42	2002
4 x 400 Meter Relay	Christine Moschella	3:34.92	2005
Distance Medley Relay	Janice Davis, Ashley Freeman, Ashley Purnell (1200, 400, 800, 1600)	11:01.56	2000
	Sally Glynn, Jayna Smith, Lindsay Hyatt, Lauren Fleshman		

Field Events	Name	Time	Year
High Jump	Lisa Bernhagen	6-5 1/2 (1.97m)	1987
Long Jump	Jackie Edwards	21-8 3/4 (6.62m)	1992
Pole Vault	Kathleen Donoghue	13-0 1/4 (3.97m)	2002
Shot Put	Jill Camarena	57-2 3/4 (17.44m)	2004
Triple Jump	Erica McLain	45-7 1/4 (13.90m)	2005
20-lb Weight	Jessica Pluth	61-11 (18.87m)	2003
Pentathlon	Sally Mills	3,417 pts	2004

Men's Freshman Records (outdoors)

Yards	Name	Time	Year
400 Yards	Jim Ward	47.5	1965
880 Yards	Mark Stillman	1:51.8	1978
Mile	Gabe Jennings	3:59.32	1998

Two Mile	Tom Lobsinger	8:58.0	1978
120 Yard High Hurdles	Dave Bagshaw	14.2	1972
440 Yard Hurdles	Randy White	52.2	1968
440 Yard Relay	Andy Sears, Russ Taplin	41.6	1965
	Dell Martin, Roger Cox		
Mile Relay	Dell Martin, Russ Taplin	3:17.1	1965
	Mike Hughes, Jim Ward		

Meters	Name	Time	Year
100 Meters	Wopamo Osaisai	10.39	2005
200 Meters	Wopamo Osaisai	21.04	2005
400 Meters	Rene Rodriguez	46.46	1993
800 Meters	Gabe Jennings	1:46.99	1998
1500 Meters	Donald Sage	3:39.27	2001
3000 Meters	Gabe Jennings	7:58.40	1998
3000 Meter Steeplechase	Jonathan Pierce	9:00.35	2004
5000 Meters	Brent Hauser	13:39.75	1997
10,000 Meters	Brent Hauser	28:46.35	1997
110 Meter Hurdles	Peter Kolotourous	14.41	1988
400 Meter Hurdles	Garry Shumway	53.04	1979

Field Events	Name	Time	Year
Discus	Omer Inan	188-3 (57.38m)	2000
Hammer	Adam Connolly	208-0 (63.40m)	1995
High Jump	Brian Marshall	7-3 3/4 (2.23m)	1985
Javelin (old implement)	Fred Mondragon	236-0 (71.93m)	1985
Javelin (new implement)	Bryan Kelley	184-2 (56.15m)	2003
Long Jump	Darrin Nelson	25-7 1/2 (7.81m)	1978
Pole Vault	Toby Stevenson	17-9 (5.41m)	1997
Shot Put	Terry Albritton	61-6 1/2 (18.76m)	1973
Triple Jump	Solomon Welch	50-9 1/2 (15.48m)	2003
Decathlon	Jay Goff	7,007 pts	2000

Women's Freshman Records (outdoors)

Yards	Name	Time	Year
Mile	Ceci Hopp	4:36.5	1982
Two Mile	Alison Wiley	10:02.7	1983

Meters	Name	Time	Year
100 Meters	Chryste Gaines	11.44	1989
200 Meters	Nashonne Johnson	23.61	2003
400 Meters	Keisha Gaines	53.83	2004
800 Meters	Regina Jacobs	2:04.38	1982
1500 Meters	Arianna Lambie	4:13.14	2004
3000 Meters	Ceci Hopp	8:57.27	1982
3000 Meter Steeplechase	Katy Trotter	10:07.55	2004
5000 Meters	Alicia Craig	15:25.75	2003
10,000 Meters	Alicia Craig	32:40.03	2003
100 Meter Hurdles	Robyn Woolfolk	13.86	1999
400 Meter Hurdles	Pam Board	59.64	1984

Field Events	Name	Time	Year
Discus	Patty Purpur	177-7 (54.12m)	1986
Hammer	Jessica Pluth	187-0 (57.00m)	2001
High Jump	Lisa Bernhagen	6-0 (1.83m)	1985
Javelin (old implement)	Mary Osborne	181-3 (55.26m)	1980
Javelin (new implement)	Lindsey Brisbin	140-9 (42.90m)	2002
Long Jump	Erica McLain	21-2 1/2 (6.46m)	2005
Pole Vault	Samantha Shepard	13-2 1/4 (4.02m)	2003
Shot Put	Jillian Camarena	53-9 (16.38m)	2001
Triple Jump	Erica McLain	45-11 1/2 (14.01m)	2005



Larry Questad has held the outdoor school record in the 200 meters (20.74) since 1963.



Pam Board set the Stanford record in the 400 meter hurdles (58.31) in 1987.



Wopamo Osaisai is the new school record holder in the 100 meters (10.39).

100 Meters

World Record	Year	Time
Tim Montgomery (USA)	2002	9.78
American Record	Year	Time
Tim Montgomery (USA)	2002	9.78
Collegiate Record	Year	Time
Ato Bolden (UCLA)	1996	9.92
Pac-10 Record	Year	Time
Ato Bolden (UCLA)	1996	9.90
Cobb Track	Year	Time
Maurice Greene (Nike)	2002	9.99
Stanford Record	Year	Time
1. Wopamo Osaisai	2005	10.39
2. Gordon Banks	1977	10.40
3. Larry Questad	1964	10.44
4. Stanley Wilson	2004	10.46
4. Jimmie Johnson	1997	10.46
6. Marvin Holmes	1977	10.48
7. James Lofton	1978	10.54
7. Darrin Nelson	1979	10.54
9. Leroy Sims	2000	10.61
9. Milton Little	2003	10.61

200 Meters

World Record	Year	Time
Michael Johnson (USA)	1996	19.32
American Record	Year	Time
Michael Johnson (USA)	1996	19.32
Collegiate Record	Year	Time
Justin Gatling (Tennessee)	2002	19.86
Pac-10 Record	Year	Time
Alto Boldon (UCLA)	1996	19.90
Cobb Track	Year	Time
Darvis Patton (adidas)	2002	20.15
Stanford Record	Year	Time
1. Larry Questad	1963	20.74
1. James Lofton	1977	20.74
3. Clyde Jeffrey	1939	20.84
4. Jimmie Johnson	1997	20.95
5. Wopamo Osaisai	2005	21.04
6. Damon Dunn	1996	21.10
7. Gordon Banks	1977	21.24
8. Milton Little	2003	21.31
9. Darrin Nelson	1980	21.34
10. James Cramton	1991	21.35

400 Meters

World Record	Year	Time
Michael Johnson (USA)	1999	43.18
American Record	Year	Time
Michael Johnson (USA)	1999	43.18
Collegiate Record	Year	Time
Quincy Watts (USC)	1992	44.00

Pac-10 Record	Year	Time
Quincy Watts (USC)	1992	43.50
Cobb Track	Year	Time
Tyree Washington (Nike)	2003	44.33
Stanford Record	Year	Time
1. Rene Rodriguez	1994	45.85
2. Alan Sheats	1977	46.08
3. Jimmie Johnson	1996	46.17
4. Nick Sebes	2004	46.20
5. James Lofton	1977	46.54
5. Ben Eastman	1932	46.54
7. James Cramton	1991	46.71
8. Evan Kely	2002	46.86
9. Ray Malott	1937	47.04
10. Bud Spencer	1928	47.14

800 Meters

World Record	Year	Time
Wilson Kipketer (Den)	1997	1:41.11
American Record	Year	Time
Johnny Gray (SMTC)	1985	1:42.60
Collegiate Record	Year	Time
Julius Achon (G. Mason)	1996	1:44.55
Pac-10 Record	Year	Time
Joaquim Cruz (Oregon)	1984	1:41.77
Cobb Track	Year	Time
David Krummenacher (adidas)	2003	1:45.53
Stanford Record	Year	Time
1. Michael Stember	2000	1:46.20
2. Ernie Cunliffe	1960	1:46.60
3. Gabe Jennings	2001	1:46.83
4. David Strang	1990	1:46.90
5. Christian Skoog	1986	1:47.92
6. Grant Robison	2003	1:47.96
7. John Schaefer	1979	1:48.30
8. Ryan Carroll	2001	1:48.42
9. Bill Crowley	1990	1:48.20
10. Jason Lunn	1997	1:48.78

1500 Meters

World Record	Year	Time
Hicham El Guerrouj (Mor)	1998	3:26.00
American Record	Year	Time
Sydney Maree (Villanova)	1985	3:29.77
Collegiate Record	Year	Time
Sydney Maree (Villanova)	1981	3:35.30
Pac-10 Record	Year	Time
Bernard Lagat (WSU)	1999	3:30.56
Cobb Track	Year	Time
Laban Rotich (Kenya)	2004	3:36.32
Stanford Record	Year	Time
1. Michael Stember	2000	3:35.11
2. Gabe Jennings	2000	3:35.21
3. Grant Robison	2003	3:35.75
4. Jonathon Riley	2000	3:38.90
5. Marc Olesen	1988	3:39.26
6. Donald Sage	2001	3:39.27
7. Andrew Powell	2000	3:40.65
8. Mark Mastalir	1991	3:41.30
9. Bill Crowley	1990	3:41.32
10. Jeff Atkinson	1985	3:41.68

Mile

World Record	Year	Time
Hicham El Guerrouj (Mor)	1999	3:43.13
American Record	Year	Time
Steve Scott (S4)	1982	3:47.69
Collegiate Record	Year	Time
Sydney Maree (Villanova)	1981	3:52.44
Pac-10 Record	Year	Time
Joaquim Cruz (Oregon)	1984	3:53.00
Cobb Track	Year	Time
William Chirchir (Kenya)	2001	3:52.86
Stanford Record	Year	Time
1. Jeff Atkinson	1986	3:55.16
2. Michael Stember	1998	3:59.11
3. Gabe Jennings	1998	3:59.32
4. Duncan MacDonald	1970	3:59.6
5. Jonathon Riley	2002	3:59.69
6. Brian Mittelstaedt	1973	4:00.1
7. Ernie Cunliffe	1960	4:00.4
8. Harry McCalla	1963	4:01.5
9. Donald Sage	2004	4:01.69
10. Paul Schicke	1964	4:02.3

3000 Meter Steeplechase

World Record	Year	Time
Saif Saeed Shaheer (Qatar)	2004	7:53.63
American Record	Year	Time
Henry Marsh (Nike)	1985	8:09.17

Collegiate Record	Year	Time
Henry Rono (WSU)	1978	8:05.4
Pac-10 Record	Year	Time
Henry Rono (WSU)	1978	8:05.4
Cobb Track	Year	Time
Raymond Yator (Kenya)	2001	8:11.76
Stanford Record	Year	Time
1. Ian Dobson	2004	8:32.09
2. Jesse Thomas	2002	8:35.83
3. David Frank	1984	8:38.19
4. David Vidal	2005	8:43.07
5. Jonathon Pierce	2005	8:45.84
6. Fred Carter	1992	8:45.92
7. Steve Miller	1989	8:48.52
8. Mark Fadil	1996	8:50.82
9. Bill Graham	1982	8:52.6
10. Bill Gail	1979	8:53.6

5000 Meters

World Record	Year	Time
Kenenisa Bekele (Ethiopia)	2004	12:37.35
American Record	Year	Time
Bob Kennedy (Nike)	1996	12:58.21
Collegiate Record	Year	Time
Henry Rono (WSU)	1978	13:08.4
Pac-10 Record	Year	Time
Henry Rono (WSU)	1978	13:08.4
Cobb Track	Year	Time
Joe Koskei (Kenya)	2004	13:16.81
Stanford Record	Year	Time
1. Ian Dobson	2005	13:15.33
2. Ryan Hall	2005	13:16.03
3. Louis Luchini	2004	13:25.19
4. Brad Hauser	2000	13:27.31
5. Jonathon Riley	2002	13:29.15
6. Brent Hauser	1997	13:39.75
7. Grant Robison	2002	13:40.30
8. Gabe Jennings	2000	13:44.60
9. Neftalem Araia	2005	13:44.78
10. Jason Balkman	1999	13:44.87

10,000 Meters

World Record	Year	Time
Kenenisa Bekele (Ethiopia)	2004	26:20.32
American Record	Year	Time
Meb Keflezighi (USA)	2001	27:13.98
Collegiate Record	Year	Time
Gabriel Kamau (UTEP)	1982	27:36.2
Pac-10 Record	Year	Time
Henry Rono (WSU)	1978	27:22.47
Cobb Track	Year	Time
Abraham Chebii (Puma)	2001	27:04.20
Stanford Record	Year	Time
1. Ian Dobson	2005	27:59.72
2. Brad Hauser	1999	28:08.12
3. Brent Hauser	2000	28:23.37
4. Adam Tenforde	2003	28:23.67
5. Jason Balkman	1999	28:32.21
6. Nathan Nutter	1998	28:32.62



John Foster still holds the school record with a time of 13.7 in the 110 meter hurdles, set in 1976.

