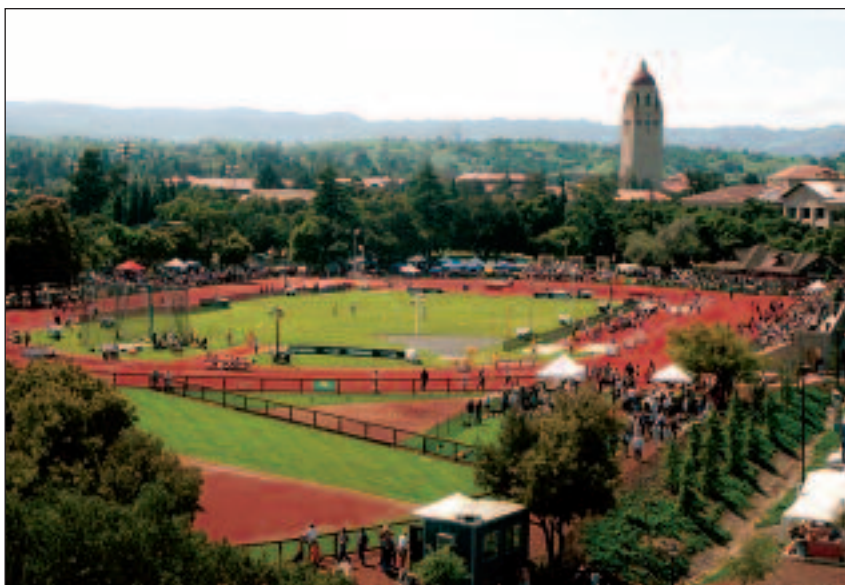




Stanford

Track and Field

2007 Media Guide



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

Cobb Track and Angell Field

Home of Stanford 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.



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

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."



2007 Stanford Track and Field

Stanford Track and Field

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On the Cover

Front Cover: Clockwise from top (current athletes only): Michael Robertson, Arianna Lambie, Erica McLain, Neftalem Araia.
Back Cover: Clockwise from top left (current athletes only): Feranmi Okanlami, Graeme Hoste, Ashley Freeman, Katy Trotter, Janice Davis, Russell Brown (center).



Amanda Trotter

Teresa McWalters

Jakki Bailey

2007 Women's Track and Field Outlook

Powerful women's squad looks to regain Pac-10 title

In 2007, a deep and well-rounded women's squad looks to regain the Pac-10 crown and are paced for their best appearance yet at the NCAA Championships.

The Stanford Women's Track and Field team has enjoyed a consistent presence at the championship level, capturing its first Pac-10 Conference title in 2005 over host UCLA, ending UCLA's streak of eight consecutive championships, and finishing fifth that year at the NCAA Championships. Last season, Stanford narrowly fell to Arizona State at the conference championships, but shared the Regional title with USC. In 2007, a deep and well-rounded women's squad looks to regain the Pac-10 crown on The Farm and are paced for their best appearance yet at the NCAA Championships.

"The women's team is coming off of a close loss last year," said Edrick Floreal, Franklin P. Johnson Director of Track & Field, "But we are reloading this season. If we stay healthy, we will be able to put together impressive numbers and do well as a team."

SPRINTS/HURDLES

Despite the graduation of some talented sprinters, Stanford will continue to boast one of the best sprint and hurdles squads in the nation in 2007. All-American upperclassmen Janice Davis, Ashley Freeman and Keisha Gaines, as well as veteran Jakki Bailey and sophomore Alana Walker, are well-equipped to lead a loaded sprints squad to the championship season. A five-time All-American and one of the most talented sprinters ever to compete for the Cardinal, senior Davis has rewritten the record book repeatedly in her three years on The Farm. A fierce competitor in individual races and relays, Davis ran the second-fastest 100 meter time in school history in 2005 and was a member of the school record-holding 4x400 meter relay team in 2004. At last year's NCAA Championships, Davis finished sixth in the 100 meters outdoors and ninth in the 200 meters indoors. Fellow senior and four-time All-American Freeman has dominated the 800 meters since her arrival at Stanford. One of the top middle distance runners in the nation, Freeman has been a member of two runner-up distance medley relay teams at the NCAA Indoor Championships. Freeman finished seventh in the 800 meters at last year's NCAA Outdoor

Championships and was a member of the 4x400 meter relay team that finished sixth outdoors in 2005. Despite battling injuries, junior Gaines earned her first All-American honor as a member of the distance medley relay team that finished second at the 2006 NCAA Indoor Championships. Gaines made an immediate impact on The Farm, establishing a freshman school record in the 400 meters in 2004. Veteran sprinter Bailey burst onto the track scene as a freshman, setting a school record in the 60 meters before redshirting the outdoor season. Bailey has continued to be a solid performer for the Cardinal as a member of the national runner-up 400 meter relay team in 2005 and a postseason competitor in the 100 and 200 meters in 2006. Sophomore Walker made an immediate impact in her first season and will be a solid contributor this season. Walker was a member of the 400 meter relay team that finished second at last year's Pac-10 Championship and will be a postseason threat in the 100 and 200 meters. Newcomer Nora Miller will also make an impact in the hurdles as she comes to Stanford with four consecutive Connecticut state titles in both the 55 meter and 100 meter hurdles. Freshman Griffin Matthew will also look to make an immediate impact, having captured Colorado state titles in the 100 meter and 200 meter events.

"Our seniors and leaders will set the tone this season," said Floreal. "We have a small but strong group of sprinters and hurdlers who will represent Stanford well."

JUMPS

Seven-time All-American and American Junior triple jump record-holder Erica McLain headlines an extremely talented core of jumpers. McLain, junior Deborah Akinniyi, and newcomers Caitlin Hewitt, Griffin Matthew and Nora Miller will comprise a highly effective jumps squad. In just two seasons on The Farm, McLain has taken the Pac-10 Conference by storm, becoming the only woman ever to win both the long jump and triple jump and the first to win in back-to-back seasons. McLain has tallied four top-three performances at the NCAA level and set the American Junior record en route to the 2005 U.S. Outdoor triple jump title. Last season McLain finished second and third in the triple jump and long jump, respectively, at the NCAA Outdoor Championships and will continue to be one of the highest ranked jumpers in the nation in 2007. Akinniyi is a talented jumper with NCAA Championship experience, advancing to the semifinal at the 2005 Championships. Last season, Akinniyi finished fifth in the triple jump at the Pac-10 Championships and tenth at the NCAA West Regional. Five accomplished freshmen will add depth to the already talented jumpers. Washington state champion Kara Bennett will join

senior Lindsey Gannaway, junior Maura Burk and sophomore Tessa Flippin in the high jump. Caitlin Hewitt boasts a Pennsylvania state championship in the pole vault and is also an experienced long jumper, joining junior Anna McFarlane who holds the school indoor pole vault record. Griffin Matthew heads to Stanford as two-time All-American in the 60 meters and long jump. Nora Miller will compete in the sprints and jumps after capturing 12 Connecticut state championships.

"Erica is a strong and steady performer and will continue to be a dependable point-scorer in 2007," said Floreal. "Our newcomers will also make an impact during the post-season."

THROWS

The women's throws team opens the 2007 season stronger than ever, including returners Katy Elsbury, Dani Maier, Sally Mills, Michaela Wallerstedt and Melissa Yunghans. After transitioning from the multi-events to the throws last season, Maier quickly made her mark in the javelin, establishing a new school record of 165-1 (50.31m) at the Stanford Invitational. Maier easily settled into the throws, finishing third at the Pac-10 Championships and fifth at the NCAA West Regional last season. Yunghans was the Cardinal's top performer in the shot put last season, finishing fourth at the NCAA West Regional with a season-best 52-1 3/4. Yunghans also qualified for the NCAA Championships in the shot put her freshman year and will be a strong favorite to advance to the championships this spring. Another multi-event athlete-turned thrower, Mills progressed into the Cardinal's top discus thrower last year and finished ninth at the Pac-10 Championships. Mills and sophomore Wallerstedt will continue to improve in the discus this season as they gain experience. Another veteran of the throws squad, Elsbury has been a consistent postseason performer indoors in the weight throw and outdoors in the hammer, and will guide her teammates during her final season. Highly anticipated newcomer Erin DeLaney will contribute immediately to this already talented crew. DeLaney captured the 2006 California state shot put title and was also the 2006 Masters champion in the shot put.

"We have a young group of women in the throws," said Floreal. "Dani and Melissa both advanced to the NCAA Championships last year and have huge potential for growth. This group has a lot of talent and will improve greatly this season."

MULTI-EVENTS

Sophomore Lauren Stewart, who holds the school record in the indoor pentathlon, is young but highly talented in the multi-event. In just her first season on The Farm, Stewart set a freshman school record in the heptathlon by scoring 5,141 points at the Pac-10 Championships to finish fourth. Stewart was a strong performer for Stanford in the

jumps, recording the Cardinal's top high jump effort and finishing fifth in the triple jump at the West Regional to advance to the NCAA meet.

DISTANCES

The Stanford women's distance squad has been a formidable national presence for many years, and will continue to boast the best talent in the country this season. The runners that have claimed back-to-back NCAA titles in cross country will rank among the top middle and long distance competitors in track, including All-Americans Lauren Centrowitz, Lindsay Flacks, Arianna Lambie, Teresa McWalters, Amanda Trotter and Katy Trotter. Centrowitz, Lambie, Amanda Trotter and Katy Trotter combined to set the American Record in the 4x1500 meters at the 2006 Penn Relays, while Lambie and Amanda Trotter, along with Ashley Freeman and Keisha Gaines, earned All-American honors on the runner-up distance medley relay at the NCAA Indoor Championships. Lambie ended her outdoor season early due to injury, but earned three of her eight All-American honors at the indoor championships and will continue to rank among the best 1,500 meter runners this year. All-Americans Amanda and Katy Trotter will be a crucial part of the indoor and outdoor championship squads in their final seasons. Flacks is an established long distance specialist with All-American honors in cross country and will be a strong favorite to advance to the NCAA Championships in the 10,000 meters. Despite battling injuries, four-time All-American McWalters gained indoor All-American accolades in the 5,000 meters and will join Flacks as a long distance contender. Centrowitz also earned All-American honors as a member of the national champion cross country team and will be a valuable component of the Cardinal middle distance and distance relay squads. Returners Shannon Bergstedt, Claire Cormier, Alicia Follmar, Katie Harrington, Mary Liz McCurdy, Laura Mottaz, Maddie O'Meara and Kaylin Pennington comprise the rest of this talented distance core. Each enters the 2007 season with experience and talent and will have the opportunity to grow tremendously indoors and outdoors. Newcomers Kate Niehaus, Anne St. Geme and Kelsey Walker come to The Farm highly decorated and will make an immediate impact for the Cardinal. Niehaus and Walker already made significant contributions in cross country, while the accomplished St. Geme is returning from injury and ready to make her mark.

"Arianna, Teresa and the Trotters headline an awesome distance group that has captured two NCAA cross country championships," said Floreal. "We are looking forward watching them compete this spring. Staying healthy and maintaining our composure will be the keys to success."



Lauren Stewart

Melissa Yunghans

Lauren Centrowitz



Daniel Schaerer

Michael Garcia

Myles Bradley

2007 Men's Track and Field Outlook

Well-balanced Men's Program Ready to Battle For Conference Crown

The storied Stanford Men's Track & Field program has been a perennial postseason competitor dating back to the Cardinal's NCAA outdoor title in 2000. This year, the Cardinal men have found the missing pieces to put together a talented and complete track and field squad. Using the experience of 11 returning All-Americans, including 2005 NCAA discus champion Michael Robertson, and the addition of 15 highly talented newcomers, the Cardinal men will again be among the title contenders at the Pac-10 Championships and beyond.

"Newcomers will make us complete this year in the sprints, hurdles and jumps," said Franklin P. Johnson Director of Track & Field Edrick Floreal. "We also have some fantastic two-sport athletes joining us. With the return of All-Americans like Michael Robertson and addition of our newcomers, we should be well-rounded."

SPRINTS/HURDLES

Formerly one of the areas the Cardinal found hard to fill, young sprinters and hurdlers will help mold this crew into one of Stanford's strongest event groups. Returners Myles Bradley, Elliot Luscombe and Tunji Munabi will help guide a young sprints and hurdles team. Bradley was the Cardinal's top 110 meter hurdler, setting a freshman school record of 14.36 last season, and also finished fourth in the 60 meter hurdles at the MPSF Championships. Luscombe gained experience in his first season in the 200 meters, 400 meters and as a member of both relays and will continue to improve this spring. Also a jumper, Munabi qualified for the NCAA West Regional and was a Pac-10 finalist in the long jump. Newcomers Daniel Belch, Richard Cairns, Zach Chandy, Ryan Fiscaro, JJ Jackson, Mark Mueller, Justin Reed and Richard Sherman will immediately bolster the men's sprints and hurdles squad. Cairns claimed three Iowa state championships in the 100 meters, 200 meters and 400 meter relay his senior year, while Chandy finished fourth in the 400 meters at the 2005 IAAF Youth World Championships as captain of the U.S. Team. Fiscaro captured the

Nebraska state titles in the 100 meters and 400 meter relay and JJ Jackson was the Washington state runner-up in the 300 meter hurdles, also placing third in the 110 meter hurdles two years in a row. The third-place finisher in the 800 meters at the 2006 California State Championships, Justin Reed promises to be a solid performer in the sprints and middle distances. Two-sport athletes Mark Mueller and Richard Sherman transition from football to track this spring and will bring considerable speed in the sprints, as well as talent in the jumps and hurdles. Mueller was the Colorado indoor champion in the 60 meters and the outdoor regional champion in the 100 and 200 meters, while Sherman was also a top-ten finisher in the 110 meter hurdles at the California State Championships.

"Our newcomers will need to grow up fast in the sprints and hurdles," said Floreal. "This group has the ability, and with that will come responsibility to mature and put it all together quickly."

JUMPS

A small but talented core of athletes have held down the jumps and vault for the past few years, including senior Feranmi Okanlami, juniors Ben Dickens and Graeme Hoste and sophomores Donell Hill and Tunji Munabi. Okanlami has been a solid competitor and leader for Stanford since his arrival on The Farm, qualifying for the NCAA Indoor Championships during his junior season. Okanlami has contributed in the triple jump, long jump and high jump and should again advance to the NCAA Championships this spring. Junior pole vaulter Graeme Hoste has been an effective competitor for the Cardinal with even more potential to improve in 2007. Hoste finished third last year at the West Regional to advance to the NCAA Championships, while Dickens has showed steady improvement as a postseason competitor. Young performers Donell Hill and Tunji Munabi made immediate contributions in their first seasons. Hill recorded a career-best 16-7 3/4 in the pole vault at the NCAA West Regional, and Munabi was a Pac-10 and U.S. Junior National finalist in the long jump. Freshmen Durrell Coleman and Richard Sherman will add immediate talent to the jumps squad. Coleman is a four-time TAAF state high jump champion out of Texas and is also accomplished in the sprints. Sherman will be a valuable asset to both the sprints and jumps squads as an All-American and league record-hold-

Using the experience of 11 returning All-Americans, the Cardinal men will again be among the title contenders at the Pac-10 Championships and beyond.

er in the triple jump with a best of 50-8, also claiming the California state triple jump championship.

"We have a lot of weapons in the jumps and pole vault," said Floreal. "We have four long jumpers who have gone over 24 feet, and Graeme has proven to be a well-oiled machine in the pole vault. These guys will be key point-scorers this season."

THROWS

2005 NCAA discus champion Michael Robertson returns from a redshirt season to lead an extremely balanced and talented group of throwers. The fifth-year senior is joined by returners Michael Macellari, Daniel Shaerer, Mark Shurghart, Kyle Davis-Hammerquist and redshirt-freshman Mark Kogan in one of the Cardinal's most complete throws squad in years. A transfer from Southern Methodist University and three-time All-American, Robertson captured the Pac-10, West Regional and NCAA discus titles in his first season on The Farm. An athlete with international experience, Robertson returns stronger than ever to contend for the NCAA crown again in 2007. Macellari was the Cardinal's top performer in the shot put last season, finishing 12th at the Pac-10 Championships, and was also an NCAA qualifier in 2005. Schaeer has proven to be a Pac-10 scorer and NCAA qualifier in the discus and has the ability to progress in his junior year. Shughart was also a conference scorer in the shot put at the MPSF Championships, while Davis-Hammerquist will add depth in the discus and hammer throw. Newcomers Daniel Haddock and Carter Wells will make immediate contributions for the Cardinal this spring. Haddock earned five consecutive state titles in the javelin in Arizona and set the Arizona state record in 2005. Wells was also a top regional finisher in the discus in Texas.

"We have a well-balanced throws squad this season," noted Floreal. "All of our throws events will have representation. This should be our best group ever."

MULTI-EVENTS

Junior Josh Hustedt, who holds the indoor heptathlon school record, will continue to hold down the multi-events after gaining experience in his first two seasons on The Farm. Last season, Hustedt posted a season-best 7,070 points in the decathlon at the Texas Relays. One of the Cardinal's top high jumpers and long jumpers in 2006, Hustedt finished fourth in the decathlon at the Pac-10 Championships.

DISTANCES

The Cardinal men's distance squad has enjoyed national dominance dating back to the early 1990's and this year's group will return Stanford to among the best distance teams in the nation. Ten distance All-Americans will form the core of the Cardinal distance program, including Neftalem Araia, Russell Brown, Joaquin Chapa, Hakon DeVries, Michael Garcia, Jacob Gomez, Brett Gotcher, Garrett Heath, Jonathan Pierce

and Rolf Steier. Stanford's top finisher in cross country for three-straight seasons, Araia boasts four All-American honors as a long distance specialist and finished second at the 2006 cross country championships. Araia has advanced to distance finals at NCAA Indoor and Outdoor Championships, but has the ability to finish among the nation's best this year in track. A five-time All-American, Brown enjoyed a standout season last year with a fifth-place finish in the 1,500 meters outdoors and an eighth-place finish in the mile indoors. Chapa has earned two All-American honors as a member of the distance medley relay, while Garcia and Heath have also earned All-American accolades as members of distance medley relays. DeVries earned his first All-American nod outdoors in the 5,000 meters last season and Gomez finished tenth indoors in the 3,000 meters to gain All-American status. A long distance specialist and experienced veteran, Gotcher earned All-American honors in the 10,000 meters last season. Fellow senior Pierce earned his first All-American with a seventh-place finish in the 3,000 meter steeplechase and owns the freshman school record in the event. Another experience senior, Steier battled back from injury last year to earn All-American honors outdoors in the 1,500 meters. Returners Kevin Bickham, Jacob Evans, Eric Giddings, Alex Greenburg, Lauren Jespersen, John McGuire, Hari Mix, Chris Mocko and Forrest Tahdoohannah provide experience at all distances for the Cardinal and round out this deeply talented squad. Freshmen Steven Duplinsky and Justin Marpole-Bird arrive on The Farm highly decorated and promise to continue the Cardinal tradition of excellence. Duplinsky is an extremely accomplished triathlete internationally and will make an immediate impact in the distances. Marpole-Bird competed in the 1,500 meters at last summer's World Junior Track & Field Championships in Beijing, China and captured the 1,500 and 3,000 meter titles at the British Columbia High School Championships.

"This group of well-balanced athletes promise an exciting season, while also employing a new flavor of training and coaching style. They have the ability to turn some heads in the distance world."

2007 MEET SCHEDULE

In addition to the annual Stanford Invitational and Payton Jordan Cardinal Invitational, Stanford will also host the Big Meet and Pac-10 Championships in the same season for the first time in nine years. The indoor schedule will be tailored to meet the needs of the entire team, including multiple meets each weekend. The outdoor schedule will comprise of mostly local meets within the state, allowing fans to see Stanford compete throughout the season.

"Indoors, getting kids to the NCAA Championships is our primary focus," said Floreal. "Outdoors, we'll stay relatively local until the West Regional. With less travel, we'll be able to use rest and recovery for optimum performance. We'll also be hosting the Pac-10 Championships, allowing our local fans and friends to see us in action."



Josh Hustedt

Garrett Heath

Jonathan Pierce



Edrick Floreal

Franklin P. Johnson Director of Track & Field

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 by former Stanford Athletic Director Dr. Ted Leland.

Under Floreal's tutelage, the Cardinal men's and women's teams have enjoyed an immense amount of success. From national championships in cross country to outstanding individual efforts at every level, Floreal continues to create an atmosphere of excellence on the Farm.

"I want to maintain the philosophies of the great track and field coaches at Stanford where the student-athletes are the center of the team and feel very comfortable," said Floreal. "I truly believe in Payton Jordan's philosophy of the coach-athlete relationship and having a family atmosphere among the team."

Since his arrival at Stanford nine years ago, the Cardinal men and women have enjoyed tremendous success at the Conference and NCAA championship level. Floreal has developed the Stanford sprinters, hurdlers and jumpers into Pac-10 and

NCAA Championship title contenders.

During Floreal's first year as Franklin P. Johnson Director of Track & Field, his women's squad captured runner-up honors at the NCAA Indoor Track & Field Championship, equalling Stanford's highest finish ever at the national level. Seven athletes tallied 10 All-American performances, including Chauntae Bayne-Hackett's third-place finish in the 200 meters and eighth-place finish in the 60 meters, setting school records in both events and earning All-America honors in the indoor 200 meters. Sophomore Erica McLain earned All-American honors in the long and triple jump. Floreal was named MPSF Coach of the Year for the third-straight year after capturing the women's indoor conference title.