7. Jonathon Riley	2001	28:33.71
8. Donald Sage	2002	28:40.12
9. Louis Luchini	2003	28:41.13
10. Thomas Murley	2000	28:53.70

110 Meter Hurdles

World Record	Year	Time
Colin Jackson (GB)	1993	12.91
Xiang Liu (China)	2004	12.91
American Record	Year	Time
Roger Kingdom (adidas)	1989	12.92
Allen Johnson (Nike)	1996	12.92
Collegiate Record	Year	Time
Renaldo Nehemiah (Md)	1979	13.00
Pac-10 Record	Year	Time
Greg Foster (UCLA)	1978	13.22
Cobb Track	Year	Time
Allen Johnson (Nike)	2002	13.08
Stanford Record	Year	Time
1. John Foster	1976	13.94
2. Bob Mathias	1953	14.04
3. Chuck Cobb	1958	14.10
3. Justin Williams	2003	14.10
5. Rick Tipton	1969	14.14
6. Peter Kolotouros	1989	14.15
7. Michael Harte	1999	14.19
8. Jay Thorson	1986	14.22
9. Bill Graham	1980	14.27
10. Rod Berry	1980	14.30
10. Michael Melendez	1980	14.30

400 Meter Hurdles

World Record	Year	Time
Kevin Young (USA)	1992	46.78
American Record	Year	Time
Kevin Young (USA)	1992	46.78
Collegiate Record	Year	Time
Kevin Young (UCLA)	1988	47.85
Pac-10 Record	Year	Time
Kevin Young (UCLA)	1988	47.72
Cobb Track	Year	Time
James Carter (Nike)	2002	48.12
Stanford Record	Year	Time
1. Randy White	1971	50.4
2. Jeff Allen	1998	50.98
3. Tom Shellworth	1977	51.2
4. Matt Hogsett	1974	51.3
5. Garry Shumway	1981	51.71
6. Shaughn Ryan	1986	51.73
7. Garry Shumway	1980	52.0
8. Tim Collins	1988	52.15
9. Gerren Crochet	2003	52.63
10. Kraig Sanders	1986	52.85

4 x 100 Meter Relay

World Record	Year	Time
United States	1992	37.40
American Record	Year	Time
National Team	1993	37.40
Collegiate Record	Year	Time
Texas Christian	1998	38.04
Pac-10 Record	Year	Time
USC	1967	38.44 (38.6y)
Cobb Track	Year	Time
HSI	1998	38.78
Stanford Record	Year	Time
1. Stanford	2004	39.71
T.J. Rushing, Nick Sebes, Curtis Goehring, Stanley Wilson	1978	39.84
Darrin Nelson, Alan Sheats, Gordon Banks, James Lofton	2003	40.15
Milton Little, Gerren Crochet, Nick Sebes, T.J. Rushing	2003	40.24
Milton Little, Gerren Crochet, T.J. Rushing, Nick Sebes	2002	40.26
Curtis Goehring, Nick Sebes, Evan Kely, Stanley Wilson	2003	40.39
6. Stanford	2003	40.39
Milton Little, Nick Sebes, Curtis Goehring, Stanley Wilson	1995	40.51
7. Stanford	1995	40.51
Anthony Bookman, Branyon Davis, Jamie Webb, Jimmie Johnson	2003	40.61
8. Stanford	2003	40.61
Curtis Goehring, Milton Little, Nick Sebes, Gerren Crochet	2005	40.69
9. Stanford	2005	40.69
Solomon Welch, Nick Sebes, Curtis Goehring, Wopamo Osaisai	2001	40.82
10. Stanford	2001	40.82

4 x 400 Meter Relay

World Record	Year	Time
United States	1998	2:54.20
American Record	Year	Time
United States	1998	2:54.20
Collegiate Record	Year	Time
UCLA	1988	2:59.91
Pac-10 Record	Year	Time
UCLA	1988	2:59.91
Cobb Track	Year	Time
Washington	1998	3:06.49
Stanford Record	Year	Time
1. Stanford	1978	3:06.6
Paul McCarthy, Gordon Banks, Alan Sheats, James Lofton		
2. Stanford	2003	3:07.23
Milton Little, Gerren Crochet, Curtis Goehring, Nick Sebes		
3. Stanford	1977	3:07.4
Alan Sheats, Tom Shellworth, Gordon Banks, James Lofton		
4. Stanford	2004	3:07.53
Curtis Goehring, Nick Sebes, Stanley Wilson, T.J. Rushing		
5. Stanford	2003	3:07.77
Milton Little, Gerren Crochet, T.J. Rushing, Nick Sebes		
6. Stanford	2003	3:09.17
Curtis Goehring, Gerren Crochet, Milton Little, Nick Sebes		
7. Stanford	1996	3:09.36
Tad Heath, Jeff Allen, Jauron Pigg, Jimmie Johnson		
8. Stanford	1988	3:09.65
James Cramton, Christian Skoog, Dave Strang, Armstrong		
9. Stanford	2002	3:09.96
Milton Little, Evan Kelly, Curtis Goehring, Nick Sebes		
10. Stanford	2002	3:10.56
Milton Little, Curtis Goehring, Mark Hassell, Evan Kelly		

Discus

World Record	Year	Mark
Jurgen Schult (EG)	1986	243-0 (74.08m)
American Record	Year	Mark
Ben Plucknett (SCS)	1981	237-4 (72.34m)
Collegiate Record	Year	Mark
Gabor Mate (Auburn)	2000	219-6 (66.91m)
Pac-10 Record	Year	Mark
Dean Crouser (Oregon)	1983	216-2 (65.88m)
Angell Field	Year	Mark
Jason Tunks (Canada)	2001	221-1 (67.70m)
Stanford Record	Year	Mark
1. Michael Robertson	2005	202-5 (61.70m)
2. Omer Inan	2002	198-7 (60.53m)



Terry Albritton holds the school record in the shot put with a mark of 70-7 (21.51m).



Michael Robertson etched his name into the record book with a throw of 202-5 (61.70m) in the discus in 2005.

3. Glenn Schneider	1988	196-1 (59.76m)
4. Dave Weill	1963	193-2 (58.88m)
5. Dave Thomson	1981	190-3 (58.00m)
6. Bob Stoecker	1966	189-1 (57.64m)
7. Mark Ganek	1999	187-2 (57.04m)
8. Steve Davis	1969	182-6 (55.62m)
9. Pete Swanson	1996	182-1 (55.50m)
10. Nick Welihozkiy	2003	178-10 (54.52m)

Hammer

World Record	Year	Mark
Yuriy Syedikh (SU)	1986	284-7 (86.74m)
American Record	Year	Mark
Lance Deal (NYAC)	1996	270-9 (82.52m)
Collegiate Record	Year	Mark
Balazs Kiss (USC)	1995	268-10 (81.94m)
Pac-10 Record	Year	Mark
Balazs Kiss (USC)	1995	270-10 (82.56m)
Angell Field	Year	Mark
Lance Deal (Nike)	2002	244-5 (74.50m)
Stanford Record	Year	Mark
1. David Popejoy	1995	240-10 (73.40m)
2. Adam Connolly	1999	237-3 (72.32m)
3. Justin Strand	1997	233-5 (71.16m)
4. Brian Masterson	1985	229-10 (70.06m)
5. Shaun Pickering	1984	225-1 (68.60m)
6. Rick Buss	1980	222-5 (67.80m)
7. Nick Welihozkiy	2003	221-1 (67.38m)
8. Dave Thomson	1981	213-2 (64.98m)
9. Toby Norwood	1995	211-0 (64.32m)
10. Mark Ganek	1999	208-5 (63.54m)

High Jump

World Record	Year	Mark
Javier Sotomayor (Cuba)	1993	8-0 1/2 (2.45m)
American Record	Year	Mark
Charles Austin (Unatt)	1991	7-10 1/2 (2.40m)
Collegiate Record	Year	Mark
Hollis Conway (SWnLa)	1989	7-9 3/4 (2.38m)
Pac-10 Record	Year	Mark
Del Davis (UCLA)	1982	7-7 1/4 (2.32m)
Angell Field	Year	Mark
Nathan Leeper (Nike)	2002	7-7 1/4 (2.32m)
Stanford Record	Year	Mark
1. Brian Marshall	1988	7-5 3/4 (2.28m)
2. Michael Ponikvar	2002	7-4 1/2 (2.25m)
3. Peter Boyce	1968	7-3 (2.21m)
3. Travis Clark	1993	7-3 (2.21m)
5. John Hopkins	1989	7-1 1/2 (2.17m)
6. Todd Beyerlein	1998	7-0 1/4 (2.14m)
7. Ed Hanks	1965	6-10 (2.09m)
7. Skip Grodahl	1972	6-10 (2.09m)
7. Chris Patrick	1981	6-10 (2.09m)
10. Ray Bergstrom	2002	6-9 3/4 (2.08m)

Javelin (1986 new implement)

World Record	Year	Mark
Jan Zelezny (Cze)	1996	323-1 (98.48m)
American Record	Year	Mark
Beaux Greer (adidas)	2004	286-8 (87.38m)
Collegiate Record	Year	Mark
Patrik Boden (Texas)	1990	292-4 (89.10m)
Pac-10 Record	Year	Mark
Esko Mikkola (Arizona)	1998	268-7 (81.86m)
Angell Field	Year	Mark
Breaux Greer (adidas)	2002	268-4 (81.78m)
Stanford Record	Year	Mark
1. Chad Wassink	2001	234-0 (71.32m)
2. Dave Pickett	1988	233-11 (71.30m)
3. Jason Goff	2004	218-8 (66.65m)
4. James Kostohlyrz	1991	198-5 (60.48m)
5. Keith Avila	2005	194-11 (59.41m)
6. John Roldan	1995	191-7 (58.40m)
7. Brian Kelley	2005	191-2 (58.26m)
8. Nick Rosen	1988	189-5 (57.74m)
9. Justin Strand	1997	187-3 (57.08m)
10. Josh Gleason	1996	185-7 (56.56m)

Long Jump

World Record	Year	Mark
Mike Powell (USA)	1991	29-4 1/2 (8.95m)
American Record	Year	Mark
Mike Powell (USA)	1991	29-4 1/2 (8.95m)
Collegiate Record	Year	Mark
Erick Walder (Arkansas)	1994	28-8 1/4 (8.74m)
Pac-10 Record	Year	Mark
Randy Williams (USC)	1972	27-4 1/2 (8.34m)
Angell Field	Year	Mark
Savante Stringfellow (Nike)	2002	27-11 1/2 (8.52m)
Stanford Record	Year	Mark
1. James Lofton	1978	26-11 3/4 (8.22m)
2. Marcus Hickerson	1990	26-0 3/4 (7.94m)
3. Milton Little	2003	25-11 (7.90m)
4. Dan Moore	1962	25-9 1/2 (7.86m)
5. Darrin Nelson	1978	25-7 1/2 (7.81m)
6. Gay Bryan	1949	25-4 3/4 (7.74m)
7. Frank Herrmann	1957	25-3 (7.70m)
8. Bud Walsh	1967	25-2 (7.67m)
9. Tom Anderson	1971	25-1 (7.65m)
10. Craig Vaughan	1967	24-11 1/2 (7.61m)

Triple Jump

World Record	Year	Mark
Jonathan Edwards (GB)	1995	60-0 1/4 (18.29m)
American Record	Year	Mark
Kenny Harrison (Nike)	1996	59-4 1/4 (18.09m)
Collegiate Record	Year	Mark
Keith Connor (SMU)	1982	57-7 3/4 (17.57m)
Pac-10 Record	Year	Mark
Joseph Taiwo (WSU)	1984	56-4 3/4 (17.19m)
Angell Field	Year	Mark
Walter Davis (LSU)	2002	57-8 1/2 (17.59m)
Stanford Record	Year	Mark
1. Allen Meredith	1970	52-3 (15.93m)
2. Solomon Welch	2005	51-9 (15.77m)
3. Ian Arnold	1968	51-8 1/2 (15.76m)
4. Tom Massey	1969	51-1 1/2 (15.58m)
5. Jami Webb	1994	51-0 (15.54m)
6. Brian Manning	1994	50-7 (15.42m)
7. Feranmi Okanlami	2005	50-5 1/4 (15.37m)
8. Rod Utley	1973	50-4 1/2 (15.35m)
9. Phil Cannon	1986	50-0 (15.24m)
10. Henry Green	1989	50-0 (15.24m)

Pole Vault

World Record	Year	Mark
Sergey Bubka (Ukr)	1994	20-1 3/4 (6.14m)
American Record	Year	Mark
Jeff Hartwig (Nike)	2000	19-9 1/4 (6.03m)
Collegiate Record	Year	Mark
Lawrence Johnson (Tenn)	1996	19-7 1/2 (5.98m)
Pac-10 Record	Year	Mark
Toby Stevenson (Stanford)	2000	18-9 1/4 (5.72m)
Angell Field	Year	Mark
Toby Stevenson (Nike)	2004	19-2 1/4 (5.85m)
Stanford Record	Year	Mark
1. Toby Stevenson	2000	18-9 1/4 (5.72m)
2. John Gash	1987	17-8 1/2 (5.40m)
3. Jamie Marek	1993	17-0 3/4 (5.20m)
4. Jim Eshelman	1967	16-11 1/4 (5.17m)
5. Chris Buddin	1995	16-9 1/4 (5.11m)
6. Adam Fusco	1998	16-8 3/4 (5.10m)
7. Casey Carrigan	1971	16-7 (5.06m)
8. Graeme Hoste	2005	16-6 3/4 (5.05m)
9. Bob Flint	1975	16-6 (5.03m)
10. Benjamin Dickens	2005	16-0 3/4 (4.90m)