Later in the year, at the Pac-10 Championships, McLain repeated as the Pac-10 long jump and triple jump champion. No other woman in conference history has captured both titles in a single year. Bayne-Hackett also captured the 400 meter title in a school-record 52.35. At the 2006 NCAA West Regional, Nashonme Johnson captured the regional title in the 400 meters, leading the Cardinal to a first-place team tie with USC. McLain improved her All-American total to seven with a third-place performance in the long jump and a runner-up finish in the triple jump. Janice Davis earned All-American honors in the 100 meters and 200 meters and Ashley Freeman earned All-America honors in the 800 meters. Eleven athletes in all were named All-Americans at the championship and Floreal was later named the West Regional Outdoor Coach of the Year.

In 2005, Stanford's crew of sprinters, hurdlers and jumpers were simply sensational in a season that led to Pac-10 Conference, District and NCAA West Regional Coach of the Year honors for Floreal. McLain became the first woman in Pac-10 history to capture both the triple jump and long jump at the conference meet. McLain's triple jump of 45-2 1/2 was the American junior record, and she later finished second at the NCAA West Regional and third at the NCAA Championships. McLain shattered her American junior record by winning the United States Outdoor Championship with an effort of 45-11 3/4, thus earning a berth on Team USA which competed at the World Championship in Finland.

Stanford captured its first Pac-10 title in women's track & field (in a school record 173 points over UCLA's 125) in 2005, thanks in part to wins by Undine Becker in the 400 meter hurdles, McLain in the triple jump and long jump, a second place finish by the 400 meter relay team, and a third-place effort by Johnson in the 400 meters. Stanford's women's team then won the NCAA West Regional title led by wins by Davis in the 100 meters, as well as a victory in the 1600 meter relay. Floreal was also named the Pac-10 Women's Coach of the Year.

The Cardinal 1600 meter relay team broke the school record with a time of 3:29.39 at the NCAA Championship in Sacramento in 2005. Stanford placed fifth as a team, its highest finish since 1992 when the Cardinal placed fourth.

Indoors at the 2005 NCAA Championship, McLain gained two All-American honors with a second-place finish in the triple jump and eighth place in the long jump. Indoor school records were broken by Wopamo Osaisai in the indoor 60 meters, Nick Sebes in the indoor 400 meters, Janice Davis in the indoor 60 meters and 200 meters, Ashley Purnell in the indoor 400 meters and the indoor 1600 meter relay team of Christine Moschella, Janice Davis, Ashley Freeman and Ashley Purnell. Osaisai later broke the long-standing school record in the 100 meters (10.39) at the Junior Pan Am Championships in 2005.

In his first season as head coach of the women's squad, Floreal led Stanford to a runner-up finish at the 2004 Pac-10 Championships with 153 points. The Cardinal women finished sixth at the 2004 NCAA Outdoor Championships. At the 2004 NCAA Indoor Championships, Floreal coached Stanford to a seventh place finish. Floreal was named the 2004 MPSF Track and Field Coach of the Year after guiding the Cardinal to its second consecutive MPSF Indoor Track and Field Championship title.

Several school records in the sprints and relays were set in 2004. The women's 4x100 meter relay and the 1600 meter relay set school records for the second consecutive year, while the men broke a 26 year old school record in the 4x100 meter relay. The women's 4x100 meter relay earned All-America honors at the NCAA Championships for the first time in school history with an eighth-place finish in the final. The men's 4x100 meter relay ran a time of 39.71 to qualify for the NCAA Championships. In the women's 400 meters, Nashonme Johnson set a school record and Keisha Gaines set a freshman school record.

The 2003 track and field season was also filled with success for Stanford sprinters. The women's 1600 meter relay won the Pac-10 Championship, set a then school record, and qualified for the NCAA Championships. Nashonme Johnson broke the freshman school record in the 200 and 400 meters, and became the first Stanford sprinter since 1992 to compete at the NCAA Championship. In indoor competition, Jakki Bailey set a then school record in the 60 meters while Ashley Purnell set the then school record in the 200 meters. The women's indoor 1600 meter relay team won the 2003 crown at the MPSF Championships. The men's 1600 meter relay team captured top honors at the 2003 NCAA West Regional Championship. Lindsey Johnson (100 meter hurdles, 60 meter hurdles), Milton Little (60 meters), and Justin Williams (60 meter hurdles) each established new school records.

Floreal's vast technical knowledge in the sprints, hurdles and jumps, and his experience as a world-class athlete have benefited several athletes to outstanding individual accomplishments in a wide variety of events.

In 1999, Floreal coached Tracye Lawyer to the 1999 NCAA title in the heptathlon and her third consecutive Pac-10 title. Floreal coached Michael Ponikvar to three Pac-10 Conference high jump titles in 1999, 2001 and 2002. In 2003, Floreal coached Grace Upshaw to the U.S. National Title in the women's long jump and a No. 5 world ranking. Upshaw finished second at the 2004 U.S. Olympic Trials to earn a spot on the U.S. Olympic team. Floreal also coached Stanford alumnus Jackie Edwards to her fourth Olympics in the long jump. In 2004, Floreal helped guide 2000 Stanford graduate Toby Stevenson to a silver medal at the Athens

Olympics.

Floreal served as an assistant coach for Team USA at the 2002 IAAF World Junior Track and Field Championships in Kingston, Jamaica, which featured the world record-setting men's 4x100 meter relay team, the first team to run under 39 seconds. Prior to his arrival at Stanford, Floreal produced 13 All-Americans in three seasons at Kentucky. He also enjoyed successful coaching stints at Georgia Tech and Nebraska.

Floreal graduated from Arkansas in 1990. While a student-athlete for the Razorbacks, he captured five NCAA triple jump titles and four NCAA team championships. He was the first and only athlete to win three consecutive triple jump titles. He also competed for Canada at the 1988 and 1992 Summer Olympic Games.

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 Floreals reside in Palo Alto.



Edrick Floreal's Coaching Accomplishments at Stanford

National Team Finishes (Women)

2006 – 2nd (indoor)
2005 – 5th (outdoor); 8th (indoor)
2004 – 6th (outdoor); 7th (indoor)
2003 – 9th (outdoor); 6th (indoor)
2002 – 7th (outdoor); 5th (indoor)
2001 – 8th (outdoor)

NCAA West Regional Team Finishes (Women)

2006 – T1st
2005 – 1st
2004 – 3rd
2003 – 2nd

Pacific-10 Team Finishes (Women)

2006 – 2nd
2005 – 1st
2004 – 2nd
2003 – 2nd
2002 – 3rd
2001 – 3rd
2000 – 3rd

Mountain Pacific Sports Federation (Women)

2006 – 1st
2005 – 1st
2004 – 1st
2003 – 1st

Individual

National & International Competition

2006
Erica McLain, 2006 NACAC U-23 championships (Silver Medal), triple jump
Janice Davis, USA National Championships, 200m (6th place)

2005
Wopamo Osaisai, Junior Pan Am Championship, 100m
Wopamo Osaisai, United States Junior National Championship, 100m (2nd place); 200m (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)

2004
Feranmi Okanlami, United States Junior National Championship, triple jump

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)

2002
Lillian Bush, United States Junior National Championship, heptathlon
Gerren Crochet, United States Junior National Championship, 400m hurdles
Solomon Welch, United States Junior National Championship, triple jump

Undine Becker, United States Junior National Championship, 100m hurdles
Undine Becker, United States Junior National Championship, long jump

Keisha Gaines, United States Junior National Championship, 400m
Ahimsa Hodari, United States Junior National Championship, heptathlon

Christine Moschella, United States Junior National Championship, 400m

2001
Lillian Bush, United States Junior National Championship, heptathlon

Lindsey Johnson, United States Junior National Championship, 100m hurdles

1999
Warrick McDowell, United States Junior National Championship, triple jump
Tracye Lawyer, USA Track & Field Championship, heptathlon

Robyn Woolfolk, United States Junior National Championship, 100m hurdles

NCAA Champions

2000
Evan Kelty (indoor DMR)
Jayna Smith (indoor DMR)

1999
Tracye Lawyer, heptathlon

NCAA All-Americans

2006
Russell Brown, mile (i), 1500m

Joaquin Chapa, DMR
Michael Garcia, DMR
Jacob Gomez, 3000m (i)
Brett Gotcher, 10,000m
Garrett Heath, DMR
Jonathan Pierce, 3000m steeplechase
Rolf Steier, 1500m

Chauntae Bayne-Hackett, 60m (i), 200m (i)
Janice Davis, 100m, 200m (i)
Ashley Freeman, DMR, 800m

Keisha Gaines, DMR
Arianna Lambie, 3000m (i), mile (i), DMR
Erica McLain, triple jump (i), triple jump, long jump, long jump (i)

Teresa McWalters, 3000m (i)
Amanda Trotter, 3000m (i), DMR
Katy Trotter, 3000m, 5000m

2005
Erica McLain, long jump (i), triple jump, triple jump (i)

Christine Moschella, (indoor DMR)
Chinny Offor (indoor DMR)
Nick Sebes (indoor DMR)
1600m relay (Christine Moschella, Janice Davis, Ashley Freeman, Nashonme Johnson)

2004
Janice Davis (400m relay)
Ashley Freeman (indoor DMR)
Nashonme Johnson (400m relay)
Christine Moschella (400m relay)
Chinny Offor (indoor DMR)
Ashley Purnell (400m relay)

2003
Nick Sebes (indoor DMR)
Christine Moschella (indoor DMR)

2002
Curtis Goehring (indoor DMR)
Christine Moschella (indoor DMR)

2000
Evan Kelty (indoor DMR)
Jayna Smith (indoor DMR)

1999
Tracye Lawyer, heptathlon

NCAA West Regional Champions

2006
Erica McLain, triple jump
Nashonme Johnson, 400m

2005
Janice Davis (100m)
1600m relay team (Chinny Offor, Ashley Freeman, Nashonme Johnson, Janice Davis)

2003

1600m relay (Milton Little, Gerren Crochet, Curtis Goehring, Nick Sebes)

Pacific-10 Conference Champions

2005
Undine Becker, 400m hurdles
Erica McLain, long jump, triple jump

2002
Milton Little, long jump

1999
Tracye Lawyer, heptathlon

Pacific-10 Conference Champions

2006
Chauntae Bayne-Hackett, 400m
Arianna Lambie, 1500m
Erica McLain, long jump, triple jump
1600m relay (Nashonme Johnson, Ashley Freeman, Janice Davis, Chauntae Bayne-Hackett)

2005
Undine Becker, 400m hurdles
Erica McLain, long jump, triple jump

2002
Milton Little, long jump

1999
Tracye Lawyer, heptathlon

MPSF Indoor Champions

2006
Russell Brown, mile
Jacob Gomez, 3000m
DMR (Russell Brown, Garrett Heath, Michael Garcia, Joaquin Chapa)

Chauntae Bayne-Hackett, 60m
Janice Davis, 200m

Arianna Lambie, mile, 3000m
Erica McLain, long jump, triple jump
1600m relay (Keisha Gaines, Nashonme Johnson, Chauntae Bayne-Hackett, Janice Davis)

DMR (Amanda Trotter, Ashley Freeman, Arianna Lambie, Katy Trotter)

2005
Janice Davis, 60m, 200m
Nashonme Johnson, 400m
Erica McLain, long jump, triple jump
1600m relay (Chinny Offor, Christine Moschella, Nashonme Johnson, Ashley Freeman)

2004
Ashley Freeman, 400m
1600m relay (Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman)

2003
1600m relay (Nashonme Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella)

School Records

2006
Chauntae Bayne-Hackett, 100m, 1.15; 200m, 22.78; 400m, 52.35; 60m (i), 7.21; 200m (i), 22.77

4x1500m relay (Amanda Trotter, Lauren Centrowitz, Katy Trotter, Arianna Lambie), 17:18.83

DMR (Katy Trotter, Janice Davis, Ashley Freeman, Arianna Lambie), 10:58.72

Sarah Hopping, hammer, 219-8 (66.96m)
Danielle Maier, javelin, 165-1 (50.31m)
Wopamo Osaisai, 60m (i), 6.83
Myles Bradley, 60m hurdles (i), 8.03
Josh Hustedt, heptathlon (i), 5,359 points
Anna McFarlane, pole vault (i), 13-1 (3.99m)
Lauren Stewart, pentathlon (i), 3,788 points

2005
Wopamo Osaisai, 60m (i), 6.83; 100m, 10.39 (also frosh record); 200m, 21.04 (frosh record)
Nick Sebes, 400m (i), 46.88

Janice Davis, 60m (i), 7.31; 200m (i), 23.70
Erica McLain, triple jump, 45-11 3/4 (14.01m); triple jump (i), 45-7 1/4 (13.90m)

Ashley Purnell, 400m (i), 53.57
1600m relay (Christine Moschella, Janice Davis, Ashley Freeman, Nashonme Johnson), 3:29.39
1600m relay indoors (Christine Moschella, Janice Davis, Ashley Freeman, Ashley Purnell), 3:34.92

2004
400m relay (T.J. Rushing, Nick Sebes, Curtis Goehring, Stanley Wilson), 39.71

Nashonme Johnson, 400m, 52.40
400m relay (Janice Davis, Nashonme Johnson, Christine Moschella, Ashley Purnell), 44.18

1600m relay (Chinny Offor, Christine Moschella, Janice Davis, Nahonme Johnson) 3:33.09
1600m relay indoors (Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman) 3:40.19

2003
Milton Little, 60m (i), 6.88
Justin Williams, 60m hurdles (i), 8.03
1600m relay indoors, 3:10.40

Jakki Bailey, 60m (i), 7.35
Lindsey Johnson, 100m hurdles, 13.48
Ashley Purnell, 200m (i), 23.88

400m relay (Undine Becker, Chauntae Bayne, Christine Moschella, Nashonme Johnson) 45.22
1600m relay (Chinny Offor, Christine Moschella, Lindsey Johnson, Nashonme Johnson), 3:34.82

1600m relay indoors (Nashonme Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella), 3:43.37

1600m relay indoors (Gerren Crochet, Milton Little, T.J. Rushing, Nick Sebes), 3:10.40

2002
1600m relay indoors (Milton Little, Evan Kelty, Nick Sebes, Curtis Goehring), 3:10.97

Lindsey Johnson, 60m hurdles (i), 8.42

2001
1600m relay indoors, 3:14.96
Jayna Smith, 400m, 53.27

2000
Michael Harte, 60m hurdles (i), 8.23
Leroy Sims, 60m (i), 6.40

Wilsa Charles, 60m (i), 7.71
Jayna Smith, 400m (i), 53.76

1999
Tracye Lawyer, heptathlon, 5,855 points



Robert Weir

Head Men's Track and Field Coach

The Stanford throwing corps has achieved unparalleled success under the guidance of Robert Weir. His athletes have achieved remarkable success at the national and international level. Weir is entering his 14th season on the Cardinal staff. His experience as an international competitor and NCAA All-American, coupled with superior technical knowledge, has made him one of the premier coaches in the United States.

With Weir's assistance, the Stanford men and women have produced numerous All-Americans in each of the four throwing events (shot put, discus, hammer, javelin). In 2006, Sarah Hopping finished second at the Pac-10 Championships under Weir's guidance, crushing her own school record by over seven feet (219-8). Hopping then finished second at the NCAA West Regional (215-4) to advance to the NCAA Championships for a second-straight year. Hopping was also an All-American and finished eighth at the USA Track and Field Championships, ranking her eighth in the United States. Sophomore Daniel Schaerer was the top discus thrower for Switzerland and represented the country several times in 2006, setting the U-23 national record.

During the 2005 season, 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. 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 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. Camarena set a school record in the shot put with a throw of 59-6 3/4 (18.15m), the second farthest throw in Pac-10 history.

Omer Inan was named an All-American in the men's discus from 2001-03. Under Weir's guidance, Inan broke the then school record in the discus in 2002, and Chad Wassink broke the javelin school record in 2001. Nick Welihozkiy captured the 2003 NCAA

West Regional title en route to All-America honors at the NCAA Championships.

In 2001, Maureen Onyeagbako broke the then school record in the hammer and Camarena broke the freshman school record in the shot put. A year later, Jessica Pluth broke the hammer school record which has since been broken multiple times by Sarah Hopping. In 2000, Summer Pierson, a participant at the 2004 U.S. Olympic Trials, gained All-America honors in the discus. In 1999, Allison Beatty broke the javelin school record and later that year gained All-America honors at the NCAA Championships.

In 2000, Weir coached Adam Nelson to a U.S. National Title, an Olympic Silver Medal in the shot put and a No. 1 ranking in the world. Weir was named the NCAA West Regional Track and Field Coach of the Year in 2001. Additionally, the Men's track and field team won Pac-10 crowns in 2001 and 2002, the school's first titles since 1927.

From 1995-2000, Weir successfully coached several of the nation's top U.S. collegiate hammer throwers who were attending Stanford. The list included Dave Popejoy, a 1996 United States Olympian and current school record holder (240-10, 73.40m), Justin Strand, a former Stanford football player who later became an All-American hammer thrower (1996, 1997, 1998) and Adam Connolly. In 1998, Adam Connolly finished as an All-American in both the 35-pound weight throw and the hammer.

Weir was named an assistant coach for the United States contingent at the 2005 IAAF

World Track & Field Championships in Helsinki, Finland. He was also the head coach for the World Juniors in Beijing, China in 2006 and coached the 2004 National World Championship team.

Weir was a ten-time Great Britain national champion in the discus and a member of that country's World Championship Team. He also competed in the 1984, 1996 and 2000 Summer Olympics. At the Sydney Games, Weir was named captain of the Great Britain track and field team.

Weir received his undergraduate degree in business from Southern Methodist University (SMU) in 1983. While with the Mustangs, he won three NCAA individual titles and set the collegiate record in the hammer throw and a world record in the 35-pound weight throw.

Weir, who also played professional football in Canada, 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, begins his second season on The Farm after being named Stanford's men's and women's head cross country coach on August 17, 2005 by Edrick Floreal, Franklin P. Johnson Director of Track & Field.

During the 2006 cross country season, Tegen led the Cardinal men's and women's teams to a pair of trophies at the NCAA Championships. After capturing an 11th-straight Pac-10 title, the women captured their second consecutive NCAA Championship, led by redshirt-junior Arianna Lambie's fourth-place finish. Redshirt-junior Neftalem Araia took second place in the men's competition, helping the Cardinal narrowly edge Oregon and Arkansas by a point to claim the fourth-place trophy. Tegen was named the Peter Tegen Women's Coach of the Year, an award now named in his honor.

In his first season at Stanford, Tegen led the Cardinal women to a national title at the 2005 NCAA Cross Country Championships, the third NCAA women's title in school history. The women's squad went undefeated in 2005, while the men's team captured a sixth-straight Pac-10 title and went on to finish sixth at the NCAA Championships in Terre Haute, Ind. For his efforts both at Stanford and formerly at Wisconsin, Tegen was named the 2005 Outstanding NCAA Division I Women's Cross Country Coach of the Past 25 Years by the USTFCCA.

"Peter has done a phenomenal job hitting the ground running," said Floreal. "The success of his teams last year has shown his great coaching ability. We will continue to grow to an extremely high level with Peter."

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 275 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 runner-up 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.

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 the University of 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 at 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 (four times), Pac-10 Coach of the Year (three times) and Big Ten Coach of the Year in track (six times) and cross country (nine times).

Tegen has continued a long tradition of success with the Stanford cross country program. Stanford has won the NCAA men's cross country title four times (1996, 1997, 2002, 2003) while the Cardinal women have captured four national titles (1996, 2003, 2005, 2006) since 1996, including two under Tegen. The Cardinal men have won the NCAA West Regional 10 of the last 11 years, while the Stanford women have won the regional crown seven straight years. At the Pac-10 Championships, Stanford's men's team has won six straight league titles, while the Stanford women have captured the league title the past 10 years.



Peter Tegen

Head Cross Country Coach
(Men/Women)





Kris Mack

Assistant Coach

Kris Mack returns to The Farm for his fourth 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. Coach Mack has been influential in helping Stanford qualify a record number of student-athletes for the NCAA Track and Field Championships.

"Coach Mack is one of the best young minds in the pole vault and multi-events today. The athletes he works with are rewriting the record books every year." – Edrick Floreal, Franklin P. Johnson Director of Track and Field

In 2006, Mack coached Graeme Hoste to a No.3 collegiate ranking and a No. 15 USA National Ranking, with appearances at the Indoor and Outdoor NCAA Championships and the USA National Championships. Hoste's vault of 18-1 (5.51m) ranks second all-time in the Stanford record books. Under Mack's guidance, then-freshman Donell Hill qualified for the NCAA Regionals, qualified for the Pac-10 finals and finished fourth at the USATF Junior National Championships. Hill vaulted 16-7 (5.06m), taking over the #2 all-time freshman spot. Mack also coached decathlete Josh Hustedt to a 1200 point personal best increase in the decathlon (7070 points, NCAA Provisional Mark and #7 All-time at Stanford). Hustedt was instrumental in scoring points at the Pac-10 Championships with a fourth place finish in the decathlon and a seventh place finish in the long jump. Hustedt made huge improvements in many events. Besides the decathlon, Hustedt also qualified for the NCAA West Regional Long Jump Final with a personal best jump of 24-8 (7.48m). He also improved his pole vault mark from 13 to 15-5 (4.70m). During the indoor season, Mack also guided Hustedt to a new indoor school record in the Men's Heptathlon (5359 points). On the women's side, Mack coached Anna McFarlane to a new indoor school record in the women's pole vault, 13-1 (3.99m). For the second straight year she qualified outdoors for the NCAA Regionals with a vault of 12-11 3/4 (3.96m).

In 2005, Mack coached 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. McFarlane and Samantha Shepard 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 also guided Samantha Shepard and Leila Ben-Youssef to NCAA Regional appearances in the women's pole vault. Mack also helped Sally Mills score a personal best and indoor school record in the women's pentathlon (3417 points).

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 2000-02, 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 an indoor and outdoor 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 (1996-2000), 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 Magna Cum Laude 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, have one son, Travis Calahan (1). They reside in Mountain View, CA.



Former Stanford standout David Vidal will remain on The Farm for his first year as an assistant coach to the men's and women's cross country and track teams. A 2006 graduate, Vidal ranks among the best steeplechasers in school history.

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

As an athlete, Vidal was a constant student of the sport and took advantage of every opportunity to be in a coaching role. Vidal was a volunteer youth track coach for elementary school athletes throughout his four years at Flathead High School. After high school, he worked as a camp counselor each summer for numerous cross country camps in Montana, Oregon, Washington and California.

After completing his collegiate running career on the Farm, Vidal became an undergraduate assistant coach. He provided instant support and coaching assistance during the post season before being hired as a full time assistant coach in June of 2006.

In his first season as an assistant cross country coach in 2006, Vidal helped the men's and women's squads to a pair of trophies at the NCAA Championships. After capturing their 11th-straight Pac-10 title, the women ran to their second-straight NCAA

Championship. The cardinal men finished the season on the podium for the first time in 3 years with a fourth place national finish.

Known as a positive leader and consistent competitor for the Cardinal, Vidal helped his squads to two Pac-10 Cross country championships, two NCAA West Regional titles and two sixth-place team finishes at the NCAA Cross Country Championships.

In track, Vidal was a 3000m steeplechase specialist. He was the 2005 Big Meet champion before earning runner-up honors in the steeplechase at the Pac-10 Championships. His time of 8:43.07 at the 2005 Pac-10 Championships ranks him 5th all-time at Stanford. This time also qualified him to compete at the 2005 USA Outdoor Track and Field Championships. Vidal qualified for the Finals at this event and finished his 2005 season as the ninth best steeplechaser in the country.

A native of Kalispell, Montana, Vidal graduated in June with a degree in human biology. He was a three-time Pac-10 All-Academic track and field selection and a three-time Pac-10 All-Academic cross country selection during his time on The Farm.

I am honored to be joining Stanford's elite coaching staff and to remain part of such a close community" said Vidal,

"Stanford is a very special place and I am excited to work with such amazing student-athletes and help further the success of the program as a whole".



David Vidal

Assistant Coach





John Rembao

Director of Operations (Cross Country/Track & Field)
Assistant Coach

Rembao has an extended list of accomplishments in Track & Field and Cross Country as a coach and administrator. As he enters his second year as the High Jump Coach and Director of Operations for Stanford Track & Field/Cross Country, his successful experiences in the jumps, sprints, multi-events, middle and long distances provides coaching depth and expertise to The Farm. In his short time at Stanford he has served as the meet director for the NCAA West Regional Cross Country Championships, Pac-10 Cross Country Championships, and the highly successful Stanford Invitational Cross Country and Track & Field meets. In 2006-07, he will oversee the direction of the men and women's high jump as well as assist in the sprints, horizontal jumps and middle distances.

"John Rembao is the glue in handling the many aspects of running a successful Track & Field, and Cross Country programs," 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 24-year veteran of the coaching ranks, arrived at Stanford after enjoying coaching success at SMU (Southern Methodist University), the University of Texas, the University of Arizona and Cal Poly, San Luis Obispo. He came to Stanford with an already impressive resume, having coached 4 Olympians, 12 NCAA individual champions, 90 All-Americans, and was a part of nine NCAA team championships. He was the Women's High Jump Development Coordinator for USA Track & Field for 10 years. During his tenure, women's high jump in the United States saw resurgence in performance at the World Championships and Olympic Games. He also tutored coaches and athletes in the high jump at the Olympic Training Center for nine summers. His own personal experience of coaching 3 Olympic high jumpers has brought valuable experience to The Farm.

While at SMU, Rembao was responsible for the SMU horizontal and vertical jumps, multi-events, middle and long distance runners. During his tenure he coached 1 NCAA indoor high jump champion, 7 NCAA all-Americans and 22 NCAA qualifiers. Rembao also guided SMU cross country into the national rankings for the first time since the mid-nineties and the women's program to its first women's conference championship in school history. This success brought Coach Rembao recognition as he was named Western Athletic Conference Coach of the Year. During his four years at SMU, Rembao's athletes received two Athlete of the Year awards and three Freshman of the Year awards. In 2004 Rembao was named NCAA South Central Regional Coach of the Year. The same year the Mustangs were ranked as high as 11th in the nation for the first time ever.

Rembao came to SMU after four successful years at the University of Texas, where he helped the Longhorns win four

NCAA Track & Field Championships. Rembao was the driving force behind the development of 2000 Olympic high jumper Erin Aldrich. Under his guidance she won three NCAA Championships, set a collegiate record and made a World Championship and Olympic Team. This success earned Rembao a spot on the coaching staff for Team USA at the 2001 World Outdoor Championships in Edmonton, Canada.

While at UT, Rembao was also the driving force behind the revitalization of the Longhorn cross-country program. He led the Longhorns to a Top-25 national ranking and three consecutive appearances at the NCAA National Cross Country Championships in the 1998, 1999 and 2000 seasons. He also guided 7-time Big XII Champion and All-American Liz Diaz to one of the most successful careers in conference history.

Rembao spent the first 11 years of his coaching career at Cal Poly San Luis Obispo, where he distinguished himself as one of the brightest young coaching minds in the sport. From 1984-1994, Rembao coached 73 NCAA All-Americans and 10 Division II national champions and coached 17 conference and five NCAA

championship teams. He held almost every position in the Track and Field program at Cal Poly-SLO, beginning as the assistant women's Track and Field/Cross Country coach (1984-1988), progressing to the assistant men's Track and Field coach (1989-1992), and rounding out his Mustang career as the Head Men's Cross Country coach.

While working as the assistant athletic director at Cal Poly, Rembao also coached his wife Sue Rembao to two World Outdoor Championship teams ('91 and '93) and the 1992 Olympic Team. In 1991 he guided his wife from her previous best of 6'2" to 6'5". This earned her one of the top 10 outdoor marks in the world and the highest jump in the United States that year. This success earned Rembao a spot on the coaching staff for Team USA at the 1997 World Indoor Championships.

After his highly successful stint at Cal Poly-SLO, Rembao moved on to the University of Arizona in August of 1994, where he made an impact on the Wildcat jumps program. As an assistant coach, Rembao recruited two of the nation's top high jumpers and developed them into some of the best collegiate athletes in the country. He also coached post-collegiate athlete Jim Sorenson to a second place finish at the 1996 Olympic Trials 1500 meters. His administrative duties included assisting with the NCAA West Regional and NCAA Cross Country Championships.

Rembao graduated from Cal-Poly-SLO in 1986, where he helped the Mustangs as a distance runner win the NCAA Division II National Championship.

Rembao and his wife, Sue, have a six-year-old son, Jared.





Mary Jo Alexander

Operations Manager

Mary Jo Alexander is currently in her first season as the Operations Manager for the Stanford Track & Field/Cross Country program. Alexander's responsibilities include such administrative duties as day-to-day operations of the Track & Field/Cross Country office, which also includes business operations and financial accountability, event management and development responsibilities. As a student-athlete at the University of California, Davis, Alexander was an All-American track & field athlete in the 4X100 meter relay. Alexander was also a stand-out student in the classroom. She graduated from UC Davis in 2004 with two BA degrees in Exercise Science and Psychology. Alexander is currently working on her Masters degree in Sport Management at the University of San Francisco.



Dan Ammon

Strength and Conditioning

Dan Ammon enters his first season as the strength and conditioning coach for Cardinal Track and Field. Coach Ammon designs and implements aspects of the players' strength and speed development programs throughout the year. He graduated from the University of Missouri-Kansas City with an degree in Exercise Physiology. While at UMKC, he spent two years as a student-assistant track and field coach where he coached the throwing events and designed strength and conditioning programs for the track and field team.



Mark Moreno

Athletic Trainer

Mark Moreno is in his second year working with the Stanford track and field program as an athletic trainer. Her recieved a BS in Kinesiology with emphasis in Athletic Training from Sonoma State University in May of 2001. He is currently pursuing a MA in Kinesiology in Athletic Training and Sports Management.



Doug Consiglio

Sports Rehabilitation

Consiglio has worked in Sports Re-hab for 8 years primarily at the Sports Medicine Institute in Palo Alto. He has a Degree in Biology from the University of Arkansas, and a Masters in Education from Auburn University.

As an athlete, Consiglio competed in the 1988 Olympics (1500m) and had the second fastest time in the world in the indoor mile in 1986.

Doug is currently in his third season working with Stanford Track and Field.



Stephen Bartlinski

Athletic Trainer

Steve Bartlinski begins his first year at Stanford after working for 12 years as an athletic trainer in Arena Football. He received is Bachelor's Degree in Athletic Training/Exercise Science from Ithaca College in 1994 and later attended classes at San Jose State University in pursuit of a Master's Degree in Kinesiology.



Matt Campbell

Media Relations Contact

Matthew Campbell begins his first year in the media relations department at Stanford after graduating from Sacramento State in the spring of 2006. He received his Bachelor's Degree in Communication Studies, while also being a member of the baseball team.



Name	Year	Event	Hometown (High School)
Deborah Akinniyi	Junior	Jumps/Hurdles	Carrollton, TX (Creekview)
Lindsay Allen	Junior	Middle Distances	Pleasant Hill, CA (College Park)
Jakki Bailey	Senior	Sprints	Avondale, PA (Kennett)
Kara Bennett	Freshman	High Jump/Multi-Events	Issaquah, WA (Liberty)
Shannon Bergstedt	Junior/Sophomore	Distances	Minnetonka, MN (Hopkins)
Maura Burk	Junior	High Jump	Freehold, NJ (Freehold Township)
Lauren Centrowitz	Junior	Distances	Arnold, MD (Broadneck)
Claire Cormier	Junior/Sophomore	Middle Distances	Houston, TX (Lamar)
Janice Davis	Senior	Sprints	Natchez, MS (Natchez)
Erin Delaney	Freshman	Throws	Paso Robles, CA (Paso Robles)
Katy Elsbury	Senior	Throws	Peck, ID (Orofino)
Lindsay Flacks	Junior/Sophomore	Distances	Calabasas, CA (Harvard-Westlake)
Tessa Flippin	Sophomore	High Jump	Minneapolis, MN (Minnehaha Academy)
Alicia Follmar	Sophomore	Middle Distances	Saratoga, CA (Saratoga)
Ashley Freeman	Senior	Sprints/Middle Distances	Hawthorne, CA (Long Beach Wilson)
Keisha Gaines	Senior/Junior	Sprints	Bakersfield, CA (Stockdale)
Lindsey Gannaway	Senior	High Jump	Edmond, OK (Edmond Memorial)
Jaynie Goodbody	Sophomore/Freshman	Throws	Wendell, ID (Wendell)
Katie Harrington	Junior	Distances	Carmel, IN (Carmel)
Caitlin Hewitt	Freshman	Jumps	Greensburg, PA (Greater Latrobe)
Arianna Lambie	Senior/Junior	Distances	Harvard, MA (The Bromfield School)
Danielle Maier	Junior	Multi-Events/Throws	Portland, OR (Sunset)
Griffin Matthew	Freshman	Jumps/Sprints	Niwot, CO (Niwot)
Mary Liz McCurdy	Sophomore	Middle Distances	Brightwaters, NY (Bay Shore)
Anna McFarlane	Junior	Pole Vault	Weston, MA (Concord Carlisle)
Erica McLain	Junior	Jumps	Plano, TX (Plano East)
Teresa McWalters	Senior/Junior	Distances	San Francisco, CA (Home Schooled)
Nora Miller	Freshman	Hurdles/Jumps/Sprints	Middletown, CT (Middletown)
Sally Mills	Senior	Throws	Malibu, CA (Malibu)
Laura Mottaz	Junior	Middle Distances	Plymouth, MN (Maple Grove)
Naikhoba Munabi	Freshman	Jumps	Wynnewood, PA (St. Paul's School)
Kate Niehaus	Freshman	Distances	Columbia, SC (Spring Valley)
Madeleine O'Meara	Sophomore	Distances	Mercer Island, WA (Mercer Island)
Idara Otu	Sophomore	Sprints/Hurdles	Brooklyn, NY (Middle College)
Kaylin Pennington	Sophomore	Middle Distances	Benicia, CA (Benicia)
Anne St. Geme	Freshman	Distances	Newport Beach, CA (Corona Del Mar)
Lauren Stewart	Sophomore	Multi-Events/Jumps	Brentwood, TN (Brentwood)
Laura Thom	Sophomore	Jumps	Woodinville, WA (Woodinville)
Amanda Trotter	Senior	Distances	Little Silver, NJ (Red Bank Regional)
Katy Trotter	Senior	Distances	Little Silver, NJ (Red Bank Regional)
Alana Walker	Sophomore	Sprints	Dix Hills, NY (Half Hollow Hills)
Kelsey Walker	Freshman	Distances	Bellevue, WA (Bellevue)
Michaela Wallerstedt	Sophomore	Throws	Omaha, NE (Burke)
Melissa Yunghans	Junior	Throws	Orange, CA (Orange Lutheran)

Lauren Centrowitz

Junior • Distances • Arnold, MD

**** American Record Holder ****

**** All-American ****



Collegiate Career Bests

Mile: 4:46.00i

800 Meters: 2:12.63

1500 Meters: 4:22.89

Stanford: An All-American and member of the American record-holding 4x1500 meter relay team from the 2006 Penn Relays ... Enjoyed an outstanding indoor season and start to the outdoor season last spring before experiencing a season-ending injury ... Helped the Cardinal women's cross country team capture the 2005 and 2006 NCAA titles ... Will provide leadership and energy to a talented women's distance squad.

2006 Track & Field Season (Sophomore): A member of the 4x1500 meter relay team that broke the American record, shattered the school record and ran the second-fastest time in collegiate history ... Ran a then season-best 4:22.89 to finish second in the 1,500 meters at the Mt. SAC Relays ... Also logged a season-best 2:12.63 in the 800 meters at the Stanford Invitational ... Indoors, runner-up in the mile at the MPSF Championships with a season-best time of 4:46.00.

2005 Track & Field Season (Freshman): Competed in the finals of the 1,500 meters at the 2005 U.S. Junior Outdoor Championship ... Indoors, finished fourth in the mile at the MPSF Championships ... Ran a season-best 4:46.42 in the mile at the New York Armory Invitational.

International Competition: Competed in the 1,500 meters at the 2005 Junior Pan Am Games in Ontario, Canada.

High School: A 2004 graduate of Broadneck High School ... Finished third in the mile at the Nike Indoor Championships during her senior season ... 2004 Penn Relays runner-up in the mile ... Gained All-American honors in the 1,500 meters at the 2003 U.S. Junior National Championships ... Won eight state high school titles in the 800 meters, mile and two-mile ... Two-time Maryland cross country and individual champion.

Cardinal Catalogue: Political Science major ... Parents are Matt and Beverly Centrowitz ... Father was the American record-holder in the 5,000 meters and now coaches at American University ... Named to the 2005 Pac-10 All-American team ... Born September 25, 1986.



Janice Davis

Senior • Sprints • Natchez, MS

**** Five-Time All-American ****



Collegiate Career Bests

60 Meters: 7.30i

100 Meters: 11.24

200 Meters: 23.03

200 Meters: 23.26i

400 Meters: 52.93

Stanford: One of the all-time great sprinters in Stanford history ... Has earned multiple All-American honors as an individual and member of the Cardinal relay squads ... A fierce competitor and solid championship performer, will be looked upon to lead the Cardinal sprints squad in 2007.

2006 Track & Field Season (Junior): Earned her fourth All-American honor with a sixth-place finish in the 100 meters at the NCAA Outdoor Championships ... Also advanced to the semifinals in the 200 meters and earned her fifth All-America honor ... Finished fifth in the 200 meters and sixth in the 100 meters at the NCAA West Regional ... Finished second in the 100 meters and 200 meters at the Pac-10 Championships ... Also a member of the 4x400 meter relay team that captured the Pac-10 title ... Competed in the 100 meters and 200 meters at the 2006 U.S. Outdoor Track & Field Championships ...

Indoors, finished eighth in the 200 meters at the NCAA Championships in a career-best 23.30 ... Captured the 200 meter title at the MPSF Championships and anchored the championship 4x400 meter relay team.

2005 Track & Field Season (Sophomore): A member of the 4x400 meter relay team that finished sixth at the 2005 NCAA Outdoor Championships, earning All-American honors ... Also competed in the 100 meters at the NCAA Championships ... Anchored the 4x400 meter relay team that captured the NCAA West Regional title ... Also ran a then career-best 11.47 to win the 100 meters at the NCAA West Regional, the second fastest time in school history ... Helped the 4x100 meter relay team finish second at the Pac-10 Championships as the Cardinal women claimed the conference crown for the first time in school history ... Anchored the 4x400 meter relay that advanced to the final at the 2005 NCAA Indoor Championships ... Captured MPSF Conference titles in the 60 meters and 200 meters.

2004 Track & Field Season (Freshman): Earned All-American honors as a member of the 4x100 meter relay team that finished eighth at the NCAA Championships ... Competed in the 100 meters, 4x100 meter relay and 4x400 meter relay at the NCAA Championships ... Finished sixth in the 100 meters and fifth in the 200 meters at the NCAA West Regional ... A member of the 4x400 meter relay team that finished second at the NCAA West Regional in a school-record time of 3:33.09 ... Placed fourth in the 100 meters and fifth in the 200 meters at the Pac-10 Championships, posting the third best 200 meter time in school history in 23.64 ... Helped the 4x100 meter relay team to a third-place finish and school record at the Pac-10 Championships ... Indoors, the runner-up in the 60 meters at the MPSF Championships ... Ran a season-best time of 7.46 in the 60 meters, the second best time in school history.

High School: A 2003 graduate of Natchez High School ... U.S. Junior National champion in the 200 meters ... All-American in the 100 meters and 200 meters ... Mississippi state high school record holder in the 100 meters and 400 meters ... Five-time state champion in the 100, 200 and 400 meters ... 2003 National Scholastic Indoor champion in the 60 meters ... Ranked No. 1 in the indoor 60 meters during her junior season ... Competed for the United States on several junior national teams.

Cardinal Catalogue: Human Biology major ... Parents are Janice Davis and Dr. Benny A. Wright ... 2005 Pac-10 All-Academic track and field selection ... Born October 27, 1984.



Lindsay Flacks

Junior/Sophomore (ath) • Distances • Calabasas, CA

**** All-American ****



Collegiate Career Bests

1500 Meters: 4:45.21

5000 Meters: 16:48.08

10,000 Meters: 35:30.82

Stanford: A cross country All-American with international experience ... A long distance specialist who has excelled in the 10,000 meters ... Helped lead the Cardinal to national titles at the 2005 and 2006 NCAA Cross Country Championships ... Will significantly contribute to Stanford's success in 2007.

2006 Track & Field Season: Redshirted.

2005 Track & Field Season (Freshman): Finished ninth in the 5,000 meters at the NCAA West Region Championships ... Ran a season-best 35:30.82 to finish third in the 10,000 meters at the Pac-10 Championships ... Also recorded a season-best 16:48.08 in the 5,000 meters at the Cardinal Invitational.

International Competition: Finished fourth at the 2005 World Junior Cross Country Championships in France.

High School: 2003 Footlocker National Championship finalist ... Runner-up at the 2003 Footlocker West Regional Championship ... Two-time CIF cross country individual champion ... 2004 California high school champion in the 3,200 meters ... The Los Angeles Times Cross Country Athlete of the Year and three-time Los Angeles Daily News Athlete of the Year.

Cardinal Catalogue: Undeclared major ... Parents are Dawn and Scott Flacks ... 2006 Pac-10 All-American Honorable Mention selection in track & field ... Named to the 2005 and 2006 Pac-10 All-Academic Cross Country Teams ... Born November 22, 1986.



Ashley Freeman

Senior • Sprints/Middle Distances • Hawthorne, CA

**** Four-Time All-American ****



Collegiate Career Bests

400 Meters: 54.16i

400 Meters: 54.36

800 Meters: 2:04.82

800 Meters: 2:06.85i

Stanford: One of the top middle distance runners in the nation, she has excelled in her first three seasons on The Farm ... Highly accomplished in the 800 meters, and has been a member of two runner-up distance medley relays indoors ... Will continue to lead a highly talented Cardinal women's squad in her final season.

2006 Track & Field Season (Junior): Earned All-American honors with a seventh-place finish in the 800 meters at the NCAA Outdoor Championships ... Finished third in the 800 meters at the NCAA West Regional ... A member of the 4x400 meter relay team that captured the Pac-10 Championship title, also finishing fourth in

the 800 meters ... Indoors, earned All-American accolades as a member of the runner-up distance medley relay at the NCAA Championships ... Finished fourth in the 800 meters at the MPSF Championships in a season-best 2:06.85 and was a member of the championship distance medley relay team.