Shot Put

World Record	Year	Mark
Randy Barnes (USA)	1990	75-10 1/4 (23.12m)
American Record	Year	Mark
Randy Barnes (USA)	1990	75-10 1/4 (23.12m)
Collegiate Record	Year	Mark
John Godina (UCLA)	1995	72-2 1/4 (22.00m)
Pac-10 Record	Year	Mark
John Godina (UCLA)	1995	72-2 1/4 (22.00m)
Angell Field	Year	Mark
Adam Nelson (Nike)	2002	72-11 (22.22m)
Stanford Record	Year	Mark
1. Terry Albritton	1977	70-7 (21.51m)
2. Garin Veris	1982	64-10 3/4 (19.78m)
3. Pete Swanson	1995	60-7 1/4 (18.46m)
4. Brian Boggess	1989	60-1 (18.31m)
5. Jerry Winters	1960	59-11 1/4 (18.27m)
6. Andy Papathanassiou	1989	58-8 1/2 (17.89m)
7. T.C. Jones	1969	58-5 1/2 (17.82m)
8. Otis Chandler	1950	57-4 3/8 (17.49m)
9. Chris Sprague	2000	57-0 1/4 (17.38m)
10. Omer Inan	2002	56-10 1/4 (17.33m)

Decathlon

World Record	Year	Points
Roman Sebrle (Czech Rep)	2001	9,026
American Record	Year	Points
Dan O'Brien (Reebok)	1992	8,891
Collegiate Record	Year	Points
Tom Pappas (Tenn)	1999	8,463
Pac-10 Record	Year	Points
Mike Ramos (Washington)	1986	8,322
Cobb Track & Angell Field Year	Year	Points
Tom Pappas (Nike)	2003	8,714
Stanford Record	Year	Points
1. Bob Mathias	1952	7,887
2. Jay Thorson	1986	7,529
3. Jason Goff	2001	7,428
4. Travis Clark	1995	7,287
5. Michael Heise	1982	7,228
6. D.D. Harris	1989	7,084
7. Timi Wusu	2003	7,016
8. Josh Gleason	1996	7,013
9. Nicholas Taylor	2005	6,832
10. Chase Wimberly	1999	6,215



Jeff Atkinson holds the Stanford outdoor record in the mile.

100 Meters

World Record	Year	Time
F. Griffith-Joyner (USA)	1988	10.49
American Record	Year	Time
F. Griffith-Joyner (USA)	1988	10.49
Collegiate Record	Year	Time
Dawn Sowell (LSU)	1989	10.78
Pac-10 Record	Year	Time
Gail Devers (UCLA)	1987	10.97
Cobb Track	Year	Time
Chryste Gaines (Nike)	2002	10.96
Stanford Record	Year	Time
1. Chryste Gaines	1992	11.16
2. Janice Davis	2005	11.47
3. Nashonme Johnson	2003	11.64
4. Wilsa Charles	2000	11.68
4. Ashley Purnell	2005	11.68
6. Heather Miller	1997	11.71
7. Chauntae Bayne	2003	11.81
8. Jakki Bailey	2005	11.89
9. Jackie Edwards	1992	11.96
10. Rhonda Oliver	1993	11.97

200 Meters

World Record	Year	Time
F. Griffith-Joyner (USA)	1988	21.34
American Record	Year	Time
F. Griffith-Joyner (USA)	1988	21.34
Collegiate Record	Year	Time
Dawn Sowell (LSU)	1989	22.04
Pac-10 Record	Year	Time
Inger Miller (USC)	1993	22.33
Cobb Track	Year	Time
Marion Jones (Nike)	2002	22.35
Stanford Record	Year	Time
1. Chryste Gaines	1992	23.00
2. Ashley Purnell	2005	23.43
3. Nashonme Johnson	2003	23.61
4. Janice Davis	2005	23.62
5. Christine Moschella	2004	23.77
6. Heather Miller	1996	23.78
7. Wilsa Charles	1999	23.80
8. Tracye Lawyer	1999	23.81
9. Rhonda Oliver	1992	23.88
10. Jayna Smith	2001	23.94

400 Meters

World Record	Year	Time
Marita Koch (EG)	1985	47.60
American Record	Year	Time
Valerie Brisco (WC)	1984	48.83
Collegiate Record	Year	Time
Pauline Davis (Alabama)	1989	50.18
Pac-10 Record	Year	Time
Maicel Malone (ASU)	1991	50.33
Cobb Track	Year	Time
Jearl Miles Clark (Nike)	2002	50.54



Jayna Smith is ranked in the Top 10 in the 200 and 400 meters.

Stanford Record	Year	Time
1. Nashonme Johnson	2004	52.40
2. Jayna Smith	2001	53.27
3. Christine Moschella	2005	53.37
4. Keisha Gaines	2004	53.83
5. Rhonda Oliver	1993	54.17
6. Ashley Freeman	2004	54.36
7. Chinny Offor	2004	54.43
8. Janice Davis	2004	54.84
9. Marcia Martin	1983	54.94
10. Heather Miller	1996	55.62

800 Meters

World Record	Year	Time
Jarmila Kratochvilova (Cze)	1983	1:53.28
American Record	Year	Time
Jearl Miles-Clark (Reebok)	1999	1:56.40
Collegiate Record	Year	Time
Suzu Favor (Wisconsin)	1990	1:59.11
Pac-10 Record	Year	Time
Brigit Langerholc (USC)	2000	1:58.51
Cobb Track	Year	Time
Nicole Teter (Nike)	2004	1:58.83
Stanford Record	Year	Time
1. Malindi Elmore	2003	2:04.35
2. Regina Jacobs	1982	2:04.38
3. Ashley Wysong	2002	2:04.75
4. Ashley Freeman	2005	2:04.82
5. Lindsay Hyatt	2000	2:05.64
6. Marcia Martin	1984	2:05.77
7. Ashley Couper	2001	2:05.82
8. Chinny Offor	2004	2:06.17
9. Maurica Carlucci	2002	2:06.63
10. Sara Moore	1997	2:07.11

1500 Meters

World Record	Year	Time
Qu Yunxia (Chn)	1993	3:50.46
American Record	Year	Time
Mary Slaney (AW)	1983	3:57.12
Collegiate Record	Year	Time
T. McWilliams (Miss. St.)	2003	4:06.75
Pac-10 Record	Year	Time
Lena Nilsson (UCLA)	2003	4:07.69
Cobb Track	Year	Time
Regina Jacobs (Nike)	2003	4:01.63
Stanford Record	Year	Time
1. Malindi Elmore	2003	4:10.42
2. Regina Jacobs	1982	4:12.3
3. Sally Glynn	2000	4:12.56
4. Arianna Lambie	2004	4:13.14
5. Lauren Fleshman	2003	4:14.68
6. Sara Bei	2005	4:16.14
7. Dena Dey	1996	4:16.30
8. Maurica Carlucci	2002	4:16.51
9. Ceci Hopp	1983	4:17.02
10. Mary Cobb	1997	4:17.9

3000 Meter Steeplechase

World Record	Year	Time
Gulnara Samitova (Russia)	2004	9:01.58
American Record	Year	Time
Brianna Shook (USA)	2004	9:29.32
Collegiate Record	Year	Time
Ida Nilsson (NAU)	2001	9:43.25
Pac-10 Record	Year	Time
Lisa Aguilera (ASU)	2003	9:46.43
Cobb Track	Year	Time
Brianna Shook (Toledo)	2003	9:44.71
Stanford Record	Year	Time
1. Katy Trotter	2004	10:07.55
2. Laura Turner	2002	10:07.77
3. Jeane Goff	2005	10:17.51
4. Lindsay Allen	2005	10:26.71
5. Amanda Trotter	2005	10:36.73

5000 Meters

World Record	Year	Time
Elvan Abeylegesse (Turkey)	2004	14:24.68
American Record	Year	Time
Regina Jacobs (Mizuno)	2000	14:45.35
Collegiate Record	Year	Time
Kim Smith (Providence)	2004	15:09.67
Pac-10 Record	Year	Time
Lauren Fleshman (Stanford)	2003	15:15.48
Cobb Track	Year	Time
Sonia O'Sullivan (Melbourne TC)	2004	14:58.43
Stanford Record	Year	Time
1. Lauren Fleshman	2003	15:15.48
2. Sara Bei	2005	15:24.74
3. Alicia Craig	2003	15:25.73



Patti Sue Plumer holds the school record in the 3000 meters.

4. Patti Sue Plumer	1984	15:29.0
5. Alison Wiley	1983	15:41.0
6. Sally Glynn	2001	15:58.29
7. Mary Cobb	1997	16:04.20
8. Kim Schnurpfeil	1982	16:07.3
9. Sarina Renfro	1997	16:09.13
10. Erin Sullivan	2000	16:11.14

10,000 Meters

World Record	Year	Time
Wang Junxia (Chn)	1993	29:31.78
American Record	Year	Time
Deena Drossin (Asics)	2002	30:52.32
Collegiate Record	Year	Time
Alicia Craig, Stanford	2004	32:19.97
Pac-10 Record	Year	Time
Alicia Craig, Stanford	2004	32:19.97
Cobb Track	Year	Time
Werknesh Kidane (Ethiopia)	2003	30:41.40
Stanford Record	Year	Time
1. Alicia Craig	2004	32:19.97
2. Kim Schnurpfeil	1982	33:06.09
3. Carol Gray	1988	33:13.38
4. Ellen Lyons	1981	33:16.0
5. Anita Straki	2005	33:37.04
6. Sara Bei	2003	33:58.06
7. Ann Locke	1982	34:07.6
8. Caroline Annis	2002	34:09.40
9. Erin Sullivan	2002	34:10.32
10. Anne Gunnison	2001	34:21.99

100 Meter Hurdles

World Record	Year	Time
Yordanka Donkova (Bul)	1988	12.21
American Record	Year	Time
Gail Devers (Nike)	2000	12.33
Collegiate Record	Year	Time
Gail Devers (UCLA)	1988	12.61
Pac-10 Record	Year	Time
Gail Devers (UCLA)	1988	12.61
Cobb Track	Year	Time
Gail Devers (Nike)	2002	12.51
Stanford Record	Year	Time
1. Lindsey Johnson	2003	13.48
2. Bernadette Armand	1998	13.79
3. Lillian Bush	2003	13.83
4. Robyn Woolfolk	1999	13.86
4. Tracye Lawyer	1999	13.86
6. Undine Becker	2003	14.00
7. Christy Boyd	1993	14.20
8. Peggy Oditia	1991	14.28
9. Deborah Akinniyi	2005	14.30
10. Julie Farrell	2002	14.40

400 Meter Hurdles

World Record	Year	Time
Yuliya Pechonikina (Russia)	2003	52.34
American Record	Year	Time
Kim Batten (Reebok)	1995	52.61
Collegiate Record	Year	Time
Sheena Johnson (UCLA)	2004	53.54
Pac-10 Record	Year	Time
Sheena Johnson (UCLA)	2004	52.95
Cobb Track	Year	Time
Sandra Glover (Nike)	2003	54.75
Stanford Record	Year	Time
1. Pam Board	1987	58.31
2. Undine Becker	2005	58.59
3. Lindsey Johnson	2003	58.84
4. Danielle Spurlock	2001	59.98
5. Christy Boyd	1994	60.09
6. Margaret Demorest	1982	61.04
7. Jennifer McMillan	1998	61.14
8. Amy Henderson	1996	61.40
9. Tyra Holt	1996	61.69
10. Robyn Woolfolk	2000	61.71

4 x 100 Meter Relay

World Record	Year	Time
East Germany	1985	41.37
American Record	Year	Time
National Team	1997	41.47
Collegiate Record	Year	Time
LSU	1989	42.50
Pac-10 Record	Year	Time
USC	2000	43.14
Cobb Track	Year	Time
USC	1999	43.35
Stanford Record	Year	Time
1. Stanford	2004	44.18
Janice Davis, Nashonme Johnson, Christine Moschella, Ashley Purnell		
2. Stanford	2005	44.28
Nashonme Johnson, Janice Davis, Christine Moschella, Ashley Purnell		
3. Stanford	2005	44.49
Jakki Bailey, Janice Davis, Nashonme Johnson, Ashley Purnell		
4. Stanford	2005	44.57
Jakki Bailey, Janice Davis, Christine Moschella, Ashley Purnell		
5. Stanford	2005	45.06
Undine Becker, Ashley Purnell, Nashonme Johnson, Jakki Bailey		
6. Stanford	2003	45.22
Undine Becker, Chauntae Bayne, Christine Moschella, Nashonme Johnson		
7. Stanford	1991	45.32
Jackie Edwards, Rhonda Oliver, Alysia Hubbard, Chryste Gaines		
8. Stanford	1999	45.32
Robyn Woolfolk, Jayna Smith, Tracye Lawyer, Wilsa Charles		



Kim Schnurpfeil was the 1982 NCAA Champion in the 10,000 meters.