2005 Track & Field Season (Sophomore): Earned All-American honors as a member of the 4x400 meter relay team that finished sixth at the NCAA Outdoor Championships, also competing in the 800 meters ... Runner-up in the 800 meters at the NCAA West Regional in a career-best 2:04.82 and a member of the 4x400 meter relay team that captured the regional title ... Also finished second in the 800 meters at the Pac-10 Championship ... Indoors, competed in the 800 meters at the NCAA Championships ... Runner-up in the 800 meters at the MPSF Championships and a member of the championship 4x400 meter relay team ... Also finished fifth in the 800 meters at the Arkansas Tyson Invitational.

2004 Track & Field Season (Freshman): Competed in the 800 meters at the NCAA Outdoor Championships ... Finished third in the 800 meters at the NCAA West Regional with a season-best 2:06.20 ... Runner-up in the 800 meters at the Pac-10 Championships with a time of 2:07.46 ... A member of the 4x400 meter relay team that ran the second fastest time in school history (3:33.81) at the Texas Relays ... Indoors, earned All-American honors as a member of the distance medley relay team that finished second at the NCAA Championships ... MPSF champion in the 400 meters with a time of 54.16, the second fastest time in school history ... A member of the MPSF championship 4x400 meter relay team.

High School: A 2003 graduate of Wilson High School ... 2003 California state high school champion in the 800 meters ... Finished third in the 400 meters at the 2002 California state meet ... Also third in the 800 meters at the 2001 state meet ... Placed third in the 400 meters at the 2003 National Scholastic Indoor Championships.

Cardinal Catalogue: Political Science major ... Parents are Cheryl Christopher and Clarence Freeman ... Earned 2005 and 2006 Pac-10 All-Academic track and field honors ... Born May 16, 1985.



Keisha Gaines

Senior/Junior (ath) • Sprints • Bakersfield, CA

**** All-American ****



Collegiate Career Bests

200 Meters: 24.79

400 Meters: 53.83

400 Meters: 55.20i

Stanford: Made an immediate impact as a freshman on The Farm, establishing a freshman record in the 400 meters ... Missed the 2005 season due to injury, but bounced back to earn her first All-American honor as a member of the runner-up distance medley relay team at the 2006 NCAA Indoor Championships ... An experienced and dedicated competitor who will directly effect the Cardinal's success in 2007.

2006 Track & Field Season (Sophomore): Competed in the 400 meters at the Pac-10 Championships, recording a season-best 55.06 ... Also ran a season-best 24.79 in the 200 meters at the Stanford Invitational ... Indoors, a member of the distance medley relay team that finished second to earn All-American honors ... Finished fourth in the 400 meters at the MPSF Championships and was a member of the

championship 4x400 meter relay team.

2005 Track & Field Season: Redshirted.

2004 Track & Field Season (Freshman): A member of the 4x400 meter relay that competed at the NCAA Outdoor Championships ... Set a freshman school record in the 400 meter prelims at the Pac-10 Championships in 53.83, the fourth fastest time in school history, later finishing seventh in the final ... Also a member of the 4x400 meter relay team that ran 3:33.81 at the Texas Relays to rank second all-time at Stanford.

High School: A 2003 graduate of Stockdale High School ... Finished third in the 400 meters at the 2003 California state meet as a senior ... Runner-up in the 400 meters at the 2002 California state meet ... Finished seventh in the 400 meters as the 2002 U.S Junior Nationals.

Cardinal Catalogue: Civil and Environmental Engineering major ... Parents are Joseph and Alma Gaines ... Born March 29, 1985.



Arianna Lambie

Senior/Junior (ath) • Distances • Harvard, MA

**** American Record Holder ****

**** Eight-Time All-American ****



Collegiate Career Bests

800 Meters: 2:08.06

1500 Meters: 4:13.14

Mile: 4:38.90i

3000 Meters: 9:00.60i

5000 Meters: 15:44.23

Stanford: One of the most talented distance runners in program history ... An eight-time All-American with top finishes in cross country, indoor track and outdoor track ... A member of the American record-holding 4x1500 meter relay team at the 2006 Penn Relays, as well as the school record-holding distance medley relay team ... Has lead the Cardinal to NCAA cross country titles in each of her three seasons at Stanford ... A highly accomplished and experienced competitor who will continue to lead the Cardinal into the championship season.

2006 Track & Field Season (Junior): Ran a season-best 4:15.65 to capture the 1,500 meters at the Pac-10 Championships ... An American record-holder as a member of the championship 4x1500 meter relay team at the Penn Relays ... Also recorded a season-best 15:44.23 in the 5,000 meters at the Stanford Invitational ... Ended the outdoor season early due to injury ... Indoors, earned three All-American honors at the NCAA Championships, including a fourth-place finish in the mile, third-place finish in the 3,000 meters and second-place finish as a member of the distance medley relay ... Captured the mile and 3,000 meters at the MPSF Championships, also leading the distance medley relay to victory ... Also ran a season-best 9:07.65 to win the 3,000 meters at the Arkansas Tyson Invitational.

2005 Track & Field Season (Sophomore): Earned All-American honors with a third-place finish in the 1,500 meters at the NCAA Outdoor Championships, logging a season-best 4:13.64 ... Finished fourth in the 1,500 meters at the NCAA West Regional, as well as the Pac-10 Championships ... 2005 Big Meet champion in the 1,500 meters ... A finalist in the 1,500 meters at the 2005 U.S. Outdoor Championships ... Finished ninth in the mile at the 2005 NCAA Indoor Championships ... Captured the indoor mile title at the 2005 MPSF Championships, recording a meet record and third-best time in school history in 4:39.01.

2004 Track & Field Season (Freshman): The No. 1 ranked freshman in the nation for 1,500 meters in 2004 ... Competed in the 1,500 meters at the NCAA Championships ... NCAA West Region runner-up in the 1,500 meters in a freshman school record time of 4:13.14 ... Also runner-up in the 1,500 meters at the Pac-10 Championships ... Captured the 1,500 meters at the Mt. SAC Relays in a time of 4:16.89 ... Big Meet champion in the 800 meters and 1,500 meters ... Anchored the 4x1500 meter relay in 4:11 to win the Penn Relays ... Redshirted the indoor season.

High School: A 2003 graduate of The Bromfield School ... 2003 U.S Junior National champion in the 1,500 meters with a time of 4:20.20 ... Recorded the third-fastest national high school time in the mile at 4:37.23 ... Captured eight state championships in cross country, indoor track and outdoor track ... Set a national indoor high school record in the 1,000 meters with a time of 2:45.46 ... Ran the nation's fastest times in the mile and two-mile as a senior ... Set a meet record of 4:39.00 in the mile at the Adidas Outdoor Track & Field Championships ... 2003 Footlocker Northeast Regional Cross Country champion ... Helped her squad to the state cross country title during both her junior and senior campaigns ... A Wendy's High School Heisman national finalist.

Cardinal Catalogue: Earth Systems major ... Parents are Fred and Trudy Lambie ... 2006 USTFCCCA All-Academic Track and Field Team member ... 2005 and 2006 Pac-10 All-Academic track and field selection ... Also named to the 2005 and 2006 Pac-10 All-Academic teams for cross country ... Born June 12, 1985.



Erica McLain

Junior • Jumps • Plano, TX

****American Junior Record-Holder****

**** Seven-Time All-American ****



Collegiate Career Bests

Long Jump: 21-5 1/4 (6.53m) Long Jump: 20-10 3/4i (6.37m)
Triple Jump: 45-11 3/4 (14.01m) Triple Jump: 45-7 1/4i (13.90m)

Record Book: Set a Stanford record in the triple jump in 2005 with a 45-11 3/4 (14.01m) mark.

Stanford: One of the greatest jumpers in Stanford history ... A seven-time All-American in just her first two seasons on The Farm ... Immediately became a dominant performer indoors and outdoors for the Cardinal ... Holds the American junior record in the triple jump and the only woman to ever win both the long jump and triple jump in back-to-back seasons ... A fiery competitor who will continue to lead Stanford into the championship season in just her junior year.

2006 Track & Field Season (Sophomore): Earned two All-American honors with a second-place finish in the triple jump and third-place finish in the long jump at the NCAA Outdoor Championships ... Captured the NCAA West Regional title

in the triple jump, setting a meet record of 44-8 (13.61m), and finished second in the long jump ... Double-champion in the long jump and triple jump at the Pac-10 Championships for the second-straight season ... Recorded a season-best 45-5wa (13.84m) at the Texas Relays ... Indoors, earned two All-American honors with a sixth-place finish in the long jump and seventh-place finish in the triple jump ... Captured the MPSF Championship titles in the triple jump and long jump ... Recorded a season-best jump of 44-1 1/2 (13.45m) in the triple jump at the Washington Invitational ... Earned Pac-10 Academic Honorable Mention.

2005 Track & Field Season (Freshman): Ranked No. 1 in the United States and No. 42 in the world in the triple jump ... 2005 U.S. Outdoor champion in the triple jump with an American junior record of 45-11 3/4 (14.01m) ... Earned All-American honors with a third-place finish in the triple jump at the NCAA Outdoor Championships ... Finished second in the triple jump at the NCAA West Regional ... Became the first athlete to claim both the triple jump and long jump titles at the Pac-10 Championships ... Named the Pac-10 Newcomer of the Year ... Big Meet champion in the long jump and triple jump ... Indoors, finished second in the triple jump at the NCAA Championships to earn All-American honors ... Set the MPSF Championship meet record with a jump of 45-7 1/4 (13.90m) in the triple jump ... Named the West Regional Indoor Athlete of the Year ... Named the MPSF Conference Female Athlete of the Year.

International Competition: Competed for the United States at the 2005 World Championships in Helsinki, Finland, the 2004 World Junior Championships in Grosseto, Italy, and the 2002 World Junior Championships in Kingston, Jamaica.

High School: A 2004 graduate of Plano East Senior High School ... Three-time Texas state champion in the triple jump ... The 2002 and 2004 U.S. Junior National runner-up in the triple jump and the 2002 U.S. Junior National champion in the long jump ... The 2003 and 2004 Nike Indoor national champion in the triple jump ... Captured the triple jump and long jump titles at the 2002 Golden West Invitational ... Had the second-furthest triple jump performance in the nation in 2004 with a jump of 44-1 1/4 (13.44m), the third furthest jump in U.S. history ... Finished first in the triple jump at the 2004 Texas Relays, 2004 Arcadia Invitational and the 2004 Adidas Outdoor National Championships.

Cardinal Catalogue: Studio art major with an emphasis on photography and communication ... 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

Senior/Junior (ath) • Distances • San Francisco, CA

**** Three-Time All-American ****



Collegiate Career Bests

1500 Meters: 4:27.25

3000 Meters: 9:09.19i

5000 Meters: 16:19.60

5000 Meters: 16:33.03i

Stanford: A competitive leader for both the cross country and track & field squads, she has garnered four All-American honors ... Has helped lead the Cardinal distance squad to back-to-back titles at the NCAA Cross Country Championships ... Will continue to inspire the distance squad with a tenacious attitude during the 2007 season.

2006 Track & Field Season (Sophomore): Ran a season-best 16:27.78 in the 5,000 meters at the Big Meet, also recording a season-best 4:30.51 in the 1,500 meters ... Indoors, finished fifth in the 5,000 meters at the NCAA Championships to earn All-American honors ... Logged a season-best 9:09.19 in the 3,000 meters at the

Washington Invitational.

2005 Track & Field Season (Freshman): Earned All-American honors with a third-place finish in the 5,000 meters at the NCAA Outdoor Championships ... Finished second in the 5,000 meters at the NCAA West Regional ... Ran a season-best 16:33.41 in the 5,000 meters at the Stanford Invitational ... Did not compete indoors.

2004 Track & Field Season: Redshirted the outdoor season ... Indoors, ran NCAA provisional qualifying times of 16:33.03 in the 5,000 meters and 9:33.08 in the 3,000 meters.

High School: A talented student-athlete who was home-schooled for 12 years ... Attended classes at San Francisco State, University of San Francisco and City College of San Francisco, as well as independent study ... Trained with the Impalas running group.

Cardinal Catalogue: Art History major ... Parents are Mike and Jeanne McWalters ... Named to the 2006 USTFCCA All-Academic Track and Field Team ... 2005 Pac-10 All-Academic track and field selection, as well as a 2006 Pac-10 All-Academic Honorable Mention choice in track and field ... Earned Pac-10 All-Academic honors during the 2004, 2005 and 2006 cross country seasons ... Born November 15, 1984.



Amanda Trotter

Senior • Distances • Little Silver, NJ

**** American Record-Holder ****

**** All-American ****



Collegiate Career Bests

1500 Meters: 4:23.42

3000 Meter Steeplechase: 10:28.43

5000 Meters: 16:07.71

Mile: 4:48.00i

3000 Meters: 9:13.76i

Record Book: Set the school record with a 10:07.55 mark in the 3,000 meter steeplechase in 2004.

Stanford: A talented and reliable performer in her first three years for the Cardinal ... A member of the American record-holding 4x1500 meter relay team that claimed the Penn Relays title in 2006 ... Helped lead the Cardinal distance squad to three NCAA titles in cross country during her time on The Farm ... An enthusiastic competitor who will continue to lead the Cardinal in 2007.

2006 Track & Field Season (Junior):

Competed in the 5,000 meters at the NCAA Outdoor Championships ... Finished fifth in the 5,000 meters at the NCAA West Regional ... Placed fourth in the 5,000 meters at the Pac-10 Championships, also logging a sixth-place finish in the 1,500 meters with a career-best 4:23.42 ... Recorded a career-best 16:07.71 in the 5,000 meters at the Stanford Invitational ... Earned All-American honors as a member of the runner-up distance medley relay team at the NCAA Indoor Championships, also finishing 13th in the 3,000 meters ... Led off the MPSF championship distance medley relay team and finished fourth in the 3,000 meters in a season-best 9:13.76.

2005 Track & Field Season (Sophomore): Finished 12th in the 3,000 meter steeplechase at the NCAA West Regional ... Placed sixth in the steeplechase and seventh in the 5,000 meters at the Pac-10 Championships ... Recorded a season-best 4:26.71 in the 1,500 meters at the Stanford Spring Opener ... Indoors, a member of the MPSF championship distance medley relay team, also finishing sixth in the 3,000 meters.

2004 Track & Field Season (Freshman): Finished sixth in the 3,000 meter steeplechase at the Pac-10 Championships ... Big Meet champion in the 5,000 meters ... Indoors, runner-up in the 3,000 meters at the MPSF Championships ... Ran an NCAA provisional season-best 9:32.83 in the 3,000 meters.

International Competitor: Finished 31st at the 2004 IAAF World Junior Cross Country Championships in Brussels, Belgium.

High School: A 2003 graduate of Red Bank Regional High School ... 2003 New Jersey state high school champion in the 1,600 meters and 3,200 meters ... A member of the distance medley relay team that set a national record at the Adidas Outdoor High School Nationals and captured the 2003 Penn Relays crown ... New Jersey state indoor record-holder in the 3,200 meters ... Captured the 1,600 meters and 3,200 meters at the 2003 New Jersey Meet of Champions ... All-American and state champion in cross country.

Cardinal Catalogue: Human Biology major ... Parents are Tom and Janet Trotter ... Older sister, Sarah, ran track at Virginia ... Named to the 2006 USTFCCA All-Academic Track and Field Team ... 2005 and 2006 Pac-10 All-Academic track and field selection ... Also earned Pac-10 All-Academic honors for cross country in 2004, 2005 and 2006 ... Born April 4, 1985.



Katy Trotter

Senior • Distances • Little Silver, NJ

**** American Record-Holder ****

**** Eight-Time All-American ****



Collegiate Career Bests

1500 meters: 4:22.03

3000 meter steeplechase: 10:07.55

Mile: 4:41.11i

3000 Meters: 9:12.36i

5000 Meters: 16:14.19

10,000 Meters: 34:51.10

Stanford: Has gained extensive experience as an eight-time All-American for the Cardinal in cross country, indoor track and outdoor track ... Helped lead the Cardinal to back-to-back national titles in cross country, earning All-American honors in two cross country seasons while on The Farm ... A well-rounded leader who will continue to anchor an extremely talented squad in 2007.

2006 Track & Field Season (Junior): Earned All-American honors with an eighth-place finish in the 5,000 meters at the NCAA Outdoor Championships, recording a season-best 16:14.19 ... Runner-up in the 5,000 meters at the NCAA West Regional ... Finished second in the 5,000 meters and third in her first 10,000 meters ever at the Pac-10 Championships ...

An American Record-holder as a member of the championship 4x1500 meter relay team at the Penn Relays ... Ran a season-best 4:24.62 in the 1,500 meters at the Mt. SAC Relays ... Indoors, competed in the 3,000 meters at the NCAA Championships ... Finished third in the 3,000 meters at the MPSF Championships and anchored the winning distance medley relay team ... Logged a season-best 4:41.11 in the mile at the Washington Invite.

2005 Track & Field Season (Sophomore): Finished second in the 3,000 meter steeplechase and fifth in the 1,500 meters at the Pac-10 Championships ... Big Meet champion with a season-best time of 10:18.15 in the steeplechase ... Also ran a season-best 4:22.03 in the 1,500 meters at the Stanford Invitational ... Ended the outdoor season early due to injury ... Indoors, earned All-American honors with a fifth-place finish in the 3,000 meters at the NCAA Championships ... Finished second in the 3,000 meters at the MPSF Championships.

2004 Track & Field Season (Freshman): Competed in the 3,000 meter steeplechase at the NCAA Outdoor Championships ... Set school and freshman records in the steeplechase with a fourth-place finish of 10:07.55 at the NCAA West Regional ... Runner-up in the steeplechase at the Pac-10 Championships and finished fifth in the 5,000 meters ... Also the Big Meet Champion in the steeplechase ... Ran a season-best 4:26.06 in the 1,500 meters at the Mt. SAC Relays ... Indoors, earned All-American honors as a member of the runner-up distance medley relay at the NCAA Indoor Championships ... Finished fourth in the mile at the MPSF Championships and logged the seventh-best time at Stanford in 4:44.36.

International Competition: Finished 36th at the 2004 IAAF World Junior Cross Country Championships in Brussels, Belgium.

High School: A 2003 graduate of Red Bank Regional High School ... 2003 Footlocker National Cross Country runner-up with a third-place finish at the Footlocker Northeast Regional ... Ran the 1,600 meters on the distance medley relay team that finished first at the 2003 Penn Relays and set a national record at the Adidas Outdoor High School Nationals ... 2003 Arcadia Invitational champion in the 1,600 meters ... Ranked in the top-10 in the nation in the 1,600 meters and two-mile as a senior.

Cardinal Catalogue: Human Biology major ... Parents are Janet and Tom Trotter ... 2006 USTFCCCA All-Academic Track and Field selection ... Older sister, Sarah, ran track at Virginia ... Named to the 2005 and 2006 Pac-10 All-Academic Track and Field Teams ... Also a Pac-10 All-Academic selection for cross country in 2004, 2005 and 2006.





Deborah Akinniyi

Junior • Jumps/Hurdles • Carrollton, TX

Collegiate Career Bests

Triple Jump: 41-7 3/4 (12.69m)

Triple Jump: 40-11 1/2i (12.48m)

100 Meter Hurdles: 14.30

Long Jump: 18-3i (5.56m)

Long Jump: 18-3 3/4 (5.58m)

2006 Track & Field Season (Sophomore): Recorded a personal-best 41-7 3/4 (12.69m) in the triple jump at the Pacific-10 Championship ... Leaped a season-

best 18-3 3/4 (5.58m) in the long jump at the Payton Jordan Cardinal Invitational ... Indoors, posted a season-best long jump of 18-3 (5.56m) at the MPSF Championship ... Recorded a season-best of 40-11 1/2 (12.48m) in the triple jump at the MPSF Championship.

2005 Track & Field Season (Freshman): Advanced to the NCAA Outdoor Championship in the triple jump ... Posted a season-best time (14.30) in the 100 meter hurdles at the Big Meet ... Also posted a season-best performance at the Pac-10 Championship in the triple jump with a jump of 41-4 1/4 (12.60) ... Placed fourth at the Pac-10 Championship in the triple jump at 41-41/4 feet (12.60m).

High School: A 2004 graduate of Creekview High School in Carrollton, TX ... Finished sixth in the 100 meter hurdles at the 2004 Texas State Championships ... Also placed sixth in the triple jump at the 2002 state championships.

Cardinal Catalogue: Biological Science major ... Parents are Akingbade and Gloria Akinniyi ... Brother (Akin) plays football at the University of Arizona ... Born May 16, 1986.



Deborah Akinniyi



Lindsay Allen

Junior • Middle Distances • Pleasant Hill, CA

Collegiate Career Bests

800 Meters: 2:15.07i

3000 Meter Steeplechase : 10:26.71

1500 Meters: 4:27.63

Mile: 4:51.37i

3000 Meters: 9:35.03i

5000 Meters: 16:38.23i

5000 Meters: 16:39.10

2006 Track & Field Season (Sophomore): Posted a season-best 10:33.62 to finish third in the 3,000 meter steeplechase at the Pacific-10 Championship ... Ran a season-best 4:27.63 in the 1,500 meters at the Payton Jordan Invitational ... Recorded a season-best 16:39.10 in the 5,000 meters at the Stanford Invitational ... Indoors, ran a season-best 9:35.03 to finish seventh in the 3,000 meters at the MPSF, also finishing third in the 5,000 meters in a time of 16:38.23.

2005 Track & Field Season (Freshman): Finished fifth in the 3,000 meter steeplechase at the Pac-10 Championships, logging a time of a 10:31.99 ... Posted a season-best time of 4:27.74 in the 1,500 meters at the Stanford Spring Opener ... Also recorded a season-best 10:26.71 in the 3,000 meter steeplechase at the Stanford Invitational.

High School: A 2004 graduate of College Park High School ... The U.S. Junior National champion in the 3,000 meter steeplechase ... Finished third in the steeplechase at the Junior Pan-Am Games ... Finished third in the steeplechase at the 2004 U.S. Junior National Championships ... The California high school record-holder in the 800 meters, 1,600 meters and 3,200 meters ... A two-time Footlocker West Regional cross country finalist.

Cardinal Catalogue: Human Biology major ... Selected to the 2005 Pacific-10 All-Academic Team ... Parents are Dawn Black and Spencer Allen ... Born June 30, 1986.



Lindsay Allen



Jakki Bailey

Senior • Sprints • Avondale, PA

Collegiate Career Bests

60 Meters: 7.35i 100 Meters: 11.47

200 Meters: 24.02i 200 Meters: 24.01

2006 Track & Field Season (Junior): Recorded a season-best 11.47 in the 100 meters at the NCAA West Regional ... Ran a personal-best 24.01 in the 200 meters at the Pac-10 Conference Championship ... A member of the 400 meter relay team that posted a season-best time of 44.32 at the Big Meet ... Indoors, recorded a season-best of 7.43 in the 60 meters and 24.02 in the 200 meters at the Frank Sevine Husker Invitational.

2005 Track & Field Season (Sophomore): A member of the 400 meter relay team that finished second at the Pac-10 Championships in a time of 44.49 ... Also qualified for the Pac-10 Championships in the 100 meters ... Recorded a season-best time of 11.89 in the 100 meters at the Cardinal Invitational.

2004 Track & Field Season (Freshman): Did not compete outdoors ... Indoors, ran a season-best of 7.48 in the 60 meters and 24.64 in the 200 meters.

2003 Track & Field Season: Redshirted the outdoor season ... Indoors, set a school record in the 60 meters with a time of 7.35 ... Qualified for the NCAA Indoor Championship in the 60 meters ... Ran 24.13 in the 200 meters indoors, the second-best time in Stanford history.

High School: A 2002 graduate of Kennett High School ... 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.



Jakki Bailey



Shannon Bergstedt

Junior/Sophomore (ath) • Distances • Minnetonka, MN

Collegiate Career Bests

5000 Meters: 17:51.46

2006 Track & Field Season (Sophomore): Ran a season-best 17:51.46 in the 5,000 meters at the Stanford Invitational.

2005 Track & Field Season (Freshman): Did not compete.

High School: A 2004 graduate of Hopkins High School ... Won seven Minnesota state high school championships in the 1,600 and 3,200 meters ... The Minnesota state high school record-holder in the 3,200 meters ... The Minnesota state cross country individual champion ... Also the 2001 Minnesota state Cross Country Runner of the Year.

Cardinal Catalogue: Human Biology major ... Parents are Tim and Michelle Bergstedt ... Named to the 2005 Pacific-10 All-Academic Team ... Born November 17, 1985.



Shannon Bergstedt



Maura Burk

Junior • High Jump • Freehold, NJ

Collegiate Career Bests

High Jump: 5-7 3/4 (1.72m) High Jump: 5-3 1/4i (1.61m)

2006 Track & Field Season (Sophomore): Posted a season-best 5-7 (1.70m) in the high jump at the Pacific-10 Championship ... Indoors, recorded a season-best 5-3 1/4 (1.61m) in the high jump at the Washington Invitational.

2005 Track & Field Season (Freshman): Recorded a season-best 5-7 3/4 (1.72m) in the high jump at the Stanford Invitational.

High School: A 2005 graduate of Freehold Township High School ... 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: International Relations major ... Parents are Patrick and Barbara Burk ... Born March 21, 1986.



Maura Burk



Claire Cormier

Junior/Sophomore (ath) • Middle Distances • Houston, TX

Collegiate Career Bests

800 Meters 2:10.68 800 Meters 2:14.07i

2006 Track & Field Season: Did not compete.

2005 Track & Field Season: Recorded a season-best 2:10.73 in the 800 meters at the Cardinal Invitational.

High School: A 2004 graduate of Lamar High School ... The 2000 Texas state 5A champion in the 800 meters ... A four-time district champion in the 800 and 1,600 meters ... A three-time District-17 5A cross country champion.

Cardinal Catalogue: Undeclared major ... Parents are Rufus and Yvonne Cormier ... Father was an All-American running back at Southern Methodist University ... Born March 14, 1986.



Claire Cormier



Katy Elsbury

Senior • Throws • Peck, ID

Collegiate Career Bests

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

20-lb Weight 53-8 1/4i(16.36m) Discus: 114-6 (34.90m)

Shot Put: 34-4 (10.46m)

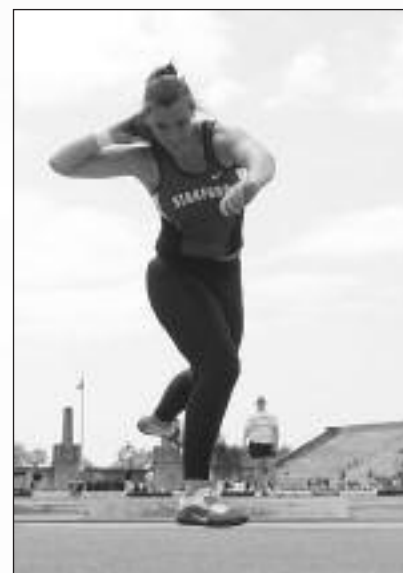
2006 Track & Field Season (Junior): Threw a season-best 114-6 (34.90m) in the discus at California ... Also recorded a season-best hammer throw of 185-0 (56.40m) at California, as well as 34-4 (10.46m) in the shot put ... Indoors, recorded a season-best of 53-8 1/4 (16.36m) in the weight throw at the MPSF Championship.

2005 Track & Field Season (Sophomore): Qualified for the NCAA West Regional with a season-best 186-8 (56.91 meters) in the hammer at the Cardinal Invitational.

2004 Track & Field Season (Freshman): Redshirted the outdoor season ... Finished seventh in the weight throw at the MPSF Championship, the fourth best throw in Stanford history.

High School: A 2003 graduate of Orofino High School ... Competed in the hammer at the 2002 U.S. Junior National Championship ... The 2002 Idaho state high school champion in the discus.

Cardinal Catalogue: 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



Tessa Flippin

Sophomore • High Jump • Minneapolis, MN

Collegiate Career Bests

High Jump 5-5 1/4i (1.66m) High Jump: 5-5 (1.65m)

2006 Track & Field Season (Freshman): Recorded a season-best high jump of 5-5 (1.65m) at the Payton Jordan Cardinal Invitational ... Indoors, posted a season-best of 5-5 1/4 (1.66m) in the high jump at the MPSF Championship.

High School: A 2005 graduate of Minnehaha Academy ... 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: Management Science major ... Parents are Tollie Flippin and Karen Johnson ... Born May 15, 1987.



Tessa Flippin



Alicia Follmar

Sophomore • Middle Distances • Saratoga, CA

Collegiate Career Bests

800 Meters: 2:12.22i

800 Meters: 2:07.69

1500 Meters: 4:24.49

Mile: 4:46.92i

2006 Track & Field Season (Freshman): Finished seventh in the 800 meters at the Pac-10 Championships, also competing at the NCAA West Regional ... Ran a season-best 2:07.69 in the 800 meters at the Mt. SAC Relays ... Posted a season-best 4:24.49 in the 1,500 meters at the Stanford Invitational ... Indoors, recorded a season-best 2:12.22 in the 800 meters at the Washington Invitational ... Ran a season-best 4:46.92 in the mile to finish fifth at the MPSF Championship.

High School: A 2005 graduate of Saratoga High School ... A two-time California state champion in the 1600 meters ... A three-time Central Coast Section (CCS) champion, winning the 1,600 and 800 meters during her senior year ... Won ten DeAnza League titles in track and field in the 800, 1600, 3200 and 4x1600 meters ... A four-time Central Coast Section (CCS) champion in track ... The California state champion in cross country ... 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



Lindsey Gannaway

Senior • High Jump • Edmond, OK

Collegiate Career Bests

High Jump 5-10 (1.78m)

High Jump: 5-7i (1.70m)

2006 Track & Field Season (Junior): Posted a season-best 5-6 (1.68m) in the high jump at California ... Indoors, the Cardinal's top high jumper with a leap of 5-7 (1.70m) at the Frank Sevigne Husker Invitational.

2005 Track & Field Season (Sophomore): The squad's top performer in the high jump, with an NCAA qualifying mark of 5-10 (1.78m) at the Stanford Invitational.

2004 Track & Field Season (Freshman): A Pac-10 and NCAA West Regional qualifier in the high jump ... Finished tenth in the high jump at the Pac-10 Championship ... The Big Meet champion in the high jump ... Cleared a career best of 5-8 (1.73m) in the high jump.

High School: A 2003 graduate of Edmond Memorial High School ... A three-time Oklahoma state high school champion ... 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.



Lindsey Gannaway



Jaynie Goodbody

Sophomore/Freshman (ath) • Throws • Wendell, ID

2006 Track & Field Season: Did not compete.

High School: A 2005 graduate of Wendell High School ... A 2005 Junior Olympics All-American in the heptathlon ... In 2004 and 2005, finished third in the heptathlon at the Junior Olympic National Championship ... Placed second in the pentathlon at the National Scholastic Indoor Championships ... The 2A Idaho state high school champion in the 100 meters (four times), 200 meters (three times), and high jump (two times) ... Holds five individual and two relay school records.

Cardinal Catalogue: Undeclared major ... Parents are Steve and Jennifer Goodbody ... Father, Steve, was a four-year starter in football at the University of San Diego ... Brother, Sean, attends the University of Pennsylvania ... Born June 3, 1987.



Katie Harrington

Junior • Distances • Carmel, IN

Collegiate Career Bests

1500 Meters: 4:37.00

3000 Meters: 9:45.24i

5000 Meters: 16:38.33

5000 Meters: 16:42.64i

10,000 Meters: 37:02.58

2006 Track & Field Season (Sophomore): Ran a season-best 16:38.33 in the 5,000 meters at the Stanford Invitational ... Indoors, posted a season-best 16:42.64 in the 5,000 meters to finish fourth at the MPSF Championship ... Also recorded a time of 9:45.24 in the 3,000 meters at the Washington Invitational.

2005 Track & Field Season (Freshman): Ran a personal best of 37:02.58 in the 10,000 meters to finish fifth at the Pac-10 Championships ... Posted a season-best mark in the 5,000 meters (16:45.12) at the Stanford Invitational ... Ran a personal best of 4:37.00 in the 1,500 meters at the Cardinal Invitational.

High School: A 2004 graduate of Carmel High School ... The Indiana state high school champion in the 1,600 and 3,200 meters as a junior ... The Indiana state high school record holder in the 1,600 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.

Cardinal Catalogue: Undeclared major ... Parents are Dave and Polly Harrington ... Selected to the 2005 Pacific-10 All-Academic Team ... Born October 22, 1985.



Katie Harrington



Dani Maier

Junior • Multi Events/Throws • Portland, OR

Collegiate Career Bests

Javelin 165-1 (50.31m)

Record Book: Set a Stanford record in the javelin in 2006 with a 165-1 (50.31m) mark

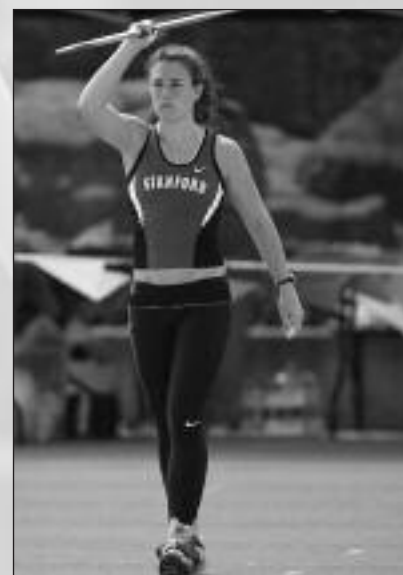
2006 Track & Field Season (Sophomore): Advanced to the NCAA Outdoor Championships in the javelin after finishing fifth at the NCAA West Regional ... Finished third at the Pac-10 Championships ... Set a school record of 165-1

(50.31m) at the Stanford Invitational.

2005 Track & Field Season (Freshman): Posted the second-best mark for the Cardinal in the javelin ... Established a freshman record of 150-2 (45.78m) at the Pac-10 Championships to finish fifth.

High School: A 2004 graduate of Sunset High School in Portland, OR.

Cardinal Catalogue: Undeclared major ... Parents are Tom and Deb Maier ... Born May 31, 1985.



Dani Maier



Mary Liz McCurdy

Sophomore • Middle Distances • Brightwaters, NY

Collegiate Career Bests

800 Meters: 2:12.98

1500 Meters: 4:36.07

2006 Track & Field Season (Freshman): Ran a season-best 2:12.98 in the 800 meters at the Payton Jordan Cardinal Invitational ... Posted a season-best 4:36.07 in the 1,500 meters at the Stanford Invitational.

High School: A 2005 graduate of Bay Shore High School ... A member of the national record-holding and national championship distance medley relay team in 2004 ... Competed on the three-time national championship 4x800 meter relay team (2003, 2004, 2005) ... A 12-time All-American as a member of the 4x800 meter, 4x1600 meter, and distance medley relay ... A six-time New York state champion in the 1,000 meters, 1,500 meters and 4x800 relay ... Holds the Suffolk County mile and 1,000 meter records ... Long Island record-holder as a member of the 4x800 meter, 4x1600 meter and distance medley relay teams ... Long Island Track MVP in 2005 ... Also Suffolk County MVP three times (2003, 2004, 2005).

Cardinal Catalogue: Undeclared major ... Parents are Beth and Brian McCurdy ... Older brother, Patrick, is a senior at Holy Cross ... Younger sister, Sarah, was on the national record-setting distance medley relay team and other national championship teams at Bay Shore ... Born November 1, 1987.



Mary Liz McCurdy



Anna McFarlane

Junior • Pole Vault • Weston, MA

Collegiate Career Bests

Pole Vault: 12-11 3/4 (3.96m) Pole Vault: 13-1 i (3.99m)

Record Book: Set the Stanford school record in the pole vault in 2006 with a 13-1 (3.99m) mark.

2006 Track & Field Season (Sophomore): Stanford's top performer in the pole vault, posted a season-best 12-11 3/4 (3.96m) at the NCAA West Regional ... Indoors, recorded a school record 13-1 (3.99m) in the pole vault at the MPSF

Championship.

2005 Track & Field Season (Freshman): Stanford's top performer in the pole vault ... Posted a season-best 12-11 (3.96m) at the NCAA West Regional.

High School: A 2004 graduate of Concord Carlisle High School ... Placed third in the pole vault at the Nike Indoor 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: Parents are Robert McFarlane and Susanna Bedell ... Born April 16, 1986.



Anna McFarlane



Sally Mills

Senior • Throws • Malibu, CA

Collegiate Career Bests

Heptathlon: 4,400 points Discus: 152-0, 46.32m
Javelin: 129-7, 39.50m Shot Put: 41-0 1/2, 12.51m
Pentathlon: 3,417 points

2006 Track & Field Season (Junior): The Cardinal's top discus thrower, posted a season-best 146-10 (44.76m) and a season-best javelin throw of 116-7 (35.53m) at California.

2005 Track & Field Season (Sophomore): Registered a season-best time of 15.20 in the 100 meter hurdles at the California Multi-Events ... Top mark of 152-0 (46.32) in the discus came at the Big Meet ... Posted a season-best 4-11 3/4 (1.52m) in the high jump at the California Multi-Events ... Posted another season-best of 129-7 (39.51m) in the javelin at the Big Meet ... In the long jump, posted a season-best mark of 14-4 (4.37m) at the California Multi-Events ... In the shot put, registered a personal best 41-7 1/4 (12.6m) at the Stanford Spring Opener ... Earned 4,310 points in the heptathlon at the California Multi-Events ... Posted a season-best time (26.64) in the 200 meters at the Stanford Spring Opener ... In the 800 meters, registered a personal best 2:53.51 at the California Multi-Events.

2004 Track & Field Season (Freshman): Redshirted the outdoor season ... Set the school record in the pentathlon at the MPSF Indoor Championships.

High School: A 2003 graduate of Malibu High School ... The 2000 CIF Southern Section Division-4 discus champion ... Competed in many events including the heptathlon ... A 2002 first-team All-Ventura County selection in track.

Cardinal Catalogue: Earth Systems major ... Parents are Michael and Susan Mills ... Born July 18, 1984.



Sally Mills



Laura Mottaz

Junior • Middle Distances • Plymouth, MN

Collegiate Career Bests

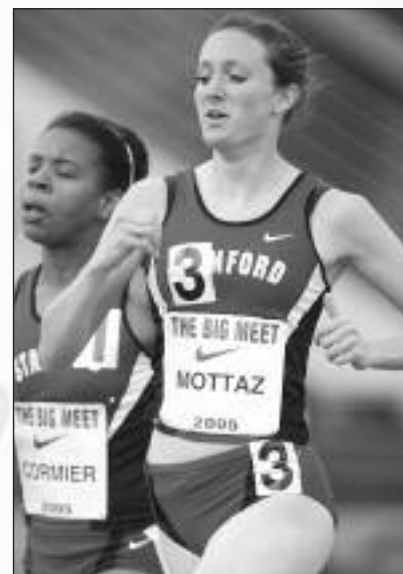
800 Meters: 2:10.21 800 Meters: 2:11.39i

2006 Track & Field Season (Sophomore): Indoors, ran a season-best 2:16.19 in the 800 meters at the Washington Invitational.

2005 Track & Field Season (Freshman): Ran a season-best 2:10.21 to finish ninth in the 800 meters at the Pac-10 Championships ... A member of the 1,600 meter relay team that posted a time of 3:41.08 at the Big Meet.

High School: A 2004 graduate of Maple Grove High School in Plymouth, MN ... Four-year Minnesota state finalist in the 200 and 400 meters ... Finished fourth in the 400 at the 2004 Minnesota State Championship.

Cardinal Catalogue: Undeclared major ... Parents are Tom and Judy Mottaz ... Born September 15, 1985.



Laura Mottaz



Maddie O'Meara

Sophomore • Distances • Mercer Island, WA

Collegiate Career Bests

1500 Meters: 4:41.79

5000 Meters: 18:37.87

2006 Track & Field Season: Posted a season-best 4:41.79 in the 1,500 meters at the Payton Jordan Cardinal Invitational ... Ran a season-best 18:37.87 in the 5,000 meters at the Stanford Invitational.

High School: Runner up at the Washington state meet in the 1600 meters in 2003, also finishing third 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.

Cardinal Catalogue: Undeclared major ... Parents are Matt O'Meara and Lisa Belden, both Stanford graduates ... Born April 21, 1987.



Maddie O'Meara



Idara Otu

Sophomore • Sprints/Hurdles • Brooklyn, NY

Collegiate Career Bests

400 Meters: 55.29

400 Meters: 55.79i

400 Meter Hurdles: 62.57

2006 Track & Field Season (Freshman): Ran a season-best 55.29 in the 400 meters at the Stanford Invitational ... Stanford's top 400 meter hurdler, posting a season-best 62.57 at the Texas Relays ... A member of the 1600 meter relay team, that ran 3:39.30 at the Big Meet ... Indoors, ran a season-best 55.79 in the 400 meters at the MPSF Championship.

High School: A 2005 graduate of Middle College High School.

Cardinal Catalogue: Undeclared major ... Parents are Dr. Victoria Edem and Effiong Otu ... Born July 5, 1987.



Idara Otu



Kaylin Pennington

Sophomore • Middle Distances • Benicia, CA

Collegiate Career Bests

800 Meters: 2:09.57i

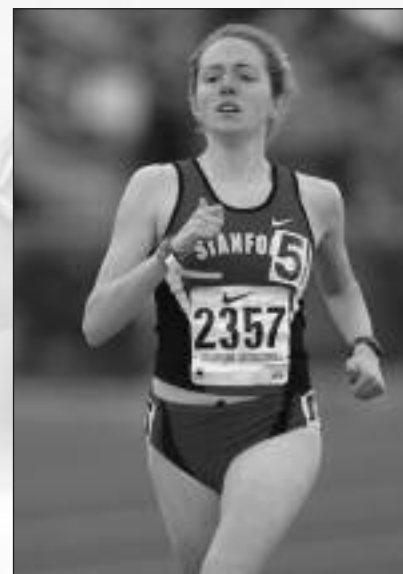
800 Meters: 2:11.43

2006 Track & Field Season (Freshman): A 2005 graduate of Benicia High School ... Recorded a season-best 2:11.43 in the 800 meters at the Mt. SAC Relays ... Indoors, ran a season-best 2:09.57 in the 800 meters to finish eighth at the MPSF Championship.

High School: 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.

Cardinal Catalogue: Undeclared major ... Parents are Terrance and Gretchen Pennington ... Born June 14, 1987.