Carol Cady is the school record holder in the discus.

9. Stanford	1992	45.56
10. Stanford	2003	45.61

Undine Becker, Nashonne Johnson, Christine Moschella, Chauntae Bayne

4 x 400 Meter Relay

World Record	Year	Time
Soviet Union	1988	3:15.17
American Record	Year	Time
National Team	1988	3:15.51
Collegiate Record	Year	Time
Texas	2004	3:23.75
Pac-10 Record	Year	Time
UCLA	2004	3:27.57
Cobb Track	Time	
UCLA	2003	3:31.62
Stanford Record	Year	Time
1. Stanford	2005	3:29.39
Christine Moschella, Janice Davis, Ashley Freeman, Nashonne Johnson		
2. Stanford	2005	3:32.23
Christine Moschella, Ashley Purnell, Nashonne Johnson, Janice Davis		
3. Stanford	2004	3:33.09
Chinny Offor, Christine Moschella, Janice Davis, Nashonne Johnson		
4. Stanford	2005	3:34.73
Chinny Offor, Ashley Freeman, Nashonne Johnson, Janice Davis		
5. Stanford	2004	3:33.81
Keisha Gaines, Nashonne Johnson, Janice Davis, Ashley Freeman		
6. Stanford	2003	3:34.82
Chinny Offor, Christine Moschella, Lindsey Johnson, Nashonne Johnson		
7. Stanford	2003	3:35.10
Chinny Offor, Chauntae Bayne, Nashonne Johnson, Christine Moschella		
8. Stanford	2003	3:36.22
Chinny Offor, Christine Moschella, Undine Becker, Nashonne Johnson		
9. Stanford	2005	3:36.27
Chinny Offor, Nashonne Johnson, Ashley Freeman, Christine Moschella		
10. Stanford	2005	3:36.84
Chinny Offor, Christine Moschella, Ashley Freeman, Nashonne Johnson		

Discus

World Record	Year	Mark
Gabriele Reinsch (EG)	1988	252-0 (76.80m)
American Record	Year	Mark
Suzy Powell (Nike)	2002	227-10 (69.44m)
Collegiate Record	Year	Mark
Meg Ritchie (Arizona)	1981	221-5 (67.48m)
Pac-10 Record	Year	Mark

Aretha Hill (UW)	1998	215-5 (65.62m)
American Record	Year	Mark
Kris Kuehl (Nike)	2002	211-5 (64.44m)
Stanford Record	Year	Mark
1. Carol Cady	1983	207-8 (63.30m)
2. Summer Pierson	2000	190-0 (57.92m)
3. Karen Nickerson	1985	180-5 (55.00m)
4. Patty Purpur	1989	179-9 (54.80m)
5. Molly Meyer	2002	175-3 (53.42m)
6. Jillian Camarena	2003	172-4 (52.52m)
7. Debbie Malueg	1991	171-9 (52.34m)
8. Sue Demars	1996	169-10 (52.78m)
9. Cassie Romuld	1997	167-9 (51.14m)
10. Sami Jo Small	1996	166-11 (50.88m)

Hammer

World Record	Year	Mark
Mihaela Melinte (Rom)	1999	249-7 (76.07m)
American Record	Year	Mark
Erin Gilreath (NYAC)	2004	236-7 (72.12m)
Collegiate Record	Year	Mark
Candice Scott (Florida)	2004	229-5 (69.94m)
Pac-10 Record	Year	Mark
Juliana Tudja (USC)	2003	218-9 (66.68m)
Angell Field	Year	Mark
Anna Mahon (Unat)	2002	230-6 (70.27m)
Stanford Record	Year	Mark
1. Sarah Hopping	2005	204-2 (62.23m)
2. Jessica Pluth	2002	196-2 (59.79m)
3. Maureen Ornyegbako	2001	192-11 (58.81m)
4. Carol Cady	1984	188-8 (57.50m)
5. Katy Elsbury	2005	186-8 (56.91m)
6. Donielle Colich	2004	185-8 (56.60m)
7. Maggie Isaac	1999	174-0 (53.04m)
8. Gina Heads	1998	170-0 (51.82m)
9. Sami Jo Small	1997	161-5 (49.20m)
10. Lindsay Brisbin	2005	158-5 (48.29m)

High Jump

World Record	Year	Mark
Stefka Kostadinova (Bul)	1987	6-10 1/4 (2.09m)
American Record	Year	Mark
Louise Ritter (Mazda)	1988	6-8 (2.03m)
Collegiate Record	Year	Mark
Amy Acuff (UCLA)	1995	6-6 (1.98m)
Pac-10 Record	Year	Mark
Amy Acuff (UCLA)	1995	6-6 (1.98m)
Angell Field	Year	Mark
Amy Acuff (USA)	2003	6-5 1/2 (1.97m)
Stanford Record	Year	Mark
1. Lisa Bernhagen	1987	6-2 (1.88m)
2. Tracye Lawyer	1998	6-0 (1.83m)
3. Denise Gaztambide	1984	5-11 1/2 (1.82m)
3. Kimberly Stone	2003	5-11 1/2 (1.82m)
5. Lindsay Gannaway	2005	5-10 (1.78m)
5. Peggy Odita	1989	5-10 (1.78m)
5. Julie Tinker	2001	5-10 (1.78m)



Erica Wheeler, a two-time All-American, set the school record in the javelin in 1988 with a throw of 192-2.

8. Wendy Allen	1989	5-8 3/4 (1.75m)
9. Cheryl Burdick	2000	5-8 1/2 (1.74m)
10. Karen Lysaght	1982	5-8 1/4 (1.74m)
10. Kathy Unruh	1993	5-8 1/4 (1.74m)

Javelin (new implement, 1999)

World Record	Year	Mark
Osleidys Menedez (Cuba)	2001	234-8 (71.54m)
American Record	Year	Mark
Serene Ross (USA)	2002	197-0 (60.06m)
Collegiate Record	Year	Mark
Aggeliki Tsiolakoudi (UTEF)	2000	197-8 (60.24m)
Pac-10 Record	Year	Mark
Paula Berry (Oregon)	1991	202-1 (61.60m)
Angell Field	Year	Mark
Serene Ross (Purdue)	2002	197-0 (60.06m)
Stanford Record	Year	Mark
1. Allison Beatty	1999	158-7 (48.35m)
2. Erin Merriman	2005	158-3 (48.23m)
3. Danielle Maier	2005	150-2 (45.78m)
4. Whitney Drumright	2001	144-10 (44.16m)
5. Jennifer Lee	2003	142-4 (43.39m)
6. Joy Goff	2000	140-3 (42.76m)
7. Tracye Lawyer	1999	132-0 (40.23m)
8. Sally Mills	2005	129-7 (39.51m)
9. Lindsay Hopkins	1999	128-5 (39.14m)
10. Lindsey Regan	2002	127-5 (38.84m)

Long Jump

World Record	Year	Mark
Galina Chistyakova (SU)	1988	24-8 1/4 (7.52m)
American Record	Year	Mark
Jackie Joyner-Kersey (Nike)	1994	24-7 (7.49m)
Collegiate Record	Year	Mark
Jackie Joyner (UCLA)	1985	22-11 1/4 (6.99m)
Pac-10 Record	Year	Mark
Gail Devers (UCLA)	1988	22-2 1/2 (6.77m)
Angell Field	Year	Mark
Jackie Edwards (Mizuno)	2001	22-3 (6.78m)
Stanford Record	Year	Mark
1. Jackie Edwards	1991	21-11 3/4 (6.70m)
2. Erica McLain	2005	21-2 ? (6.46m)
3. Pam Donald	1981	20-10 (6.35m)
4. Undine Becker	2003	20-5 (6.22m)
5. Lillian Bush	2003	19-11 3/4 (6.09m)
6. Venessa Henlon	1990	19-11 (6.07m)
7. Alysia Hubbard	1991	19-11 (6.07m)
8. Tracye Lawyer	1997	19-9 3/4 (6.04m)
9. Julie Tinker	2001	19-9 (6.02m)
10. Tyra Holt	1995	19-5 1/4 (5.92m)

Pole Vault

World Record	Year	Mark
Yelena Isinbayeva (Russia)	2005	16-5 1/4 (5.01m)
American Record	Year	Mark
Stacy Dragila (USA)	2001	15-9 1/4 (4.81m)
Collegiate Record	Year	Mark
Chelsea Johnson (UCLA)	2004	15-0 (4.57m)
Pac-10 Record	Year	Mark
Chelsea Johnson (UCLA)	2004	15-0 (4.57m)
Angell Field	Year	Mark
Stacy Dragila (USA)	2001	15-9 1/4 (4.81m)
Stanford Record	Year	Mark
1. Kathleen Donoghue	2002	13-5 1/4 (4.10m)
2. Samantha Shepard	2003	13-2 1/4 (4.02m)
3. Melissa Feinstein	1999	13-0 1/4 (3.97m)
4. Leila Ben-Youssef	2003	12-11 3/4 (3.96m)
4. Anna McFarlane	2005	12-11 3/4 (3.96m)
6. Alicia Warlick	1998	12-1 1/2 (3.70m)
7. Christy Von der Ahe	2002	11-11 3/4 (3.65m)
8. Tyra Holt	1997	11-8 1/4 (3.58m)
9. Ashley Carroll	2002	11-5 3/4 (3.50m)
9. Kristen Derr	2002	11-5 3/4 (3.50m)
9. Milessa Muchmore	2004	11-5 3/4 (3.50m)

Shot Put

World Record	Year	Mark
Natalya Lisovskaya (SU)	1987	74-3 (22.63m)
American Record	Year	Mark
Ramona Pagel (Mazda)	1988	66-2 1/2 (20.18m)
Collegiate Record	Year	Mark
Meg Ritchie (Arizona)	1983	62-3 3/4 (18.99m)
Pac-10 Record	Year	Mark
Valeyta Althouse (UCLA)	1995	61-10 1/4 (18.85m)
Cobb Track & Angell Field	Year	Mark
Teri Steer (Nike)	2002	63-0 (19.20m)
Stanford Record	Year	Mark
1. Jillian Camarena	2004	59-6 3/4 (18.15m)
2. Carol Cady	1984	57-1 (17.40m)
3. Patty Purpur	1989	53-3 (16.15m)
4. Melissa Yunghans	2005	52-4 3/4 (15.97m)



Lisa Bernhagen set the Stanford record in the high jump at 6-2 in 1987.

5. Pam Dukes	1985	51-7 1/2 (15.74m)
6. Debbie Malueg	1991	49-0 1/4 (14.94m)
7. Cassie Romuld	2000	47-11 1/4 (14.61m)
8. Katrinka Jackson	1997	47-6 1/4 (14.48m)
9. Gina Heads	1995	46-6 1/4 (14.18m)
10. Morgyn Warner	1989	45-9 (13.94m)

Triple Jump

World Record	Year	Mark
Inessa Kravets (Ukr)	1995	50-10 1/4 (15.50m)
American Record	Year	Mark
Tiombe Hurd (Nike)	2004	47-5 (14.45m)
Collegiate Record	Year	Mark
Stacey Bowers (Baylor)	1999	46-1 (14.05m)
Pac-10 Record	Year	Mark
Shiela Hudson (Cal)	1990	46-0 3/4 (14.04m)
Angell Field	Year	Mark
Yuliana Perez (Unat)	2003	46-8 1/4 (14.23m)
Stanford Record	Year	Mark
1. Erica McLain	2005	45-11 1/4 (14.01m)
2. Jackie Edwards	1992	43-4 1/2 (13.22m)
3. Deborah Akinniyi	2005	41-4 1/4 (12.60m)
4. Florence Adu	1994	41-3 (12.57m)
5. Undine Becker	2004	41-0 1/2 (12.51m)
6. Venessa Henlon	1988	40-10 1/4 (12.45m)
7. Julie Tinker	2000	40-7 (12.37m)
8. Rhonda Witmer	1997	40-3 3/4 (12.29m)
9. Anne Lee	1994	40-3 1/4 (12.27m)
10. Shannon Overly	2001	40-2 3/4 (12.26m)

Heptathlon

World Record	Year	Points
Jackie Joyner-Kersey (USA)	1988	7,291
American Record	Year	Points
Jackie Joyner-Kersey (USA)	1988	7,291
Collegiate Record	Year	Points
Diane Guthrie-Gresham (GM)	1995	6,527
Pac-10 Record	Year	Points
Gea Johnson (ASU)	1990	6,132
Cobb Track & Angell Field	Year	Points
Sheila Burrell (Nike)	2003	6,159
Stanford Record	Year	Points
1. Tracye Lawyer	1999	5,855
2. Lillian Bush	2003	5,519
3. Peggy Odita	1989	5,439
4. Julie Tinker	2001	5,432
5. Denise Gaztambide	1986	5,392
6. Joy Goff	2000	5,133
7. Katrinka Jackson	1997	5,023
8. Ahimsa Hodari	2003	5,021
9. Jennifer Jaquet	1990	4,906
10. Sally Mills	2003	4,400



Nathan Nutter was the 1999 NCAA Champion in the 10,000 meters.