Kaylin Pennington



Lauren Stewart

Sophomore • Multi Events/Jumps • Brentwood, TN

Collegiate Career Bests

200 Meters: 25.02	100 Meter Hurdles: 14.36
Triple Jump: 42-1 1/2 (12.84m)	Triple Jump: 41-3 3/4 (12.59m)
Javelin: 116-4 (35.47m)	High Jump: 5-8 3/4 (1.75m)
Heptathlon: 5,141 points	Pentathlon: 3,788 points(i)
60 Meter Hurdles: 8.77i	800 Meters: 2:25.89

Record Book: Set the school record in the pentathlon in 2006 (3,788 points).

2006 Track & Field Season (Freshman): A 2005 graduate of Brentwood High School ... Advanced to the NCAA Outdoor Championships in the triple jump ... Posted a season-best 42-1 1/2 (12.84m) in the triple jump at the NCAA West Regional ... Set a freshman record in the heptathlon with 5,141 points at the Pac-10 Championship ... The indoor school record-holder in the pentathlon ... Ran a season-best 25.02 in the 200 meters at the Texas Relays ... Stanford's top 100 meter hurdler, posting a season-best 14:36 at the Big Meet ... The Cardinal's top high jumper, recording a season-high of 5-8 3/4 (1.75m) and a season-best javelin throw of 116-4 (35.47m) at the Payton Jordan Cardinal Invitational.

High School: The Junior Pan-Am gold medalist in the heptathlon in 2005 (5,333 points) ... A two-time All-American in track and field ... 2005 Nike Indoor pentathlon champion ... 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 (2004 and 2005).

Cardinal Catalogue: Undeclared major ... Parents are Tom and Cathy Stewart ... Born January 8, 1987.



Lauren Stewart



Laura Thom

Sophomore • Jumps • Woodinville, WA

Collegiate Career Bests

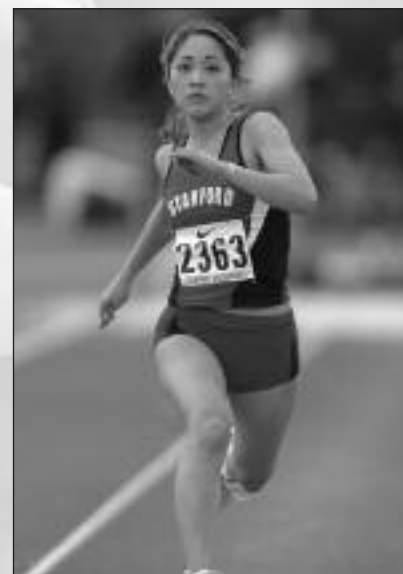
Triple Jump: 38-9 3/4 (11.83m)	Triple Jump: 39-8 1/2 (12.10m)
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2006 Track & Field Season (Freshman): Recorded a season-best 39-8 1/2 (12.10m) in the triple jump at the Hornet Open ... Indoors, posted a leap of 38-9 3/4 (11.83m) in the triple jump at the MPSF Championship.

High School: A 2005 graduate of Woodinville High School ... Placed fifth in the triple jump at the 2005 Washington State Championships ... Invited to the Oregon Meet of Champions ... Set the Woodinville High School triple jump record with a

mark of 37-6 3/4 (11.45m).

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



Laura Thom



Alana Walker

Sophomore • Sprints • Dix Hills, NY

Collegiate Career Bests

60 Meters: 7.73i
 100 Meters: 12.41
 200 Meters: 24.06
 200 Meters: 24.53i
 400 Meters: 57.58i

2006 Track & Field Season (Freshman): Ran a season-best 24.06 in the 200 meters at the Rafter Johnson/Jackie Joyner-Kersey Invite ... A member of the 400 meter relay team, posting a season-best 44.39 at the Pacific-10 Championship ... Also a member of the 1,600 meter relay team, recording a season-best 3:37.16 at the Big

Meet ... Indoors, ran a season-best 7.73 in the 60 meters and a season-best 24.53 in the 200 meters at the Washington Invitational ... Posted a season-best 57.58 in the 400 meters at the Arkansas Tyson Invitational.

High School: A 2005 graduate of Half Hollow Hills High School.

Cardinal Catalogue: Undeclared major ... Parents are Dennis Walker and Novella Merriwether ... Born March 28, 1987.



Alana Walker



Michaela Wallerstedt

Sophomore • Throws • Omaha, NE

Collegiate Career Bests

Discus: 139-10 (42.63m)
 Shot Put: 48-5 1/2 (14.77m)

2006 Track & Field Season (Freshman): Threw the discus for a season-best 139-10 (42.63m) at the Mt. SAC Relays ... Recorded a season-best shot put of 48-5 1/2 (14.77m) at the Payton Jordan Cardinal Invitational ... Indoors, posted a season-best of 47-11 (14.60m) in the shot put at the Washington Invitational.

High School: A 2005 graduate of Burke High School ... The All-Class Nebraska state champion in the shot put in 2004 and 2005 ... The All-Class discus champi-

on in 2004 ... Finished 11th at the 2003 World Youth Championships ... Also 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.

Cardinal Catalogue: Undeclared major ... Parents are Tracy and Chuck Wallerstedt ... Born January 23, 1987.



Michaela Wallerstedt



Melissa Yunghans

Junior • Throws • Orange, CA

Collegiate Career Bests

Discus: 146-5 (44.62m)
 Shot Put: 52-4 3/4 (15.97m)
 Weight Throw: 51-10 1/2i (15.81m)
 Shot Put: 49-11 3/4i (15.23m)

2006 Track & Field Season (Sophomore): Stanford's top performer in the shot put with a season-best 52-1 3/4 (15.89m) at the NCAA West Regional ... Threw the discus for a season-best 138-10 (42.32m) at the Rafer Johnson/Jackie Joyner-Kersey Invite ... Recorded a season-best hammer throw of 167-10 (51.16m) at the Pomona-Pitzer Invite ... Indoors, posted a season-best 49-11 3/4 (15.23m) at the MPSF Championship ... Recorded a season-best weight throw of 51-10 1/2 (15.81m) at the MPSF Championship.

2005 Track & Field Season (Freshman): Registered a top performance of 146-5 (44.62m) in the discus at the Pac-10 Championships ... Notched a season-best performance of 135-0 (41.15m) in the hammer at the Stanford Invitational ... Recorded a season-best 52-4 3/4 (15.97m) to qualify for the NCAA Championships in the shot put.

High School: A 2004 graduate of Orange Lutheran High School in Orange, CA ... Finished third in the shot put at the 2004 California State Championships ... 2004 Orange County champion in the shot put and discus.

Cardinal Catalogue: Undeclared major ... Parents are Tom and Lois Yunghans ... Born August 21, 1986.



Melissa Yunghans



Kara Bennett

Freshman • High Jump/Multi Events • Issaquah, WA

High School: A 2006 graduate of Liberty High School in Renton, WA ... Captured the 2005 Washington state high school triple jump championship ... Also claimed the high jump title at the 2004 Washington State Championships ... Currently holds the high jump record for the Oregon-Washington Meet of Champions (5-7).

Cardinal Catalogue: Undeclared major ... Parents are Walter and Audra Bennett ... Born December 15, 1987 ... Father, Walter, was a quarterback for Washington State University from 1972-1977.



Erin DeLaney

Freshman • Throws • Paso Robles, CA

High School: A 2006 graduate of Paso Robles High School in Paso Robles, CA ... California state champion in the shot put in 2006, also finishing eighth in the discus ... 2006 CIF champion in the shot put and discus ... Also captured the 2006 Masters title in the shot put, finishing fourth in the discus ... League and County champion in the shot put in 2005 and 2006 ... Named the 2006 PRHS Athlete and Student-Athlete of the Year ... Recorded a personal best (146-8) in the discus at the CIF Finals ... Also recorded a personal best in the shot put of 47-2 3/4.

Cardinal Catalogue: Undeclared major ... Parents are Dan and Sue DeLaney ... Born December 23, 1987.



Caitlin Hewitt

Freshman • Jumps • Greensburg, PA

High School: A 2006 graduate of Greater Latrobe High School in Latrobe, PA ... Captured the 2005 Pennsylvania State pole vault championship ... Also claimed the 2005 Western Pennsylvania Interscholastic Athletic League (WPIAL) pole vault and long jump titles ... A four-year cross country competitor, helped her squad to the 2005 state team championship ... Named All-State by the Pennsylvania Track & Field Coaches Association (PTFCA) and Pennsylvania Interscholastic Athletic Association (PIAA) in 2005 ... Also a 2005 NSSF All-American.

Cardinal Catalogue: Civil and Environmental Engineering major ... Parents are Timothy and Loreen Hewitt ... Born June 8, 1988.



Griffin Matthew

Freshman • Jumps • Niwot, CO

High School: A 2006 graduate of Niwot High School in Niwot, CO ... Two-time All-American... 2005 Nike Indoor National Champion in the 60 meters and long jump ... Posted the seventh-best mark all-time for the high school women's long jump with 21-2 (6.45 m) ... A member of 2006 US Junior World Track and Field Team ... In 2003, helped set the state record in the 4x100 and was the state runner-up in the long jump, 100 meters and 200 meters ... In 2004, set the state record in the long jump and was the runner-up in the 100 meters and 200 meters ... In 2005, set the state record in the long jump and captured the state championship in the 100 meters, 200 meters and 4x100 meter relay ... In 2006, captured the state championship in the 100 meters and 200 meters and was the state runner-up in the long jump ... Holds Colorado state records in the long jump and 4x100 meter relay.

Cardinal Catalogue: Public Policy and Latin American Studies major ... Parents are Thomas and Dayna Matthew ... Considering a career as a lawyer, diplomat, journalist or politician ... Born July 19, 1988



Nora Miller

Freshman • Hurdles/Jumps/Sprints • Middletown, CT

High School: A 2006 graduate of Middletown High School in Middletown, CT ... Captured 12 Connecticut state titles, including four consecutive championships each in the long jump, 55 meter hurdles, 100 meter hurdles and 55 meters ... An indoor All-American after finishing fourth in the long jump in 2006 ... The 2003 USATF national champion in the Youth Girls long jump ... Holds indoor conference records in the 55 meter hurdles, 55 meters, long jump and 300 meters.

Cardinal Catalogue: Undeclared major ... Parents are Jeffrey and Patricia Miller ... Born February 1, 1989 ... Mother, Patricia, was a diver for Carnegie Melon University ... Father, Jeffrey, was also a diver for the University of Pittsburgh.



Naikhoba Munabi

Freshman • Jumps • Wynnewood, PA

High School: A 2006 graduate of St. Paul's School in Concord, NH ... 2006 Boston Globe Scholar-Athlete for Track & Field ... 2005 New England Prep School Track Association (NEPSTA) long jump champion ... Also the Independent School League triple jump champion in 2005 ... Named the 2006 Independent School League Most Valuable Field Athlete.

Cardinal Catalogue: Undeclared major, contemplating a career in medicine ... Parents are Abraham and Susan Munabi ... Born January 25, 1989 ... Brother, Tunji, is currently a member of the Stanford Soccer and Track & Field teams ... Father, Abraham, competed in the triple jump for Uganda at the 1972 Olympics.



Kate Niehaus

Freshman • Distances • Columbia, SC

High School: A 2006 graduate of Spring Valley High School in Columbia, SC ... Four-time All-American in indoor and outdoor track ... 14-time South Carolina State champion ... State record-holder in the 1,600 meters ... 2005 Nike Indoor Nationals two-mile champion ... 2005 and 2006 South Carolina Gatorade Athlete of the Year ... 2005 and 2006 Wendy's South Carolina Heisman winner ... Four-time Footlocker Nationals cross country finalist ... Cross country state record-holder.

Cardinal Catalogue: Undeclared major ... Parents are Greg and Elizabeth Niehaus ... Born August 1, 1988.



Anne St. Geme

Freshman • Distances • Newport Beach, CA

High School: A 2006 graduate of Corona Del Mar High School in Newport Beach, CA ... Captured the CIF Division III and California Division III cross country championships her senior year ... Anchored the championship distance medley relay team (second fastest high school team all-time in the U.S.) and was runner-up in the mile at the 2006 Nike Outdoor Championships ... Finished second in the 3,200 meters at the 2006 California State Championships ... In 2005, anchored the national champion distance medley relay team at the Nike Outdoor Championships, as well as the runner-up 1,600 meter relay team.

Cardinal Catalogue: Undeclared major, interested in Human Biology and Art History ... Daughter of Edmond (Ed) F. St. Geme and Cecilia (Ceci) Hopp St. Geme ... Born November 8, 1987 ... Mother was an All-American and NCAA champion in track and cross country at Stanford, inducted into the Hall of Fame in 2002 ... Father was a free safety on the Stanford Football Team ... Grandfather, four uncles and cousin also played football at Stanford and one cousin was a member of the Stanford crew team.



Kelsey Walker

Freshman • Distances • Bellevue, WA

High School: A 2006 graduate of Bellevue High School in Bellevue, WA ... 2004 and 2005 Washington state champion in the 1,600 meters ... Also captured the Washington state title in the 3,200 meters in 2005 and 2006, and was runner-up in the event in 2004 ... Competed at the 2005 Footlocker West Regional, finishing 17th ... Finished seventh at the 2005 Borderclash (Oregon v. Washington).

Cardinal Catalogue: Undeclared major ... Parents are Chris and Lisa Walker ... Born June 1, 1988.



Name	Year	Event	Hometown (High School)
Neftalem Araia	Senior/Junior	Distances	Indianapolis, IN (Lawrence North)
Daniel Belch	Freshman	Sprints	San Diego, CA (Torrey Pines)
Kevin Bickham	Senior/Junior	Distances	Oceanside, CA (El Camino)
Myles Bradley	Sophomore	Jumps/Hurdles	Norwich, CT (Norwich Free Academy)
Russell Brown	Senior/Junior	Middle Distances	Hanover, NH (Hanover)
Richard Cairns	Freshman	Sprints	Ankeny, IA (Wichita Independent)
Zach Chandy	Freshman	Sprints	Laguna Beach, CA (Sage Hill)
Joaquin Chapa	Senior/Junior	Middle Distances	Portland, OR (Grant)
Durell Coleman	Freshman	Sprints/High Jump	Rockwall, TX (Rockwall)
Kyle Davis-Hammerquist	Junior/Sophomore	Throws	Berkeley, CA (Webb School)
Hakon DeVries	Junior/Sophomore	Distances	Hopewell Junction, NY (John Jay)
Ben Dickens	Junior	Pole Vault	Parkland, FL (Stoneman Douglas)
Sean Drake	Senior	Middle Distances	San Francisco, CA (University)
Steven Duplinsky	Freshman	Distances	Kensington, MD (Georgetown Prep)
Jacob Evans	Junior/Sophomore	Middle Distances	Watsonville, CA (Aptos)
Ryan Fisicaro	Freshman	Sprints	Omaha, NE (Creighton Prep)
Michael Garcia	Senior/Junior	Middle Distances	Santa Fe, NM (Santa Fe)
Eric Giddings	Sophomore/Freshman	Distances	South Portland, ME (South Portland)
Jacob Gomez	Senior	Distances	Klamath Falls, OR (Klamath Union)
Brett Gotcher	Senior	Distances	Watsonville, CA (Aptos)
Alex Greenburg	Sophomore	Middle Distances	Upland, CA (Upland)
Daniel Haddock	Freshman	Javelin	Paradise Valley, AZ (Phoenix Country Day)
Chris Hadley	Freshman	Sprints/Middle Distance	Birmingham, AL (Vestavia Hills)
Garrett Heath	Junior/Sophomore	Distances	Winona, MN (Winona Senior)
Donell Hill	Sophomore	Pole Vault	Mobile, AL (UMS Wright Prep)
Graeme Hoste	Junior	Pole Vault	Claremont, CA (Claremont)
Josh Hustedt	Junior	Multi-Events	Sandy, UT (Jordan)
JJ Jackson	Freshman	Hurdles/Sprints	Olympia, WA (Sumner)
Lauren Jespersen	Senior/Junior	Middle Distances	Klamath Falls, OR (Klamath Union)
Mark Kogan	Sophomore/Freshman	Throws	Olympia, WA (Capital)
Oluwadare Kolawole	Sophomore/Freshman	High Jump	Reston, VA (Potomac School)
Elliott Luscombe	Sophomore	Sprints/Middle Distance	Plattsburgh, NY (Plattsburgh)
Mike Macellari	Senior/Junior	Throws	Granger, IN (Clay)
Justin Marpole-Bird	Freshman	Distances	Vancouver, BC, Canada (St. George's)
John McGuire	Sophomore/Freshman	Middle Distances	Golden, CO (D'Evelyn)
Hari Mix	Junior/Sophomore	Distances	Charlottesville, VA (Albemarle)
Chris Mocko	Junior/Sophomore	Distances	McLean, VA (Thomas Jefferson)
Mark Mueller	Freshman	Sprints	Aurora, CO (Overland)
Tunji Munabi	Sophomore	Sprints/Jumps	McLean, VA (St. Paul's School)
Feranmi Okanlami	Senior	Jumps	Granger, IN (Deerfield Academy)
Jonathan Pierce	Senior	Distances	Ogdensburg, NY (Lisbon Central)
Justin Reed	Freshman	Middle Distances/Sprints	Los Angeles, CA (Loyola)
Michael Robertson	Senior	Throws	Beebe, AR (Southern Methodist)
Daniel Schaerer	Junior	Throws	San Diego, CA (The Bishops)
Ben Sheehan	Freshman	Pole Vault	Atherton, CA (St. Francis)
Richard Sherman	Freshman	Jumps/Hurdles/Sprints	Compton, CA (Dominguez)
Mark Shughart	Junior/Sophomore	Throws	Mechanicsburg, PA (Cumberland Valley)
Rolf Steier	Senior	Distances	Temple Terrace, FL (Berkeley Prep)
Forrest Tahdoohnippah	Senior/Junior	Distances	St. Paul, MN (Minneapolis Southwest)
Wes Walker	Freshman	Distances	El Paso, TX (Andress)
Carter Wells	Freshman	Throws	Richardson, TX (J.J. Pearce)

Neftalem Araia

Senior/Junior (ath) • Distances • Indianapolis, IN

****Four-Time All-American****



Collegiate Career Bests

3000 Meters: 7:56.11i

5000 Meters: 13:44.78

5000 Meters: 13:52.81i

10,000 Meters: 28:27.43

Stanford: A standout long distance runner and four-time All-American while on The Farm ... Finished 11th or higher during all three of his NCAA Cross Country Championship appearances, including a second-place finish in 2006 to lead the Cardinal men to a fourth-place trophy ... Stanford's top cross country finisher in each of his three NCAA competitions ... A solid postseason competitor who will continue to provide leadership to his squad in 2007.

2006 Track & Field Season (Sophomore): Finished 17th in the 10,000 meters at the 2006 NCAA Outdoor Championships ...

Notched a third-place finish in the 10,000 meters and ninth-place finish in the 5,000

meters at the 2006 Pac-10 Outdoor Championships ... Ran his fastest 10,000 meter time of the season at the Payton Jordan Cardinal Invitational in 28:27.43, qualifying him for the NCAA championships ... Also ran a season-best 14:12.94 in the 5,000 meters at the Big Meet ... Indoors, finished 14th in the 3,000 meters at the NCAA Indoor Championships ... Runner-up in the 3,000 meters at the MPSF Championships in a season-best 7:56.11 ... Also ran an indoor-best 13:52.81 in the 5,000 meters at the Arkansas Tyson Invitational.

2005 Track & Field Season (Freshman): Competed in the 5,000 meters at the 2006 NCAA Outdoor Championships ... Finished tenth in the 5,000 meters at the NCAA West Region Championships ... Recorded a third-place finish in the 10,000 meters at the 2005 Pac-10 Championships in a season-best time of 29:32.83 ... Ran a season-best time of 13:44.78 in the 5,000 meters at the Stanford Invitational ... Indoors, finished 11th in the 3,000 meters at the Arkansas Indoor Invitational.

2004 Track & Field Season: Redshirted the outdoor season ... Indoors, placed 11th in the 3,000 meters at the Husky Indoor Invitational in an NCAA provisional time of 8:00.29 ... Runner-up in the 5,000 meters at the Pac-10 Indoor Invitational in an NCAA provisional time of 13:56.49 ... Finished eighth in the 3,000 meters at the MPSF Championships

High School: A 2003 graduate of Lawrence North High School in Indianapolis, IN ... Indiana State champion in the 3,200 meters as a junior ... 2001 and 2002 Indiana State high school cross country champion in addition to helping his team to the 2002 state championship ... Two-time Footlocker national finalist with a fourth-place finish in 2002 ... Runner-up in the 3,200 meters at the 2002 Adidas Outdoor National Championships.

Cardinal Catalogue: Communication major ... Parents are Araia and Lemlem Hadgu ... Named to the 2006 USTFCCCA All-Academic track and field team ... 2005 Pac-10 All-Academic track & field selection, as well as a 2006 Pac-10 track & field All-Academic Honorable Mention ... Named to the 2004, 2005 and 2006 Pac-10 All-Academic cross country teams ... Born December 13, 1984.



Russell Brown

Senior/Junior (ath) • Middle Distances • Hanover, NH

****Five-Time All-American****



Collegiate Career Bests

800 meters: 1:50.71i
1500 meters: 3:41.72

800 meters: 1:51.07
Mile: 3:59.65i

3000m: 8:01.07

Stanford: Looking toward another successful track season after wrapping up the 2006 outdoor season with an All-American performance in the 1,500 meters ... A talented middle distance runner who can contribute at all distances ... Also helped the Cardinal to the 2005 Pac-10 Cross Country team title and has tallied four top-10 cross country finishes.

2006 Track & Field Season (Sophomore): Earned All-American honors with a fifth-place finish in the 1,500 meters at the 2006 NCAA Outdoor Championships ... Finished 11th in the 1,500 meters at the NCAA West Regional to advance to the NCAA Championships ... Runner-up in the 1,500 meters at the 2006 Pac-10

Championships in a season-best time of 3:43.49, also running a season-best 1:51.48 in the 800 meters ... An All-American after finishing eighth in the mile at the 2006 NCAA Indoor Championships, also finishing eighth as a member of the distance medley relay team ... Captured the mile title at the MPSF Championships ... Ran a season-best 3:59.65 in the mile at the Arkansas Tyson Invitational.

2005 Track & Field Season (Freshman): Advanced to the 1,500 meter final at the NCAA Outdoor Championships ... Finished fifth in the 1,500 meters at the NCAA West Regional and sixth in the event at the Pac-10 Championships ... Garnered his first All-American honors in 2005 as a member of the fourth-place distance medley relay team ... Also finished third in the mile at the MPSF Championships.

2004 Track & Field Season: Redshirted.

International Competition: Competed in the 1,500 meters at the 2004 IAAF World Junior Track & Field Championships in Grosseto, Italy.

High School: A 2003 graduate of Hanover High School in Hanover, NH ... Finished third at the 2003 U.S. Junior National Championships with a time of 1:50.16 ... New Hampshire State high school record-holder in the 800 meters ... Captured the New England 60 meter indoor title and the Nike Indoor Classic 800 meters as a senior ... Individual class (intermediate) cross country state champion his junior year and helped his squad to the state championship.

Cardinal Catalogue: Political Science major ... Parents are Chris Brown and Jocelyn Chertoff ... 2006 USTFCCCA All-Academic Track & Field Team member ... 2005 Pac-10 All-Academic track and field selection, and was named to the 2006 Pac-10 All-Academic Second Team for track and field ... 2005 and 2006 Pac-10 Cross Country All-Academic selection ... Born March 6, 1985.



Joaquin Chapa

Senior/Junior (ath) • Middle Distances • Portland, OR

****Two-Time All-American****



Collegiate Career Bests

800 Meters: 1:49.83

800 Meters: 1:50.89i

1500 Meters: 3:43.22

Mile: 4:03.89i

Stanford: A two-time All-American and accomplished middle distance runner with experience at all distances ... Made an immediate impact to the distance squad and continues to lead the Cardinal as a reliable postseason contender ... Will continue to make significant contributions in 2007.

2006 Track & Field Season: Redshirted the outdoor season ... Indoors, earned All-American honors as a member of the eighth-place distance medley relay at the NCAA Indoor Championships ... Ran a season-best 1:51.2 in the 800 meters at the MPSF Championships to finish fourth.

2005 Track & Field Season (Sophomore): Ran a season-best 1:49.98 in the 800 meters at the Pac-10 Championships ... Gained his first All-American honor as a member of the distance medley relay that finished fourth at the NCAA Indoor Championships ... Competed in the 1,500 meters at the 2005 U.S. Outdoor Championships.

2004 Track & Field Season (Freshman): Finished seventh in the 800 meters at the Pac-10 Championships ... Captured the 800 meter title at the Big Meet in a season-best time of 1:50.4.

High School: A 2003 graduate of Grant High School in Portland, OR ... 2003 Oregon State high school 1,500 meter champion with a time of 3:51.39, the fourth-fastest performance in the nation that year ... Runner-up in the 800 meters at the 2003 Oregon state meet and ran the sixth-fastest time in the nation for the 800 meters in 2003 ... Finished sixth in the 1,500 meters (3:53.9) at the 2003 U.S. Junior National Championships.

Cardinal Catalogue: Political Science major ... 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 ... Named to the 2006 USTFCCCA All-Academic Track & Field Team ... 2005 Pac-10 All-Academic track & field selection ... Also a 2006 Pac-10 All-Academic Second Team choice in track & field ... Named to the 2004 Pac-10 All-Academic cross country team ... Born November 1, 1984.



Hakon DeVries

Junior/Sophomore (ath) • Distances • Hopewell Junction, NY

****All-American****



Collegiate Career Bests

3000 Meters: 8:03.76i
800 Meters: 1:55.51

5000 Meters: 14:08.08i
1500 Meters: 3:49.86

5000 Meters: 14:04.00

Stanford: A versatile athlete with international racing experience ... Helped the Cardinal men to a fourth-place trophy at the 2006 NCAA Cross Country Championship and has logged multiple top-five finishes for the cross country team ... Has continued to improve throughout his time on The Farm and will be a valuable asset for Stanford in 2007.

2006 Track & Field Season (Sophomore): Competed in the 5,000 meters at the NCAA Outdoor Championships, earning All-American honors with a 19th-place finish ... Finished fifth in the 5,000 meters at the West Regional to automatically qualify for the NCAA Championships ... Clocked a season-best 14:04.0 in the 5,000 meters at

the Stanford Invitational ... Indoors, ran a season-best 14:08.08 in the 5,000 meters to finish eighth at the MPSF Championships.

2005 Track & Field Season: Redshirted.

International Competition: Competed for the United States at the 2005 World Junior Cross Country Championship in France, finishing 50th over the 8,000 meter course.

High School: A 2004 graduate of John Jay High School ... Two-time New York State high school two-mile champion ... 2003 indoor state champion in the 1,600 meters ... A member of the state championship 4 x 800 meter relay team in 2004 ... 2004 Gatorade New York State Runner of the Year ... Footlocker National Championship finalist as a junior ... High school All-American in the two-mile ... New York cross country individual champion in 2002 ... 2002 New York State Cross Country Runner of the Year.

Cardinal Catalogue: Human Biology major ... Parents are Ken and Christine DeVries ... 2005 Pac-10 All-Academic cross country selection ... Also a 2006 Pac-10 All-Academic Honorable mention choice in track and field ... Born February 17, 1986.



Michael Garcia

Senior/Junior (ath) • Middle Distances • Santa Fe, NM

**** Two-Time All-American ****



Collegiate Career Best

800 meters: 1:49.61i

800 meters: 1:48.8

Stanford: A two-time All-American whose versatility has been a valuable resource for the distance squad ... Competed for the 2005 and 2006 cross country teams ... Has been a solid postseason performer for the Cardinal and will continue to lead the middle distance crew in 2007.

2006 Track & Field Season (Sophomore): Competed in the 800 meters at the 2006 NCAA Outdoor Championships, logging a season-best 1:48.9 in the prelim ... Ran a career-best 1:48.5 in the 800 meters at the NCAA West Regional for sixth place ... Indoors, gained All-American honors as a member of the distance medley relay team that finished eighth at the NCAA Indoor Championships ... Ran a season-best and team-best 1:50.16 in the 800 meters at the

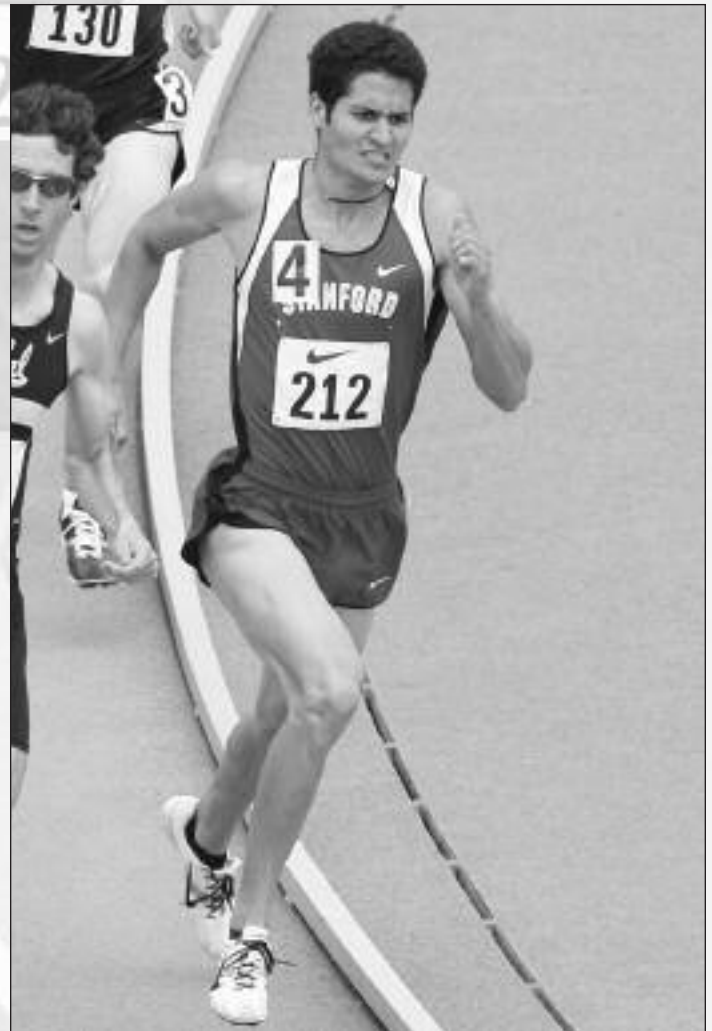
MPSF Championships.

2005 Track & Field Season (Freshman): Ran a season-best 1:50.85 in the 800 meters at the Big Meet ... Indoors, earned his first All-American honor as a member of the distance medley relay team that finished fourth at the 2005 NCAA Indoor Championships ... Finished seventh in the 800 meters at the MPSF Championships ... Ran a season-best 1:50.82 at the New York Armory Invitational.

2004 Track & Field Season: Redshirted.

High School: A 2003 graduate of Santa Fe High School in Santa Fe, NM ... Two-time New Mexico State high school champion in the 800 meters ... 2002 state champion and state meet record-holder in the 400 meters (48.10) ... Named the 2003 New Mexico and Gatorade Track Athlete of the Year, as well as the 2003 Santa Fe High School Athlete of the Year.

Cardinal Catalogue: Biological Sciences ... Parents are Anthony and Antoinette Garcia ... 2006 USTFCCCA All-Academic Track and Field Team member ... 2005 Pac-10 All-Academic track and field selection ... Also a 2006 Pac-10 All-Academic Honorable Mention selection in track and field ... Born May 23, 1985.



Jacob Gomez

Senior • Distances • Klamath Falls, OR

**** All-American ****



Collegiate Career Bests

1500 meters: 3:43.37

3000 meters: 7:55.26i

5000 meters: 13:56.77

Stanford: An All-American and competitor with great range ... Helped the Cardinal distance squad to a fourth-place trophy at the 2006 NCAA Cross Country Championship ... Logged six top-ten finishes as a member of the cross country team ... Has gained valuable experience as a postseason competitor for the Cardinal track and cross country teams and will bring leadership and reliability to the 2007 track and field team.

2006 Track & Field Season (Junior): Finished seventh in the 5,000 meters at the 2006 Pac-10 Championships ... Also ran a season-best 3:53.4 in the 1,500 meters at the Stanford Invitational ... Indoors, finished tenth in the 3,000 meters at the NCAA Indoor Championships to earn his first All-American honor ... Ran a season-best and team-best 7:55.26 to claim the 3,000 meters at the MPSF Championships.

2005 Track & Field Season: Redshirted.

2004 Track & Field Season (Sophomore): Competed in the 5,000 meters at the NCAA Outdoor Championships ... Finished sixth in the 5,000 meters at the NCAA West Regional ... Ran a career-best 13:56.77 in the 5,000 meters at the Stanford Invitational A Pac-10 Championship finalist in the 1,500 meters ... Also ran a career-best and regional qualifying time of 3:43.37 in the 1,500 meters at the Cardinal Invitational ... Ran a season-best of 8:08.36 in the 3,000 meters indoors.

2003 Track & Field Season (Freshman): Finished eighth in the 1,500 meters at the Pac-10 Championships ... Ran a season-best of 3:47.20 in the 1,500 meters at the Oracle U.S. Open.

High School: A 2002 graduate of Klamath Union High School in Klamath Falls, OR ... 2001 and 2002 Oregon state high school champion in the 3,200 meters ... 2002 Golden West champion in the 3,200 meters ... Ran the third-fastest two-mile time (8:55.84) in the nation as a senior ... 2001 Oregon state runner-up in cross country ... Finished 10th at the Footlocker Nationals.

Cardinal Catalogue: Human Biology major ... Parents are Gabriel and Sydne Gomez ... 2004 Pac-10 All-Academic track and field selection, as well as a 2006 Pac-10 All-Academic Honorable Mention choice in track and field ... Named to the 2003, 2004 and 2006 Pac-10 All-Academic Cross Country Teams ... Born November 26, 1983.



Brett Gotcher

Senior • Distances • Watsonville, CA

**** All-American ****



Collegiate Career Bests

1500 Meters: 3:47.91

3000 Meters: 8:10.54i

5000 Meters: 14:10.28

5000 Meters: 14:04.66i

10,000 Meters: 28:57.19

Stanford: An All-American and long distance specialist with experience at all distances ... Helped the Cardinal distance squad to a fourth-place trophy at the 2006 NCAA Cross Country Championship ... Also a member of the 2003 cross country team that claimed the national title ... A postseason veteran who will be looked upon for leadership in 2007.

2006 Track & Field Season (Junior): Earned his first All-American honor with a 12th-place finish in the 10,000 meters at the 2006 NCAA Outdoor Championships ... Finished fourth in the 10,000 meters at the Pac-10 Championships ... Logged a season-best 28:57.19 in the 10,000 meters at the Stanford Invitational ... Indoors, ran a

season-best 14:04.66 in the 5,000 meters at the MPSF Championships.

2005 Track & Field Season (Sophomore): Competed in the 10,000 meters at the NCAA Outdoor Championships ... Finished sixth in the 10,000 meters at the Pac-10 Championships ... Ran a season-best 28:59.27 in the 10,000 meters at the Stanford Invitational.

2004 Track & Field Season (Freshman): Competed in the 10,000 meters at the NCAA Championships ... Placed seventh in the 5,000 meters at the NCAA West Regional ... Finished seventh in the 10,000 meters at the Pac-10 Championships ... Ran a career-best 29:11.07 in the 10,000 meters at the Stanford Invitational, the fifth-best time in Stanford history ... Indoors, finished fourth in the 5,000 meters at the MPSF Championships.

2003 Track & Field Season: Redshirted the outdoor season ... Indoors, finished fourth in the 5,000 meters at the MPSF Championships and ran 8:10.75 for 3,000 meters.

International Competition: Gold medalist in the 10,000 meters at the 2003 Junior Pan Am Games in Barbados ... Finished fourth at the 2003 U.S. Junior National Cross Country Championships to qualify for the IAAF World Junior Cross Country Championships in Lausanne, Switzerland.

High School: A 2002 graduate of Aptos High School ... Two-time Central Coast Section champion in cross country ... 2000 Footlocker Cross Country Nationals finalist ... Finished third in the 10,000 meters at the 2002 Junior National Championships ... Ran the fifth-fastest two-mile in the nation as a senior at Aptos High School.

Cardinal Catalogue: Psychology major ... Parents are Terry and Loree Gotcher ... 2004 and 2005 Pac-10 All-Academic track and field selection ... Four-time (2003, 2004, 2005 and 2006) Pac-10 All-Academic cross country selection ... Born September 1, 1984.



Garrett Heath

Junior/Sophomore (ath) • Distances • Winona, MN

**** All-American ****



Collegiate Career Bests

1500 Meters: 3:51.86

Mile: 4:03.32i

3000 Meters: 8:01.96

5000 Meters: 14:09.33

Stanford: A postseason competitor for the Cardinal who can compete at all distances ... Stanford's second finisher on the distance squad that claimed the fourth-place trophy at the 2006 NCAA Cross Country Championships ... Has been a valuable asset indoors and will continue to improve in just his second outdoor season in 2007.

2006 Track & Field Season (Freshman): Finished ninth in the 5,000 meters at the NCAA West Regional ... Recorded a season-best 14:09.33 in the 5,000 meters at the Mt. SAC Relays ... Indoors, earned his first All-American honor as a member of the distance medley relay team that finished eighth at the 2006 NCAA Indoor

Championships ... Anchored the distance medley relay team that captured the MPSF title ... Logged a season-best 4:03.32 in the mile at the Arkansas Tyson Invitational.

2005 Track & Field Season: Redshirted the outdoor season ... Indoors, finished sixth in the 3,000 meters at the MPSF Championships.

High School: A 2004 graduate of Winona Senior High School in Winona, MN ... 2003 and 2004 Minnesota state mile and two-mile champion ... Top-10 finisher at the Footlocker National Championships as a junior and senior ... Two-time Minnesota state cross country champion as a junior and senior ... Also a two-time Minnesota state champion in Nordic skiing.

Cardinal Catalogue: Undeclared major ... Parents are Bob and Linda Heath ... 2006 USTFCCA All-Academic Track and Field Team member ... Also selected to the 2006 Pac-10 All-Academic Track and Field and Cross Country Teams ... Born November 3, 1985.



Jonathan Pierce

Senior • Distances • Ogdensburg, NY

**** All-American ****



Collegiate Career Bests

1500 Meters: 3:45.95

3000 Meters: 8:04.21

3000 Meters: 7:59.19i

3000 Meter steeplechase: 8:40.72

5000 Meters: 13:56.35

10000 Meters: 28:54.58

Stanford: One of the best steeplechasers in Stanford history with the fourth fastest time and freshman school record ... Helped lead the Cardinal to a fourth-place trophy at the 2006 NCAA Cross Country Championships, tallying eight top-10 finishes during his time with the cross country squad ... A postseason veteran for Stanford in both cross country and track who will anchor a talented distance squad in 2007.

2006 Track & Field Season (Junior): Earned his first All-American honor with a seventh-place finish in the 3,000 meter steeplechase at the NCAA Outdoor Championships, logging a career best time of

8:40.72 ... Recorded a seventh-place finish in the 3,000 meter steeplechase at the NCAA West Regional ... Finished third in the 3,000 meter steeplechase at the Pac-10 Championships ... Also recorded the team's fastest 5,000 meter time of 13:56.35 at the Payton Jordan Cardinal Invitational ... An NCAA provisional qualifier in the 10,000 meters after running the team's second fastest time of the year in 28:54.58 at the Stanford Invitational ... Indoors, finished third in the 3,000 meters at the MPSF Championships in a season-best 7:59.19.

2005 Track & Field Season (Sophomore): Finished ninth in the 3,000 meter steeplechase at the NCAA West Regional in a season-best 8:45.84 ... An NCAA West Regional qualifier in both the 3,000 meter steeplechase and the 5,000 meters after placing sixth in the steeplechase at the Pac-10 Championships ... Indoors, finished seventh in the 3,000 meters at the MPSF Championships.

2004 Track & Field Season (Freshman): Set a freshman school record in the 3,000 meter steeplechase with a career best of 9:00.35 at the NCAA West Regional ... Finished eighth in the 3,000 meter steeplechase at the Pac-10 Championships ... Ran a season-best 14:13.72 in the 5,000 meters at the Stanford Invitational ... Indoors, finished fifth in the 5,000 meters at the MPSF Championships.

2003 Track and Field Season: Redshirted.

High School: A 2006 graduate of Lisbon Central High School ... 2002 New York state high school champion in the 1,600 meters and 3,200 meters ... 2001 Footlocker Nationals cross country finalists ... Runner-up at the state cross country championship as a senior ... 2002 New York State Senior Runner of the Year.

Cardinal Catalogue: Human Biology major ... Parents are Paul and Susan Pierce ... 2003 Pac-10 All-Academic cross country selection ... Born September 3, 1983.



Michael Robertson

Senior • Throws • Beebe, AR

**** Three-Time All-American ****

**** NCAA Champion ****



Collegiate Career Bests

Discus: 212-11 (64.89m)

Hammer: 180-2 (54.92m)

Shot Put: 52-1 3/4 (15.89m)

Shot Put: 59-4 1/4 (18.09m)

Weight Throw: 59-4 1/4 (18.09m)

Stanford: A two-time All-American who redshirted the 2006 season ... After coming to The Farm from Southern Methodist University, became the first Stanford athlete in 40 years to win the national championship in the discus in 2005 ... A highly accomplished athlete with international experience who will help lead the Cardinal to the championship season in 2007.

2006 Track & Field Season: Redshirted.

2005 Track & Field Season: Earned his third All-American honor after capturing the 2005 NCAA title in the discus with a throw of 202-

5 (61.70m) ... Also claimed the NCAA West Regional and Pac-10 Conference championships in the discus ... The 2005 Big Meet champion in the discus ... Also placed third in the discus at the Payton Jordan U.S. Open and fifth at the Mt. SAC Relays ... Finished seventh in the discus at the 2005 U.S. Outdoor Track & Field Championships.

Southern Methodist: Finished third in the discus with a best of 195-2 (59.48m) at the 2004 NCAA Outdoor Championships to earn All-American honors ... Also finished third in the discus at the 2003 NCAA Outdoor Championships to earn his first All-American honor ... Competed in the discus at the 2004 U.S. Olympic Trials, finishing seventh with a throw of 194-05 (59.25m) ... Finished 17th in the discus at the 2003 U.S. National Championships.

International Competition: Competed at the 2002 World Junior Track & Field Championships in Kingston, Jamaica after claiming the discus title at the 2002 U.S. Junior National Championships.

High School: Attended the International School of Brussels ... A four-time Arkansas state high school champion in the discus ... Also the 2002 U.S. Junior National champion in the discus after recording a throw of 202-1 (61.61m).