55 meters	Year	Time
1. Leroy Simms	2000	6.40
2. Damon Dunn	1997	6.44
2. Jimmie Johnson	1998	6.44
4. Milton Little	2002	6.45
5. Branyon Davis	1995	6.47

60 Meters	Year	Time
1. Wopamo Osaisai	2005	6.83
2. Milton Little	2003	6.88
2. T.J. Rushing	2003	6.89
4. Jimmie Johnson	1998	6.90
5. Stanley Wilson	2002	6.90

55 Meter Hurdles	Year	Time
1. Jay Thorson	1986	7.38
2. Tovi Abello	1994	7.40
3. Kevin Jones	1982	7.54
4. Michael Harte	2000	7.62
5. Josh Gleason	1997	7.72

60 Meter Hurdles	Year	Time
1. Justin Williams	2003	8.03
2. Michael Harte	2000	8.23
3. Daniel Knickerbocker	2005	8.40
4. Joshua Hustedt	2003	8.47
5. Nicholas Taylor	2005	8.53

200 Meters	Year	Time
1. Jimmie Johnson	1997	21.17
2. Nick Sebes	2003	21.58
3. T.J. Rushing	2003	21.72
4. Wopamo Osaisai	2005	21.82
5. Justin Williams	2003	21.91

400 Meters	Year	Time
1. Nick Sebes	2005	46.88
2. Curtis Goehring	2005	47.04
3. Rene Rodriguez	1994	47.06
4. James Cramton	1991	48.21
5. Jimmie Johnson	1997	48.23

800 Meters	Year	Time
1. Michael Stember	2000	1:47.78
2. Michael Garcia	2005	1:49.61
3. Jonathan Stevens	2000	1:50.09
4. Dave Strang	1988	1:50.1
5. Justin Romaniuk	2005	1:50.38

Mile	Year	Time
1. Michael Stember	2000	3:58.40
2. Gabe Jennings	2001	3:58.54
3. Jonathon Riley	2000	3:58.72
4. Grant Robison	2003	3:58.95
5. Donald Sage	2002	3:59.49

3000 Meters	Year	Time
1. Jonathon Riley	2002	7:46.84
2. Grant Robison	2004	7:51.80
3. Brad Hauser	1999	7:51.95
4. Ian Dobson	2004	7:54.65
5. Donald Sage	2004	7:54.75

5000 meters	Year	Time
1. Ian Dobson	2004	13:40.91
2. Brad Hauser	1999	13:42.00
3. Brent Hauser	1999	13:44.12
4. Louis Luchini	2003	13:48.78
5. Jason Balkman	1999	13:50.84

4 x 400 Meter Relay	Year	Time
1. Stanford	2003	3:10.40
Gerren Crochet, Milton Little, TJ Rushing, Nick Sebes		
2. Stanford	2002	3:10.97
Milton Little, Evan Kelty, Nick Sebes, Curtis Goehring		
3. Stanford	2005	3:11.03
Jeff Conkey, Curtis Goehring, Wopamo Osaisai, Nick Sebes		
4. Stanford	2005	3:12.21
Jeff Conkey, Curtis Goehring, Michael Garcia, Nick Sebes		
5. Stanford	2001	3:14.96

Distance Medley Relay (1200, 400, 800, 1600)	Year	Time
1. Stanford	2000	9:28.83
Gabe Jennings, Evan Kelty, Michael Stember, Jonathon Riley		
2. Stanford	2003	9:29.69
Seth Hejny, Nick Sebes, Evan Fox, Grant Robison		
3. Stanford	2001	9:30.01
Donald Sage, Mark Hassell, Jonathan Stevens, Gabe Jennings		
4. Stanford	2000	9:30.19
5. Stanford	2005	9:33.49
Russell Brown, Nick Sebes, Michael Garcia, Joaquin Chapa		



Jonathon Riley was a 14-time All-American from 1997-2002.



Adam Connolly is the school indoor record holder in the 35-lb weight (71-7 1/4, 21.82m).

High Jump	Year	Mark
1. Brian Marshall	1986	7-3 1/2 (2.22m)
2. Michael Ponikvar	1999	7-2 1/2 (2.19m)
3. Todd Beyerlein	1998	7-0 1/4 (2.14m)
4. Travis Clark	1994	6-11 1/2 (2.12m)
5. Peter Boyce	1967	6-10 1/2 (2.10m)

Long Jump	Year	Mark
1. James Lofton	1977	25-7 1/4 (7.80m)
2. Milton Little	2003	24-10 1/2 (7.58m)
3. Marcus Hickerson	1991	24-4 3/4 (7.44m)
4. Bud Walsh	1966	24-4 1/2 (7.43m)
5. Jami Webb	1994	23-7 1/4 (7.19m)

Pole Vault	Year	Mark
1. Toby Stevenson	2000	18-4 1/2 (5.60m)
2. Jim Eshelman	1967	16-10 1/2 (5.14m)
3. Adam Fusco	1998	16-10 (5.13m)
4. Chris Buddin	1996	16-8 (5.08m)
5. Graeme Hoste	2005	16-5 3/4 (5.02m)

Shot Put	Year	Mark
1. Terry Albritton	1977	70-6 1/2 (21.50m)
2. Pete Swanson	1995	60-7 1/4 (18.46m)
3. Chris Sprague	2000	58-0 1/2 (17.69m)
4. Omer Inan	2004	57-2 1/4 (17.43m)
5. Michael Macellari	2005	55-3 3/4 (16.86m)

35-lb Weight	Year	Mark
1. Adam Connolly	1999	71-7 1/4 (21.82m)
2. Nick Welihozkiy	2003	68-7 1/4 (20.91m)
3. Shaun Pickering	1983	67-0 1/2 (20.43m)
4. Dave Popejoy	1994	66-6 3/4 (20.29m)
5. Pete Swanson	1995	63-1 3/4 (19.48m)

Triple Jump	Year	Mark
1. Phil Cannon	1986	50-2 (15.29m)
2. Feranmi Okanlami	2005	50-0 (15.24m)
3. Solomon Welch	2004	49-4 1/2 (15.04m)
4. Ryan Fernandez	1999	49-2 1/2 (15.00m)
5. Brian Manning	1994	48-9 1/2 (14.86m)

Heptathlon	Year	Mark
1. Nicholas Taylor	2005	5,104 pts

55 Meters	Year	Time
1. Chryste Gaines	1991	6.80
2. Wilsa Charles	1999	7.00
3. Rhonda Oliver	1993	7.13
4. Lindsey Johnson	2002	7.34
5. Jackie Edwards	1989	7.39
5. Jackie Bridgeman	1994	7.39

60 Meters	Year	Time
1. Janice Davis	2006	7.30
2. Jakki Bailey	2003	7.35
3. Chauntae Bayne	2003	7.55
4. Ashley Purnell	2005	7.56
5. Wilsa Charles	2000	7.71

200 Meters	Year	Time
1. Chauntae Bayne-Hackett	2006	23.41
2. Janice Davis	2005	23.70
3. Ashley Purnell	2003	23.88
4. Christine Moschella	2005	24.08
5. Jakki Bailey	2003	24.13

400 Meters	Year	Time
1. Ashley Purnell	2005	53.57
2. Jayna Smith	2000	53.76
3. Ashley Freeman	2004	54.16
4. Nashonne Johnson	2004	54.35
5. Christine Moschella	2005	54.66

800 Meters	Year	Time
1. Lindsay Hyatt	2000	2:05.95
2. Ashley Freeman	2005	2:07.21
3. Maurica Carlucci	2002	2:07.51
4. Regina Jacobs	1982	2:07.6
5. Chinny Offor	2004	2:08.23

Mile	Year	Time
1. PattiSue Plumer	1983	4:37.0
2. Lauren Fleshman	2002	4:38.48
3. Arianna Lambie	2005	4:39.01
4. Malindi Elmore	2003	4:39.48
5. Katy Trotter	2005	4:42.11

3000 Meters	Year	Time
1. PattiSue Plumer	1983	8:53.1
2. Lauren Fleshman	2003	9:01.48
3. Sara Bei	2004	9:05.02
4. Alicia Craig	2003	9:07.88
5. Alison Wiley	1991	9:11.1



Pam Dukes was a member of the 1992 United States Olympic Team.

5000 Meters	Year	Time
1. Alicia Craig	2003	15:43.04
2. Lauren Fleshman	2003	15:47.36
3. Anita Siraki	2005	16:07.18
4. Louise Watson	1994	16:11.52
5. Mary Cobb	2001	16:13.57

55 Meter Hurdles	Year	Time
1. Jackie Bridgeman	1994	7.38
2. Monica Hoggatt	1994	7.48
3. Anne Lee	1994	7.70
4. Tracye Lawyer	1997	8.02
4. Lindsey Johnson	2002	8.02

60 Meter Hurdles	Year	Time
1. Lindsey Johnson	2002	8.42
2. Undine Becker	2003	8.62
3. Lillian Bush	2003	8.63
4. Robyn Woolfok	2002	8.67
5. Tracye Lawyer	1998	8.77

4 x 400 Meter Relay	Year	Time
1. Stanford	2005	3:34.92
Christine Moschella, Janice Davis, Ashley Freeman, Ashley Purnell		
2. Stanford	2005	3:38.51
Chinny Offor, Christine Moschella, Nashonne Johnson, Ashley Freeman		
3. Stanford	2005	3:38.91
Nashonne Johnson, Ashley Purnell, Ashley Freeman, Christine Moschella		
4. Stanford	2004	3:40.19
Chinny Offor, Nashonne Johnson, Keisha Gaines, Ashley Freeman		
5. Stanford	2004	3:41.62
Nashonne Johnson, Janice Davis, Ashley Freeman, Keisha Gaines		

Distance Medley Relay (1200, 400, 800, 1600)	Year	Time
1. Stanford	2000	11:01.56
Sally Glynn, Jayna Smith, Lindsay Hyatt, Lauren Fleshman		
2. Stanford	2003	11:05.16
Malindi Elmore, Christine Moschella, Katie Hotchkiss, Lauren Fleshman		
3. Stanford	2004	11:07.15
Katy Trotter, Ashley Freeman, Chinny Offor, Sara Bei		
4. Stanford	2005	11:07.81
Arianna Lambie, Christine Moschella, Ashley Freeman, Katy Trotter		
5. Stanford	2004	11:08.67
Katy Trotter, Chinny Offor, Katie Hotchkiss, Sara Bei		

High Jump	Year	Mark
1. Lisa Bernhagen	1987	6-5 1/2 (1.97m)
2. Tracye Lawyer	1997	6-0 3/4 (1.85m)
3. Kimberly Stone	2001	5-10 3/4 (1.80m)
4. Karen Lysaght	1983	5-8 (1.73m)
5. Denise Gatzamide	1984	5-8 (1.73m)

Long Jump	Year	Mark
1. Jackie Edwards	1992	21-8 3/4 (6.62m)
2. Erica McLain	2005	20-7 (6.27m)
3. Undine Becker	2004	19-10 3/4 (6.06m)
4. Julie Tinker	2001	19-9 3/4 (6.04m)
5. Pam Donald	1983	19-8 3/4 (6.01m)

Pole Vault	Year	Mark
1. Kathleen Donoghue	2002	13-0 1/4 (3.97m)
2. Melissa Feinstein	1998	12-9 (3.89m)
3. Samantha Shepard	2004/05	12-8 3/4 (3.88m)
3. Leila Ben-Youssef	2005	12-8 3/4 (3.88m)
5. Tyra Holt	1997	12-0 1/2 (3.67m)

Shot Put	Year	Mark
1. Jillian Camarena	2004	57-2 3/4 (17.44m)
2. Pam Dukes	1987	57-1 (17.40m)
3. Carol Cady	1983	54-7 (16.64m)
4. Melissa Yunghans	2005	47-9 1/2 (14.57m)
5. Katrinka Jackson	1997	47-6 1/4 (14.48m)

Triple Jump	Year	Mark
1. Erica McLain	2005	45-7 1/4 (13.90m)
2. Jackie Edwards	1992	42-6 (12.95m)
3. Undine Becker	2004	40-8 1/4 (12.40m)
4. Florence Adu	1995	40-5 1/2 (12.33m)
5. Julie Tinker	2000	40-5 1/2 (12.33m)

20-lb Weight	Year	Mark
1. Jessica Pluth	2003	61-11 (18.87m)
2. Maureen Onyeagbako	2001	61-7 (18.77m)
3. Summer Pierson	2000	57-11 (17.65m)
4. Sarah Hopping	2005	56-8 1/2 (17.28m)
5. Katy Elsbury	2004	55-11 (17.04m)

Pentathlon	Year	Mark
1. Sally Mills	2004	3,417 pts



Former head women's cross country coach Dena Dey was a three-time All-American for the Cardinal.



Malindi Elmore was a five-time All-American.

On October 1, 1891, the 465 new students who were on hand for opening day ceremonies at Leland Stanford Junior University greeted Leland and Jane Stanford enthusiastically, with a chant they had made up and rehearsed only that morning. Wah-hoo! Wah-hoo! L-S-J-U! Stanford! Its wild and spirited tone symbolized the excitement of this bold adventure. As a pioneer faculty member recalled, "Hope was in every heart, and the presiding spirit of freedom prompted us to dare greatly."

For the Stanford's on that day, the university was the realization of a dream and a fitting tribute to the memory of their only son, who had died of typhoid fever weeks before his sixteenth birthday. Far from the nation's center of culture and unencumbered by tradition or ivy, the new university drew



Millions of volumes are housed in many libraries throughout the campus.

students from all over the country: many from California; some who followed professors hired from other colleges and universities; and some simply seeking adventure in the West. Though there were many difficulties during the first months – housing was inadequate, microscopes and books were late in arriving from the East – the first year foretold greatness. As Jane Stanford wrote in the summer of 1892, "Even our fondest hopes have been realized."



Stanford University The University at a Glance



Ideas of "Practical Education"

Governor and Mrs. Stanford had come from families of modest means and had built their way up through a life of hard work. So it was natural that their first thoughts were to establish an institution where young men and women could "grapple successfully with the practicalities of life." As their thoughts matured, these ideas of "practical education" enlarged to the concept of producing cultured and useful citizens who were well-prepared for professional success.

More than one hundred years later, the university still enjoys the original 8,180 acres (almost 13 square miles) of grassy fields, eucalyptus groves, and rolling hills that were the Stanfords' generous legacy, as well as the Quadrangle of "long corridors with their stately pillars" at the center of campus. It is still true, as the philosopher William James said, during his stint as a visiting professor, that the climate is "so friendly ... that every morning wakes one fresh for new amounts of work."

Current Perspectives

In other ways, the university has changed tremendously on its way to recognition as one of the world's great universities. At the hub of a vital and diverse Bay Area, Stanford is an hour's drive south of San Francisco and just a few miles north of the Silicon Valley, an area dotted with computer and high technology firms largely spawned by the university's faculty and graduates. On campus, students and faculty enjoy new libraries, modern laboratories, sports facilities, and comfortable residences. Contemporary sculpture, as well as pieces from the Stanford Museum's extensive collection of sculpture by Auguste Rodin, is placed throughout the campus, providing unexpected pleasures at many turns. At the Stanford Medical Center, world-renowned for its research, teaching, and patient care, scientists and physicians are searching for answers to fundamental questions about health and disease. Ninety miles down the coast, at Stanford's Hopkins Marine Station on the Monterey Bay, scientists are working to better understand the mechanisms of evolution, human development, and ecological systems.

The university is organized into seven schools: Earth Sciences, Education, Engineering, the Graduate School of Business, Humanities and Sciences, Law and Medicine. In addition, there are more than 30 interdisciplinary centers, programs, and research laboratories – including the Hoover Institution on War, Revolution and Peace; the Institute for International Studies; the Stanford Linear Accelerator Center; and the Stanford Center for the Study of Families, Children and Youth – where faculty from a wide range of fields bring different perspectives to bear on issues and problems. Stanford's Overseas Studies Program offers students in all fields remarkable opportunities for study abroad, with campuses in Paris, Kyoto, Santiago, Berlin, Oxford, Florence, and Moscow.

Stanford People

By any measure, Stanford's faculty – which numbers approximately 1,700 – is one of the most distinguished in the nation. It includes 16 Nobel laureates, 4 Pulitzer Prize winners, 21 National Medal of Science winners, 132 members of the National Academy of Sciences, 223 members of the American Academy of Arts and Sciences, 80 members of the National Academy of Engineering, and 23 members of the National Academy of Education. Yet beyond their array of honors, what truly distinguishes Stanford faculty is their commitment to sharing knowledge with their students. The great majority of professors teach undergraduates both in introductory lecture classes and in small advanced seminars.

Currently 13,900 students, of which 6,500 are undergraduates, live and study on campus. About 40 percent come from California, but all 50 states and approximately 100 countries are represented as well. Among undergraduates, 44 percent are African American, Asian American, Hispanic or Native American. Like the faculty, the Stanford student body is distinguished. Approximately 10 students apply to Stanford for every place in the freshman class. Eighty-four Stanford students have been named Rhodes Scholars, 66 have been named Marshall Scholars, and 48 have been named Truman Scholars. Nearly 90 percent of graduating seniors plan to attend graduate or professional schools. Stanford students also shine in a tremendous array of activities outside the classroom – from student government to music, theater, and journalism. Through the Haas Center for Public Service, students participate in dozens of community service activities, such as tutoring programs for children in nearby East Palo Alto, the Hunger Project, and the Arbor Free Clinic.

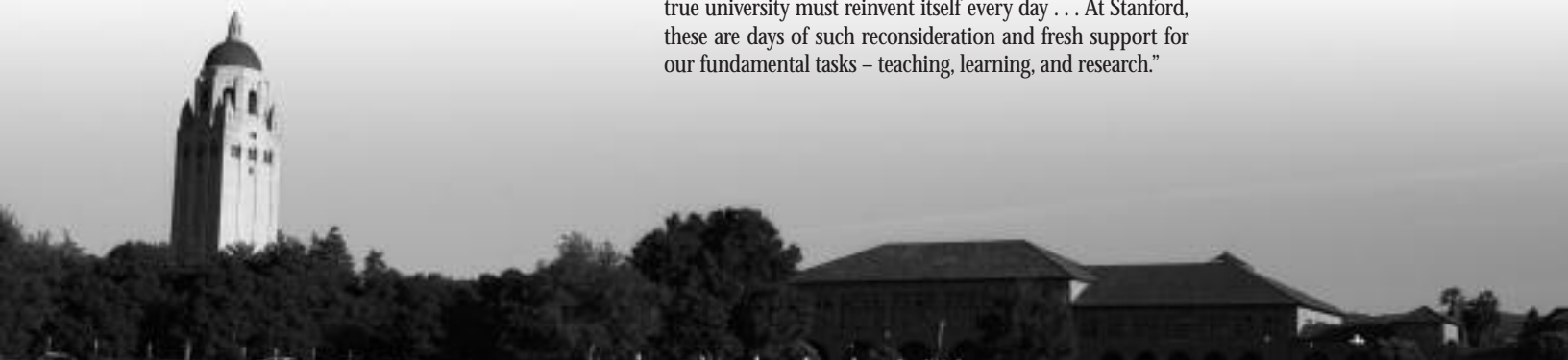
In the athletic arena, Stanford students have enjoyed tremendous success as well. Stanford fields teams in 34 Division I varsity sports – equally divided between men's and women's teams. Of Stanford's 101 national team titles, 50 have been captured since 1990, by far the most in the nation. Thirty-eight of Stanford's athletes and coaches participated in the 1992 Olympics in Barcelona, 49 competed in Atlanta at the 1996 Games, 34 represented Stanford at the 2000 Games in Sydney – by far the most of any university in the nation – and 42 Stanford athletes competed at the 2004 Games in Athens. Intramural and club sports are also popular; over 1,000 students take part in the club sports program, while participation in the intramural program has reached 9,000, with many students active in more than one sport.

Looking Ahead

In her address to the Board of Trustees, in 1904, Jane Stanford said, "... Let us not be afraid to outgrow old thoughts and ways, and dare to think on new lines as to the future of the work under our care." Her thoughts echo in the words of former Stanford President Gerhard Casper, who has said, "The true university must reinvent itself every day ... At Stanford, these are days of such reconsideration and fresh support for our fundamental tasks – teaching, learning, and research."



Stanford University still enjoys the original 8,100 acres of grassy fields, eucalyptus groves, and rolling hills that were the Stanfords' generous legacy.



Beyond the Campus San Francisco Bay Area

Gateway to the San Francisco Bay Area and Beyond

From bustling cosmopolitan cities to quiet coastal retreats, the San Francisco Bay Area is incomparable. First-class attractions, world-class athletics, cultural diversity, remarkable skylines and breathtaking views make this region one of the world's most popular destinations.

And at the hub of this great region is Stanford University, located within an hour's drive of San Francisco to the north, Silicon Valley to the south and the coastal cities which line the Pacific Ocean to the west.

San Francisco has been named the world's top city twice and the country's top city on seven occasions. Surrounded by three sides of the Pacific Ocean and San Francisco Bay, San Francisco's compact 46 square miles crowd the tip of the San Francisco Peninsula. "The City" has a population of 730,000 and is the centerpiece of the San Francisco Bay Area, which is the nation's fifth largest metropolitan region and registers a population of over six million and hosts over 16 million visitors each year.



San Francisco's signature skyline dominates the San Francisco Bay Area, one of the world's most picturesque locations. The City is home to numerous attractions, including the world-famous cable cars, the TransAmerica Pyramid, Chirardelli Square, PacBell Park, Coit Tower (below left), and Lombard Street – the world's crookedest street (below right).



The City is a cultural wonderland, an ethnic treasure chest where custom, tradition and history are preserved, celebrated and shared. From the vibrant counterculture in Haight-Ashbury to the young and glamorous tech survivors in their South of Market lofts, San Francisco is a golden dream come true.

Visitors and residents of San Francisco have a playground of diversity at their fingertips. Fisherman's Wharf, a must-see for all, includes waterfront marketplaces such as PIER 39, The Cannery and Ghirardelli Square. Golden Gate Park, Chinatown, North Beach, Union Square, Pacific Bell Park, the Embarcadero Center and, world famous cable cars and trolleys are just an example of what The City has to offer. The Golden Gate Bridge, San Francisco's signature landmark, looms as the gateway to the City by the Bay.



Just outside of the immediate Bay Area, Yosemite is a favorite destination.



San Francisco Bay is renowned for excellent conditions for both boating and windsurfing.

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© Robert Hollins, California Dept. of Tourism



Pebble Beach on the Monterey Peninsula near Carmel.

To the south of Stanford are Santa Clara and San Jose, the anchors to the Silicon Valley. Computer firms and software companies can be found throughout the region, which is considered the leader among the world's high technology industry. Lest you think that the valley is all business, though, spend a day at Paramount's Great America, delve into the wonders of technology at the Tech Museum of Innovation or explore the Winchester Mystery House.

One of the world's great stretches of coastline is located within a short drive from Stanford University. To the south is the Monterey Peninsula, which includes the picturesque coastal towns of Monterey, Carmel and Santa Cruz. The Monterey Bay Aquarium, Cannery Row and 17-Mile Drive along Pebble Beach are musts for visitors.

And if you bring your golf clubs, some of most famous golf courses can be found on the Monterey Peninsula, including Pebble Beach, Spyglass Hill and Cypress Point. The Beach Boardwalk, which features a historic wooden roller coaster, is located along the coast in Santa Cruz.

Further north along the coast is Half Moon Bay, Princeton-by-the-Bay, San Francisco and Marin County, located just across the Golden Gate Bridge. A short ferryboat ride past Alcatraz Island are the coastal towns of Tiburon, Larkspur and Sausalito.





Stanford Athletics Home of Champions

“Home of Champions.” Those are the bywords for the Stanford University Athletic Department.

And for good reason. No athletic department in the country can boast of the kind of success that Stanford has accomplished since the 1980's. NCAA team champions. NCAA individual champions. Olympic medalists. Stanford University athletes have been all over the world capturing championships.

The statistics speak for themselves: Stanford University has won 74 NCAA team championships since 1980, the most in the nation; Cardinal athletes have won 51 NCAA championships since 1990 – again the most in the nation. Stanford has brought home 30 NCAA championship trophies the past seven years, including an unprecedented six NCAA team titles in 1996-97. In 1991-92, Stanford athletes took home 29 individual NCAA titles – an NCAA record. Cardinal athletes won 21 individual championships during the 1992-93 season, the second most in history.

Even more impressive is Stanford's string of 11 consecutive NACDA Directors' Cup titles (1995-05). The award honors the nation's top overall athletic program and with 11 straight victories in the competition, it is no wonder Stanford is considered the dominant athletic program in the nation.

Stanford captured its 11th straight Directors' Cup in 2004-05. The Cardinal won a total of three national team crowns (two NCAA) in synchronized swimming (U.S. Collegiate), women's tennis and women's volleyball. Stanford had a total of 16 Top 10 finishes with lightweight crew, women's cross country, men's swimming, women's swimming, men's water polo and women's water polo joining the national champions in the Top Five. The Cardinal also picked up nine individual national titles (seven NCAA) and 13 team conference championships.

Stanford has now won at least one NCAA team championship for 29 straight years. Cardinal teams have also won four or more NCAA team titles in a single year nine times, an NCAA best.

All totaled, Stanford has won 102 collegiate team titles (91 NCAA championships) and 391 NCAA individual titles. Cardinal women

have won an NCAA-best 34 team championships while men's teams have captured 57 NCAA team titles, third-best in the nation. Overall, Stanford's 91 NCAA team championships rank second in the nation.

In the last 12 years (since 1993-94), Stanford has claimed 42 national team championships and 38 NCAA team titles – the best in the country.

The best athletic year in school history arguably came in 1996-97 when Cardinal teams set an NCAA record by winning six NCAA team championships in a single academic year: men's and women's cross country; men's and women's volleyball; and men's and women's tennis. Nine other teams finished in the Top Four nationally, includ-

No other athletic department in the country can boast of the kind of success that Stanford has accomplished.

Above: Pac-10 Player of the Year Candice Wiggins has emerged as one of the top basketball players in the nation. Top Right: Stanford captured the 2004 Women's Volleyball NCAA title.



Tiger Woods is one of the PGA's most successful golfers with victories in all four Major events.

ing second-place finishes in women's swimming, men's swimming, men's water polo and women's synchronized swimming. Stanford also posted third-place finishes in women's basketball, baseball and fencing, as well as fourth place finishes in women's golf and women's water polo. In addition, the Stanford co-ed sailing team added a ICYRA national championship.

The 1996-97 school year also saw the Cardinal football team advance to the Sun Bowl, the women's basketball team return to the Final Four, the baseball team qualify for the College World Series and the men's basketball team advance to the Sweet Sixteen of the NCAA Tournament for the first time since it won the 1942 NCAA title.

Not only has the Cardinal won an NCAA record six NCAA team championships in a single season (1996-97), but it has also won five NCAA titles in a single year on three occasions: 1991-92, '94-95 and '97-98. Cardinal teams have won four championships in a single academic year on five occasions: 1985-86, '86-87, '92-93, '93-94 and 2001-02.

Stanford has won 173 conference or regional titles since 1991, again the best in the country. Cardinal teams won a record 18 conference or regional championships in 1998-99 – by far the best performance of any school in the nation.

Another memorable moment came in 1999-2000 when the Cardinal football, men's basketball and baseball teams won at least a share of their respective Pac-10 titles for the first time in school history.

Stanford has simply dominated in several sports. The Cardinal men's tennis team has won 17 NCAA titles while the women's squad has hauled in 15 national titles. Other programs to have brought in at least five national titles include men's water polo (11), women's swimming (9), men's swimming (8), men's golf (7) and women's volleyball (6).

Stanford has also enjoyed unequalled success in Olympic competition. Stanford was represented by 43 affiliates at the most recent Olympic Games that took place in 2004 in Athens, Greece. The Cardinal totaled 17 medals (three gold, seven silver, seven bronze).

At the 2000 Summer Games in Sydney, Australia, Stanford was represented by a total of 34 athletes and coaches. The Cardinal contingent won a total of 10 medals – four gold, three silver and three bronze.

At the 1996 Games in Atlanta, Stanford placed 49 coaches and athletes on Olympic teams, including three head United States Olympic coaches (Tara VanDerveer, women's basketball; Richard Quick, women's swimming; Skip Kenney, men's swimming). Stanford athletes accounted for 16 gold medals, one silver and one bronze in Atlanta.

Four-time collegiate player of the year Tony Azevedo graduated as perhaps the greatest water polo player in Stanford history.



Stanford captured its second-straight NCAA Women's Tennis title. Trevor Brown, Jr./NCAA Photos

At the 1992 Games in Barcelona, Cardinal athletes earned 19 medals – 10 gold, four silver and five bronze. If Stanford were a country, it would've placed 13th in the world with its 19 medals and ninth with 10 golds. Thirty-eight Stanford-affiliated athletes and coaches participated in Barcelona while 41 members of the Cardinal family took part in the 1988 Olympic Games in Seoul, Korea.

Olympic gold medalists are numerous on The Farm. Former Cardinal standout Bob Mathias won back-to-back Olympic decathlon gold medals in 1948 and '52, while swimmers Pablo Morales, Jenny Thompson, Summer Sanders, Janet Evans and Misty Hyman have become household names in the swimming world.

Morales, who helped Stanford win three straight NCAA team championships (1985-87), won three medals at the 1984 Games in Los Angeles (one gold, two silver) and two more gold medals at the 1992 Games in Barcelona. Evans won three golds in the 1988 Games in Seoul, and one gold and one silver in Barcelona, while Sanders won four medals in Barcelona; two gold, one silver and one bronze. Thompson is the most decorated athlete in Olympic history with 12 medals (eight gold, three silver, one bronze). Hyman added her name to the list of Stanford swimming greats by winning the 2000 Olympic gold medal in the 200 meter butterfly to pull off one of the biggest upsets of the Sydney Olympiad.

A list of the great student-athletes in the history of Stanford Athletics would be difficult to even come close to compiling but a few of the great names in the amazing history of Stanford Athletics include Tom Watson and Tiger Woods (golf); Tim Mayotte, John McEnroe and Roscoe Tanner (men's tennis); Kristin Klein, Ogonna Nnamani, Kim Oden and Logan Tom (women's volleyball); Kristin Folk (women's basketball/volleyball); Jack McDowell and Mike Mussina (baseball); Julie Foudy (women's soccer); Hank Luisetti, Brevin Knight and Mark Madsen (men's basketball); Jennifer Azzi and Kate Starbird (women's basketball); Jim Plunkett, John Elway and Troy Walters (football); Debi Thomas (figure skating); Eric Heiden (speed skating) and the great Ernie Nevers (football); just to name a few.

It's no wonder Stanford University is often referred to as the "NCAA's Champion of Champions."



**Stanford
Championship Facts**

- Total National Championships:** 102
- Total NCAA Championships** (NCAA rank): 91 (No. 2)
- Total Men's NCAA Championships** (NCAA rank): 57 (No. 3)
- Total Women's NCAA Championships** (NCAA rank): 34 (No. 1)
- Total Individual NCAA Championships:** 393
- NCAA Team Championships Since 1990:** 51*
- NCAA Team Championships Since 1980:** 74*

**most in the nation*





Directors' Cup Champion of Champions



Directors' Cup Champion of Champions 2004-05 Season

Conference Championships: 13

National Finish:

- 11 teams in the national Top 5
- 18 teams in the national Top 10
- 27 teams in the national Top 25

National Rankings:

- 12 teams in the national Top 5
- 18 teams in the national Top 10
- 30 teams in the national Top 25

Stanford University captured its 11th consecutive NCAA Division I Sports Academy Directors' Cup in 2004-05. The award is presented annually by the National Association of Collegiate Directors of Athletics (NACDA) to the best overall collegiate athletic program in the country.

The Cardinal won three national team championships in 2004-05 (synchronized swimming, women's tennis, women's volleyball), while a total of 11 teams finished among the Top five nationally and 18 teams placed in the Top 10.

Stanford teams finishing in the Top 10 were synchronized swimming (1st), women's tennis (1st), women's volleyball (1st), men's swimming and diving (2nd), men's water polo (2nd), women's water polo (2nd), lightweight crew (5th), women's cross country (5th), women's swimming and diving (5th), women's outdoor track (5th), women's basketball (5th-T), men's cross country (6th), men's crew (7th), men's gymnastics (7th), women's sailing (7th), men's outdoor track (7th), women's indoor track (8th) and softball (9th-T).

Developed as a joint effort between *USA Today* and NACDA, the Sports Academy Directors' Cup is the only all-sports competition that recognizes the institution in each of the four categories with the best overall athletics program.

Stanford's 2004-05 Varsity National Titles
3 National (2 NCAA) Championships, 13 National (8 NCAA)
Individual Champions

Team Champions:

- Synchronized Swimming
- Women's Tennis
- Women's Volleyball



Caroline Bruce swept the breaststroke titles at the 2005 NCAA Women's Swimming and Diving Championships.

Individual Champions:

Men's Swimming and Diving

- NCAA 100 Yard Backstroke Gary Marshall (senior)
- NCAA 400 Yard Medley Relay Jayme Cramer (senior), Gary Marshall (senior), Matt McDonald (senior), Ben Wildman-Tobriner (sophomore)

Synchronized Swimming

- National A Elements Katie Norris (senior)
- National B Figures Katherine Norris (freshman)
- National Duet Sara Lowe (freshman), Courtenay Stewart (freshman)
- National Solo Katie Norris (senior)
- National Trio Samantha Bongiovanni-Duclos (sophomore), Sara Lowe (freshman), Courtenay Stewart (freshman)

Women's Swimming and Diving

- NCAA 100 Yard Breaststroke Caroline Bruce (freshman)
- NCAA 200 Yard Breaststroke Caroline Bruce (freshman)

Men's Indoor Track and Field

- NCAA 5000 Meters Ian Dobson (senior)

Men's Outdoor Track and Field

- NCAA 5000 Meters Ryan Hall (junior)
- NCAA Discus Michael Robertson (junior)

Women's Tennis

- NCAA Doubles Alice Barnes (junior), Erin Burdette (senior)



Women's Volleyball - NCAA Champions

- Sixth national championship in program history
- Led by Volleyball Honda Award Winner, NCAA Top VIII Award Recipient and NCAA Championship Most Outstanding Player Ogonna Nnamani
- Entered NCAA Championship as No. 11 seed
- Concluded the season on a 15-match win streak



Synchronized Swimming - Collegiate Champions

- Third national championship in program history
- Swept every event at Collegiate National Championship
- Finished the season unbeaten as a team
- Led by Katie Norris (Collegiate Athlete of the Year) and Sara Lowe (Highpoint Athlete Recognition)
- Heather Olson Named Collegiate Coach of the Year



Women's Tennis - NCAA Champions

- 15th national title (14th NCAA) in program history
- Fourth NCAA title in five seasons for head coach Lele Forood, who was named the Pac-10 Coach of the Year for the second straight season
- Finished the season with a perfect 27-0 record, marking the team's second straight unbeaten campaign and ninth in school history
- Erin Burdette and Alice Barnes won NCAA Doubles Title and earned ITA Doubles Team of the Year honors

2004-05 Stanford Athletics Sport-by-Sport Results

Fall Sports

	Overall	Conference	Conf. Finish	Nat'l Finish	Final Rank
Football	4-7	2-6	8th-T, Pac-10	-	-
W Volleyball	30-6	15-3	2nd, Pac-10	1st	1st
M Soccer	7-6-5	2-4-2	4th, Pac-10	-	-
W Soccer	13-6-3	4-3-2	T-4th, Pac-10	17th-T	19th
M Cross Country	-	-	1st, Pac-10	6th	6th
W Cross Country	-	-	1st, Pac-10	5th	5th
Field Hockey	8-12	0-6	4th, NorPac (West)	-	-
M Water Polo	23-5	7-1	1st, MPSF	2nd	2nd



Michael Robertson won the 2005 NCAA discus title.



Erin Burdette (left) and Alice Barnes captured the 2005 NCAA women's doubles title.

Winter Sports

	Overall	Conference	Conf. Finish	Nat'l Finish	Final Rank
M Basketball	18-13	11-7	3rd-T, Pac-10	33rd-T	-
W Basketball	32-3	17-1	1st, Pac-10	5th-T	5th
M Fencing	-	-	-	11th	11th
W Fencing	-	-	-	11th	11th
M Swimming	6-1	3-1	1st, Pac-10	2nd	2nd
W Swimming	7-1	5-0	1st, Pac-10	5th	5th
M Gymnastics	9-9	5-4	3rd, MPSF	7th	8th
W Gymnastics	9-14	7-8	4th, Pac-10	-	17th
Synchronized Swim.	-	-	-	1st	1st
M Indoor Track	-	-	2nd, MPSF	13th	13th
W Indoor Track	-	-	1st, MPSF	8th	8th
Wrestling	6-8-1	2-6-1	9th, Pac-10	37th	-



Gary Marshall captured an individual NCAA title in the 100 yard backstroke and a NCAA relay title as part of the 400 yard medley relay.



Samantha Bongiovanni-Duclos, Sara Lowe and Courtenay Stewart captured the National Trio Synchronized Swimming title. Lowe and Stewart also won the Duet title.

Spring Sports

	Overall	Conference	Conf. Finish	Nat'l Finish	Final Rank
Baseball	34-25	12-12	6th-T, Pac-10	17th-T	-
M Crew	-	-	3rd, Pac-10	7th	7th
W Crew	-	-	2nd, Pac-10	11th	11th
Lightweight Crew	-	-	1st, PCRC	5th	5th
M Golf	-	-	6th, Pac-10	18th-T	18th-T
W Golf	-	-	9th, Pac-10	19th	19th
W Lacrosse	13-5	5-0	1st, MPSF	-	18th
Co-ed Sailing	-	-	3rd, PCC	-	15th
W Sailing	-	-	1st, PCC	7th	3rd
Softball	43-16	13-8	1st-T, Pac-10	9th-T	8th
M Tennis	14-11	4-3	4th, Pac-10	17th-T	22nd
W Tennis	27-0	7-0	1st, Pac-10	1st	1st
M Outdoor Track	-	-	7th, Pac-10	7th	7th
W Outdoor Track	-	-	1st, Pac-10	5th	5th
M Volleyball	11-15	10-12	8th, MPSF	-	11th
W Water Polo	22-7	9-3	2nd, MPSF	2nd	2nd



5000 meter NCAA champions – Ian Dobson (left) won the NCAA indoor title and Ryan Hall won the NCAA outdoor title.



Actress Sigourney Weaver is one of many Stanford notables in the motion picture industry.

Some of the most distinguished people in the world today are former students at Stanford University. Stanford students can be found in business, politics, government, entertainment and education among others.



Peter Magowan, Stanford Class of 1964, is President of the San Francisco Giants. © San Francisco Giants

Following is a sampling of just some of the more renowned former students who have gone on to gain national and international recognition in their chosen field.

- Maxwell Anderson, MA 1915
Pulitzer Prize-winning playwright
- Samuel Armacost, MBA 1964
Former President and CEO, Bank of America
- Ehud Barak, MS 1979
Former Prime Minister of Israel
- Max Baucus, 1964, JD 1967
United States Senator (Montana)
- Jeff Bingaman, JD 1968
United States Senator (New Mexico)
- Derek Bok, 1951
President Emeritus, Harvard University
- Bob Boone, 1969
Manager, Cincinnati Reds; former professional baseball player
- Richard Boone, 1938
Actor who starred in *Have Gun Will Travel*
- Stephen Breyer, 1959
Justice, U.S. Supreme Court
- Claude Brinegar, 1950, MS '51, PhD '54
Secretary of Transportation
- William Brody, MD 1970, PhD '72
President, Johns Hopkins University
- David Brown, 1936
Producer of *The Sting*, *Jaws* and *Driving Miss Daisy*
- Gretchen Carlson, 1990
Miss America, 1988
- Vincent Cerf, 1965
Called "Father of the Internet" as co-author of Internet Protocol
- Otis Chandler, 1950
Former chair, Times Mirror Corp.



Ted Koppel
ABC network news anchor, host of Nightline



Sandra Day O'Connor
Supreme Court Justice

- Warren Christopher, JD 1949
Former Secretary of State
- Chelsea Clinton, 2001
Daughter of President Bill Clinton
- Jennifer Connelly, 1996
Academy Award-winning actress for *A Beautiful Mind*
- Kent Conrad, 1972
United States Senator (North Dakota)
- Alan Cranston, 1936
Former United States Senator (California)
- Ted Danson, 1970
Actor, *Cheers* and *Becker*
- Gray Davis, 1964
Former Governor of California
- Richard Diebenkorn, 1944
Painter
- Ray Dolby, 1957
Designed noise reduction system synonymous with his name
- John Elway, 1983
Former professional football player Super Bowl MVP
- Janet Evans, 1991
Olympic gold medalist, swimming
- Dianne Feinstein, 1955
United States Senator (California)
- David Filo, MS 1990
Co-founder of Yahoo!
- Carleton Fiorina, 1976
Former President and CEO of Hewlett-Packard Co.
- John Gardner, 1935, MA '36
Former Secretary of HEW; founder of Common Cause
- Vartan Gregorian, 1958
President, Carnegie Corporation
Former President of Brown University
- John Harsanyi, MA 1960
1994 winner of Nobel Prize in Economics
- Richard Hass, PhD 1976
1996 U.S. Poet Laureate
- Mark Hatfield, MA 1948
Former United States Senator (Oregon)
- Edith Head, MA 1920
Costume designer, 8-time Academy Award winner
- Eric Heiden, M.D. 1991
5-time gold medalist, 1980 Winter Olympics
- Dudley Herschbach, 1954, MS 1955
1986 winner of Nobel Prize in Chemistry
- William Hewlett, 1934, Eng. '39
Co-founder Hewlett-Packard
- Colin Higgins, 1961
Screenwriter
- Carla Hills, 1955
Former Secretary of HUD, U.S. Trade Representative
- Herbert Hoover, 1895
31st President of the United States
- Shirley Hufstедler, JD 1949
Former Secretary of Education
- David Henry Hwang, 1979
Wrote Tony-winning *M. Butterfly*
- Mae Jemison, 1977
First woman of color astronaut
- Bill Kennard, 1978
Former Chair of the Federal Communications Commission
- Anthony Kennedy, 1958
Justice, U.S. Supreme Court
- Clark Kerr, MA 1934
President Emeritus of the University of California



David Packard (left) and Bill Hewlett (right) of Hewlett Packard with Frederick Terman, one of the giants of Silicon Valley electrical engineering.



Herbert Hoover, 31st President of the United States.

- Ken Kesey, 1959
Author, *One Flew Over the Cuckoo's Nest*
- Philip Knight, MBA 1962
Founder/President, Nike Inc.
- Ted Koppel, MA 1962
Anchor, ABC's Nightline
- Bill Lane, 1942
Publisher of *Sunset Magazine*
- Richard Levin, 1968
President, Yale University



Phil Knight, MBA 1962, founder of Nike

- Peter Likens, 1965, PhD M.E.
President, University of Arizona
- Hank Luisetti, 1938
NCAA Basketball Player of the Year 1937, 1938
- Peter Magowan, 1964
President, San Francisco Giants
- Bob Mathias, 1954
Decathlon gold medalist, 1948 and 1952 Olympics
- John McCoy, MBA 1967
Chairman, Banc One Corp.
- Jack McDowell, 1989
Former professional baseball player; 1993 Cy Young Award Winner
- John McEnroe, 1981
Wimbledon and U.S. Open Champion

- Scott McNealy, MBA 1980
President, CEO, Sun Microsystems, Inc.
- Robert Mondavi, 1937
Founder of Mondavi Wines
- Pablo Morales, 1987
3-time Olympic gold medalist, swimming
- Robert Motherwell, 1936
Painter
- Henry Muller, 1965
Managing editor, Time Inc.
- Mike Mussina, 1991
Professional baseball player; five-time All-Star
- Sandra Day O'Connor, 1950, JD '52
Justice, U.S. Supreme Court
- David Packard, 1934, Eng. '39
Co-founder, Hewlett-Packard
- Jack Palance, 1949
Academy Award-winning actor for *City Slickers*
- Maynard Parker, 1961
Former Editor, *Newsweek*
- William Perry, 1949, MA '50, PhD '55
Former Secretary of Defense
- Donald Peterson, MBA 1949
Chairman, Ford Motor Company
- Jim Plunkett, 1971
Former professional football player; Super Bowl MVP; 1970 Heisman Trophy winner
- William Rehnquist, 1948, MA '48, JD '52
Chief Justice, U.S. Supreme Court
- Sally Ride, 1973, MS '75, PhD '78
Astronaut, first U.S. woman in space
- Waldo Salt, 1934
Screenwriter: *Serpico*, *Coming Home* and *Midnight Cowboy*
- Summer Sanders, 1994
2-time Olympic gold medalist, swimming; broadcaster

- Fred Savage, 1998
Actor, *The Wonder Years* and *Working*
- Charles Schwab, 1959, MBA '61
Founder, Chairman and CEO of Charles Schwab & Company
- Jorge Serrano, MA 1973
President of Guatemala
- Steve Smith, 1981
NASA astronaut
- John Steinbeck, 1923
Author, *Grapes of Wrath*
- Greg Steltenpohl, 1976
Co-founder & chairman of Odwalla
- Kerri Strug, 2001, MA 2001
Olympic gold medalist, gymnastics
- Debi Thomas, 1989
1987 World Champion, figure skating
- Jenny Thompson, 1995
8-time Olympic gold medalist, swimming
- Alejandro Toledo, MA 1972, MA 1974
President of Peru
- Scott Turow, MA 1974
Author, *Presumed Innocent*
- Tom Watson, 1971
Professional golfer
- Sigourney Weaver, 1972
Actress, *Alien*, *Ghostbusters*
- Reese Witherspoon, 1998
Actress, *Legally Blond*, *Pleasantville*
- Tiger Woods, 1997
Professional Golfer, No. 1 in the World
- R. James Woolsey, 1963
Former CIA Director
- Ron Wyden, 1971
United States Senator (Oregon)
- Jerry Yang, MS 1990
Co-founder of Yahoo!
- Richard Zanuck, 1956
Producer, *Jaws* and *The Sting*

Stanford's diverse alumni include the founders of Nike and Hewlett-Packard, the inventor of Dolby, many U.S. Supreme Court justices, a former Miss America, the 31st U.S. president and the first American woman in space



Charles Schwab is founder and CEO of Charles Schwab & Co.

**NCAA Regional
Qualifying Times (Men)**

Event	NCAA Regional
100 Meters	10.50
200 Meters	21.19
400 Meters	47.26
800 Meters	1:50.40
1500 Meters	3:47.80
Mile	4:06.61
3000m Steeplechase	9:07.00
5000 Meters	14:10.00
10,000 Meters	28:45.00
110 Meter Hurdles	14.30
400 Meter Hurdles	52.51
4 x 100 Meter Relay	40.66
4 x 400 Meter Relay	3:10.00
Discus	169-7
	51.70m
Hammer	182-5
	55.60m
High Jump	6-10 3/4
	2.10m
Javelin	202-5
	61.60m
Long Jump	24-1
	7.34m
Pole Vault	16-6 3/4
	5.05m
Shot Put	55-1 1/2
	16.80m
Triple Jump	49-5 3/4
	15.08m
Decathlon	7,500 pts

**NCAA Regional
Qualifying Times (Women)**

Event	NCAA Regional
100 Meters	11.75
200 Meters	23.96
400 Meters	54.61
800 Meters	2:09.80
1500 Meters	4:27.80
Mile	4:49.60
3000m Steeplechase	10:50.25
5000 Meters	16:52.00
10,000 Meters	33:55.00
100 Meter Hurdles	13.92
400 Meter Hurdles	60.82
4 x 100 Meter Relay	45.70
4 x 400 Meter Relay	3:42.00
Discus	155-2
	47.30m
Hammer	177-8
	54.15m
High Jump	5-9
	1.75m
Javelin	142-6
	43.45m
Long Jump	19-7
	5.97m
Pole Vault	12-5 3/4
	3.80m
Shot Put	46-11
	14.30m
Triple Jump	40-5
	12.32m
Heptathlon	5,500 pts

2006 Indoor Track & Field Schedule

Date	Event	Location
January 27-28	Washington Invitational	Seattle, WA
February 3-4	Frank Sevigny Husker Invitational	Lincoln, NE
February 10-11	Arkansas Tyson Team Invitational	Fayetteville, AR
February 24-25	MPSF Championships	Seattle, WA
March 4	Washington Qualifier	Seattle, WA
March 10-11	NCAA Indoor Championships	Fayetteville, AR

2006 Outdoor Track & Field Schedule

Date	Event	Location
March 5	Stanford Open	Stanford, CA
March 29-30	California Multi-Events Invitational	Berkeley, CA
March 31	Stanford Invitational	Stanford, CA
April 1	Stanford Invitational	Stanford, CA
April 5-8	Texas Relays	Austin, TX
April 6-8	Rafer Johnson/JJK Invitational	Los Angeles, CA
April 12-13	Azusa Pacific Multi-Events	Azusa, CA
April 13-15	Mt. SAC Relays	Walnut, CA
April 14	Pomona-Pitzer Invitational	Claremont, CA
April 22	The Big Meet	Berkeley, CA
April 27-29	Penn Relays	Philadelphia, PA
April 30	Cardinal Invitational	Stanford, CA
May 5	Hornet Open	Sacramento, CA
May 6-7	Pac-10 Multi-Event Championships	Eugene, OR
May 6	Modesto Relays	Modesto, CA
May 13-14	Pacific-10 Championships	Eugene, OR
May 26-27	NCAA Regional Championships	Provo, UT
June 7-10	NCAA Championships	Sacramento, CA
June 22-25	USA Championships	Indianapolis, IN





S Stanford
Track and Field



HOME OF CHAMPIONS

2006 Indoor Schedule

Jan. 27-28	University of Washington Invite	Seattle, WA
Feb. 3-4	Frank Sevigny Husker Invite	Lincoln, NE
Feb. 11	The Husky Classic	Seattle, WA
Feb. 24-25	IMPSF Championships	Seattle, WA
March 3	Bronco Qualifier	Boise, ID
March 4	University of Washington Qualifier	Seattle, WA
March 4	Iowa State Qualifier	Ames, IA
March 10-11	NCAA Indoor Championship	Fayetteville, AR



2006 Outdoor Schedule

March 5	Stanford Open	Stanford, CA
March 29-30	California Multi-Events Invitational	Berkeley, CA
March 31-1	Stanford Invitational	Stanford, CA
April 5-8	Texas Relays	Austin, TX
April 6-8	Rafer Johnson/JJK Invitational	Los Angeles, CA
April 14	Pomona-Pitzer Invitational	Claremont, CA
April 13-15	Mt SAC Relays	Walnut, CA
April 22	Big Meet	Berkeley, CA
April 27-29	Drake Relays	Des Moines, IA
April 27-29	Penn Relays	Philadelphia, PA
April 30	Cardinal Invitational	Stanford, CA
May 5	Hornet Open	Sacramento, CA
May 6	Modesto Relays	Modesto, CA
May 6-7	Pac-10 Multi-Event Championship	Eugene, OR
May 13-14	Pac-10 Championships	Eugene, OR
May 26-27	NCAA Regional Championships	Provo, UT
June 7-10	NCAA Championships	Sacramento, CA
June 22-25	USATF Junior Championships	
June 22-25	USATF Senior Championships	Indianapolis, IN