Cardinal Catalogue: Economics major ... Parents are George and Deborah Robertson ... Born December 19, 1983



Rolf Steier

Senior • Distances • Temple Terrace, FL

** All-American **



Collegiate Career Bests

800 Meters: 1:55.32

1500 Meters: 3:45.08

3000 Meters: 8:08.16i

5000 Meters: 14:12.56

Stanford: A solid competitor for the Cardinal in both cross country and track ... Earned his first All-American honor last season after battling back from injuries ... A member of the Cardinal Cross Country team that finished fourth at the 2006 NCAA Championships ... Will help lead a talented distance squad in 2007.

2006 Track & Field Season (Junior): Earned his first All-American honor with a tenth-place finish at the 2006 NCAA Outdoor Track & Field Championships, logging a season-best 3:45.08 ... Finished fourth in the 1,500 meters at the NCAA West Regional ... Also logged a season-best 14:12.56 in the 5,000 meters at the Stanford

Invitational.

2005 Track & Field Season (Sophomore): Ran a season-best 3:51.25 in the 1,500 meters at the Big Meet ... Ran a season-best 4:16.28 mile at the Brutus Hamilton Invitational ... Logged a season-best in the 5,000 meters (14:35.59) at the Cardinal Invitational.

2004 Track & Field Season (Freshman): Ran a season-best 3:52.98 in the 1,500 meters to finish fifth at the Big Meet ... Qualified for the Pac-10 Championships in the 5,000 meters.

2003 Track & Field Season: Redshirted ... A finalist in the 1,500 meters at the U.S. Junior National Championships.

International Competition: Represented the United States in the 1,500 meters at the 2001 World Youth Championships in Debrecen, Hungary, finishing eighth in the final.

High School: A 2002 graduate of Berkeley Preparatory School ... 2001 and 2002 Florida state high school champion in the 1,600 meters and 3,200 meters ... 2002 indoor All-American in the 3,200 meters ... Represented the U.S. in the 1,500 meters at the World Youth Games ... Three-time state champion in cross country.

Cardinal Catalogue: Engineering major ... Parents are Frederick Steier and Jane Jorgensen ... Named to the 2006 USTFCCCA All-Academic Track and Field Team ... 2004 and 2006 Pac-10 All-Academic track and field selection ... Also earned 2006 Pac-10 All-Academic honors in cross country ... Born June 7, 1984.





Kevin Bickham

Senior/Junior (ath) • Distances • Oceanside, CA

Collegiate Career Bests

1500 Meters: 3:59.74

5000 Meters: 15:23.21

2006 Track & Field Season (Junior): Recorded a season-best 4:00.63 in the 1,500 meters at the Payton Jordan Cardinal Invitational ... Also ran a season-best 15:23.21 in the 5,000 meters at the Stanford Invitational.

2005 Track & Field Season (Sophomore): Ran a season-best time of 3:59.74 in the 1,500 meters at the Big Meet ... Recorded a season-best 4:27.98 mile at the Brutus Hamilton Invitational.

2004 Track & Field Season (Freshman): Did not compete.

High School: A 2003 graduate of El Camino High School ... Four-time North Country Scholar-Athlete ... Competed in the California State Championship in 2003 ... Founded the Running Club at El Camino High School.

Cardinal Catalogue: Mechanical Engineering and Product Design major ... Parents are Eddie and Karen Bickham ... Born June 14, 1985.



Kevin Bickham



Myles Bradley

Sophomore • Hurdles/Jumps • Norwich, CT

Collegiate Career Bests

60 Meter Hurdles: 8.03i

110 Meter Hurdles: 14.36

Long Jump: 23-0 1/2i (7.02m)

Long Jump: 22-11 3/4 (7.00m)

2006 Track & Field Season (Freshman): The Cardinal's top 110 meter hurdler with a season-best 14.36 at the Stanford Invitational to establish a freshman school record ... Indoors, finished fourth in the 60 meter hurdles at the MPSF Championships ... Ran a season-best at the Washington Invitational of 8.03 in the 60 meter hurdles to tie the school record.

High School: A 2005 graduate of Norwich Free Academy in Norwich, CT ... Recorded career-bests of 13.9 in the 110 meter hurdles, 49-4 1/2 (15.04) in the triple jump, and 24-2 1/4 (7.37) in the long jump.

Cardinal Catalogue: Undeclared major ... Parents are Susan Bynum and James Bradley ... Born October 2, 1986.



Myles Bradley



Kyle Davis-Hammerquist

Junior/Sophomore (ath) • Throws • Berkeley, CA

Collegiate Career Bests

Discus: 153-6 (46.78)

Hammer: 172-0 (52.44m)

2006 Track & Field Season (Sophomore): Recorded a season-best throw of 153-6 (46.78m) in the discus at California ... Threw the hammer at the Stanford Spring Opener for a season best 172-0 (52.44m).

2005 Track & Field Season (Freshman): Redshirted.

High School: A 2003 graduate of The Webb School ... A 2003 and 2004 California State Championships finalist in the discus ... Competed in the discus at the 2003 World Youth Championship ... Threw a career best of 196-5 (59.86m) in the discus as a senior.

Cardinal Catalogue: Undeclared major ... Parents are Mike Hammerquist and Olive Davis ... Born April 15, 1986.



Kyle Davis-Hammerquist



Ben Dickens

Junior • Pole Vault • Parkland, FL

Collegiate Career Bests

Pole Vault: 16-0 3/4 (4.90m)

2006 Track & Field Season (Sophomore): Posted a season-best 16-0 3/4 (4.90m) in the pole vault at the Payton Jordan Cardinal Invitational.

2005 Track & Field Season (Freshman): Recorded a season-best 16-0 3/4 (4.90m) mark in the pole vault at the Johnny Mathis Invitational, the Big Meet and the Cardinal Invitational.

High School: A 2004 graduate of Stoneman Douglas High School ... The 2004 Florida state high school champion in the pole vault ... Owns the Florida state record in the pole vault.

Cardinal Catalogue: Management Science and Engineering major ... Parents are Harold and Linda Dickens ... Born August 18, 1986.



Ben Dickens



Sean Drake

Senior • Middle Distances • San Francisco, CA

Collegiate Career Bests

800 Meters: 1:53.36i

1500 Meters: 3:51.61

2006 Track & Field Season (Junior): A member of the distance medley relay team that posted a time of 9:52.70 at the Washington Invitational.

2005 Track & Field Season (Sophomore): Ran a season-best 1:54.55 in the 800 meters and a season-best 4:16.51 in the mile at the Brutus Hamilton Invitational ... Recorded a career-best 3:51.61 in the 1,500 meters at the Cardinal Invitational.

2004 Track & Field Season (Freshman): Ran a season-best 3:51.78 in the 1,500 meters at the Golden Bear Qualifier.

High School: A 2003 graduate of University High School ... Finished third in the 1,600 meters at the 2002 California State Championships ... Finished seventh in the 1,500 meters at the 2002 U.S. Junior National Championships ... A 2002 Junior All-American in the 1,500 meters.

Cardinal Catalogue: Science, Technology & Society major ... Parents are Michael and Brenda Drake ... Born March 21, 1984.



Sean Drake



Jacob Evans

Junior/Sophomore (ath) • Middle Distances • Watsonville, CA

Collegiate Career Bests

800 Meters: 1:53.52

800 Meters: 1:53.80i

1500 Meters: 3:51.78

2006 Track & Field Season (Sophomore): Ran a season-best 3:51.78 in the 1,500 meters at the Pac-10 Championship ... Recorded a season-best 1:53.52 in the 800 meters at the Stanford Invitational ... A member of the 1,600 meter relay team that posted a season-best 3:18.03 at California ... Indoors, posted a season-best 1:53.80 in the 800 meters at the MPSF Championship ... A member of the distance medley relay team that ran a season-best 9:48.39 at the Washington Invitational.

2005 Track & Field Season (Freshman): Redshirted.

High School: A 2004 graduate of Aptos High School ... A two-time Central Coast Section (CCS) high school champion in the 800 and 1,600 meters ... A four-time league champion in the 800 meters.

Cardinal Catalogue: Human Biology major ... Parents are Jim Petralia and Jennifer Evans-Lee ... Born January 3, 1986.



Jacob Evans



Eric Giddings

Sophomore/Freshman (ath) • Distances • South Portland, ME

2006 Track & Field Season: Redshirted.

High School: A 2005 graduate of South Portland High School ... 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 3,200 meters in indoor and outdoor track ... Four-time state champion in the 1,600 meters in indoor and outdoor track ... Helped lead his squad to the Maine state indoor and outdoor track titles in 2002 ... New England 3,200 meter champion in outdoor track during his senior season ... Voted Runner of the Year in the Southern Maine Athletic Association.

Cardinal Catalogue: Undeclared major ... Parents are Sharon Belisle and Larry Giddings ... Born April 20, 1987.



Alex Greenburg

Sophomore • Middle Distances • Upland, CA

Collegiate Career Bests

800 Meters: 1:54.96

800 Meters: 1:52.07i

2006 Track & Field Season: Competed in the USA Junior Outdoor Track and Field Championships ... Indoors, registered a season-best time of 1:52.07 in the 800 meters at the MPSF Championships.

High School: A 2005 graduate of Upland High School ... The mile record-holder for Upland High School during his sophomore and senior seasons ... A member of the championship 4x800 meter relay team at the 2004 Arcadia Invitational.

Cardinal Catalogue: Undeclared major ... Parents are Linda Bosserman and Roger Greenburg (deceased), and Ted Piatt (stepfather) ... Born June 1, 1987.



Donell Hill

Sophomore • Pole Vault • Mobile, AL

Collegiate Career Bests

Pole Vault: 16-7 1/4 (5.06m)

2006 Track & Field Season (Freshman): Posted a season-best 16-7 1/4 (5.06m) in the pole vault finals at the NCAA West Regional and at the USATF Junior Nationals to earn fourth place... Also a finalist in the pole vault at the Pac-10 Championships.

High School: A 2005 graduate of UMS Wright Preparatory ... 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: Drama major ... Parents are Norman and Linda Hill ... Born March 7, 1987.



Graeme Hoste

Junior • Pole Vault • Claremont, CA

Collegiate Career Bests

Pole Vault: 18-1 (5.51m)

Pole Vault: 17-7 3/4i (5.38m)

2006 Track & Field Season (Sophomore): Advanced to the NCAA Indoor and Outdoor Championships in the pole vault ... Recorded a season-best 18-1 (5.51m) in the pole vault to finish third at the NCAA West Regional ... Indoors, posted a season-best 17-7 3/4 (5.38m) in the pole vault at the Frank Sevine Husker Invitational.

2005 Track & Field Season (Freshman): Stanford's top performer in the pole vault ... Recorded a season-best 16-6 3/4 (5.05m) at the Cardinal Invitational to qualify for the NCAA West Regional.

High School: A 2004 graduate of Claremont High School ... Had the fifth highest pole vault performance in the nation in 2004.

Cardinal Catalogue: Earth Science major ... Parents are Jim Hoste and Mary Gauvain ... Born May 1, 1986.



Graeme Hoste



Josh Hustedt

Junior • Multi-Events • Sandy, UT

Collegiate Career Bests

Decathlon: 7,070 points	Heptathlon: 5,359 points (i)
60 Meters: 7.17i	60 Meter Hurdles: 8.31i
100 Meters: 11.04	110 Meter Hurdles: 14.57
400 Meters: 50.10	High Jump: 6-4 1/4i (1.94m)
High Jump: 6-6 (1.98m)	Long Jump: 23-8i (7.21m)
Long Jump: 24-6 1/2 (7.48m)	Pole Vault: 14-11 1/2i (4.56m)
Pole Vault: 15-5 (4.70m)	Shot Put: 34-10 1/4i (10.62m)
Shot Put: 37-2 1/2 (11.34m)	Discus: 116-4 (35.47m)
Javelin: 156-10 (47.80m)	

Record Book: Set the Stanford indoor record in the heptathlon (5,359 points) in 2006.

2006 Track & Field Season (Sophomore): Finished fourth in the decathlon at the Pac-10 Championships ... Also the Cardinal's top high jumper with a season-best 6-6 (1.98m) at the Pac-10 Decathlon Championship ... Ran a season-best 11.04 in the 100 meters at the Texas Relays and a season-best 14.57 in the 110 meter hurdles at California ... The Cardinal's top long jumper with a season-best 24-6 1/2 (7.48m) at the NCAA West Regional ... Recorded a season-best 15-5 (4.70m) in the pole vault at the Texas Relays ... At the MPSF Championships posted a season-best and indoor school record with 5,359 points ... Recorded a season-best 7.17 in the 60 meters at the MPSF Championship ... The top long jumper for the Cardinal with a season-best 23-8 (7.21m) at the Frank Sevigne Husker Invitational ... Posted a season-best 14-11 1/2 (4.56m) in the pole vault at the MPSF Championship.

2005 Track & Field Season: Did not compete (Mormon Mission).

2004 Track & Field Season: Did not compete (Mormon Mission).

2003 Track & Field Season (Freshman): Tallied a season-best time in the 110 meter hurdles (15.07) at the Stanford Spring Opener ... Recorded a season-best mark 6-4 1/4 (1.94m) in the high jump at the Cal Invitational Decathlon Championships ... Registered a season-best mark in the long jump with 22-3 at the UC Multi-Events and a season-best mark of 12-11 1/2 (3.95m) in the pole vault at the Big Meet ... Collected a season-best 5,727 points in the decathlon at the California Invite Decathlon Championships ... Recorded a season-best time in the 100 meters (11.67), the 400 meters (53.35) and the 1,500 meters (5:03.04) at the Cal Invitational Decathlon Championships.

High School: A 2002 graduate of Jordan High School ... 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 champion runner up in the 110 meter high hurdles.

Cardinal Catalogue: Human Biology major ... Parents are Barry and Linda Hustedt ... Born June 1, 1984.



Josh Hustedt



Lauren Jespersen

Senior/Junior (ath) • Middle Distances • Klamath Falls, OR

Collegiate Career Bests

800 Meters: 1:51.73i	800 Meters: 1:54.27
1500 Meters: 3:48.31	Mile: 4:00.99i
3000 Meters: 8:14.66i	5000 Meters: 14:36.56

2006 Track & Field Season (Sophomore): Competed in the 1,500 meters at the Pac-10 and NCAA West Regional Championships ... Posted a season-best 1:54.27 in the 800 meters at the Stanford Invitational ... Recorded a season-best 3:48.31 in the 1,500 meters at the Stanford Invitational ... Indoors, ran a season-best 4:03.51

mile at the Washington Last Chance Invitational ... A member of the distance medley relay team that posted a season-best 9:52.70 at the Washington Invitational.

2005 Track & Field Season (Freshman): Advanced to the NCAA Indoor Championships after running a season-best 4:00.99 in mile at the Washington Last Chance Indoor Qualifier ... Recorded a season-best 3:49.75 in the 1,500 meters at the Big Meet ... Ran a personal best 14:36.56 in the 5,000 meters at the Mt. SAC Relays.

2004 Track & Field Season: Redshirted.

High School: A 2003 graduate of Klamath Union High School ... Won the 2002 Oregon state high school title in the 1,500 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 ... A Second-Team All-American selection and two-time First Team All-West.

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



Lauren Jespersen



Mark Kogan

Sophomore/Freshman (ath) • Throws • Olympia, WA

2006 Track & Field Season: Redshirted.

High School: A 2005 graduate of Capital High School ... 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.



Oluwadare Kolawole

Sophomore/Freshman (ath) • High Jump • Reston, VA

2006 Track & Field Season: Did not compete.

High School: A 2005 graduate of The Potomac School ... Earned letters in football, track and soccer ... Captained the track squad as a junior and senior ... An All-State honoree in 2005 ... A two-time All-MAC honoree.

Cardinal Catalogue: Undeclared major ... Parents are Dr. Joshua and Veda Kolawole ... Born January 11, 1987 in Schenectady, NY.



Elliot Luscombe

Sophomore • Sprints • Plattsburgh, NY

Collegiate Career Bests

400 Meters: 50.42

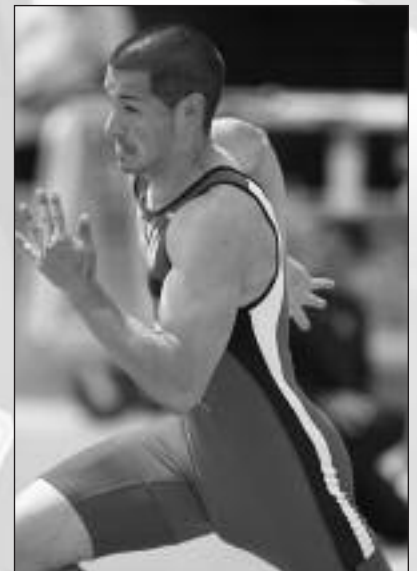
400 Meters: 49.86i

800 Meters: 1:54.66i

2006 Track & Field Season (Freshman): Posted a season-best 50.42 in the 400 meters at Big Meet ... A member of the 4x400 meter relay team that posted a season-best 3:18.03 at Big Meet ... Indoors, he was the Cardinal's top 400 meter runner with a season-best 49.86 at the Frank Sevigne Husker Invitational ... A member of the 4x400 meter relay team that ran a season-best 3:18.04 at the MPSF Championship.

High School: A 2005 graduate of Plattsburgh High School ... 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 ... Recorded 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.



Elliot Luscombe



Michael Macellari

Senior/Junior (ath) • Throws • Granger, IN

Collegiate Career Bests

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

Discus: 148-2 (45.17m)

2006 Track & Field Season (Sophomore): Stanford's top performer in the shot put, recording a season-best 53-11 1/4 (16.44m) at the Pacific-10 Conference Championship ... Posted a season-best 148-2 (45.17m) in the discus at the Payton Jordan Cardinal Invitational.

2005 Track & Field Season (Freshman): An NCAA qualifier in the shot put after finishing ... Posted a mark of 55-4 3/4 (16.88m) in the shot put at the Stanford

Invitational to lead the Cardinal throwers ... Finished eighth at the Pac-10 Championships in the shot put with a throw of 53-9 3/4 (16.40m).

2004 Track & Field Season: Redshirted.

High School: A 2003 graduate of Clay High School ... A two-time Indiana state high school 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 109-4 (58.01m).

Cardinal Catalogue: English major ... Parents are Paul and Karen Macellari ... Born July 8, 1984.



Michael Macellari



John McGuire

Sophomore/Freshman (ath) • Middle Distances • Golden, CO

2006 Track & Field Season: Redshirted.

High School: A 2005 graduate of D'Evelyn High School ... Set the 4A Colorado state record in the 800 meters (1:51.91) ... Won seven individual Colorado state track titles ... Led the 4x800 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 1,600 meters ... A three-time Colorado state cross country champion ... Finished fourth at the Footlocker National Cross Country Championship to earn All-American honors... Led his team to three state cross country championships.

Cardinal Catalogue: Undeclared major ... Parents are Robin and Rose McGuire ... Born December 31, 1986.



Hari Mix

Junior/Sophomore (ath) • Distances • Charlottesville, VA

Collegiate Career Bests

3000 Meters: 8:11.06i

5000 Meters: 14:03.49

5000 Meters: 14:04.44i

10,000 Meters: 28:58.90

2006 Track & Field Season (Freshman): Placed fifth in the Pac-10 in the 10,000 meters ... Advanced to the NCAA Outdoor Championships in the 10,000 meters ... Placed fifth in the 10,000 meters at the Pac-10 Championships ... Recorded a season-best 14:03.49 in the 5,000 meters at the Payton Jordan Invitational ... Posted a season-best 28:58.90 in the 10,000 meters ... Indoors, ran a season-best

8:11.34 in the 3,000 meters at the Arkansas Tyson Invitational ... Posted a season-best 14:04.44 in the 5,000 meters to finish sixth at the MPSF Championship.

2005 Track & Field Season: Redshirted.

High School: A 2004 graduate of Abermarle High School ... The 2004 Virginia state high school indoor champion in the 3,200 meters ... Named a Nike Indoor All-American in the two-mile ... The Virginia Cross Country Runner of the Year during his senior season.

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.



Chris Mocko

Junior/Sophomore (ath) • Distances • McLean, VA

Collegiate Career Bests

3000 Meter Steeplechase: 9:32.97

2006 Track & Field Season (Freshman): Ran a season-best 9:32.97 in the 3,000 meter steeplechase at California ... Posted a season-best 15:08.98 in the 5,000 meters at the Stanford Invitational.

2005 Track & Field Season: Redshirted.

High School: A 2004 graduate of Thomas Jefferson High School in McLean, VA ...

A six-time all-state performer ... Led his squad to a team championship at the 2002 Virginia High School Cross Country State Championship ... A member of Thomas Jefferson's distance medley relay team that earned outdoor All-American honors in 2004 ... Also a member of the 4 x mile relay team that earned indoor All-American honors during the 2002-2003 season.

Cardinal Catalogue: Management Science and Engineering major ... Parents are Paul and Madeline Mocko ... Born March 6, 1986.



John McGuire



Hari Mix



Chris Mocko



Tunji Munabi

Sophomore • Sprints/Jumps • McLean, VA

Collegiate Career Bests

Triple Jump: 44-3 1/2 (13.50m) Long Jump: 24-1 1/2 (7.35m)

Long Jump: 23-4 1/2i (7.12m)

2006 Track & Field Season (Freshman): Indoors, recorded a season-best 23-4 1/2 (7.12m) in the long jump ... Qualified for the NCAA West Regional ... A Pac-10 and U.S. Junior National Championship finalist in the long jump.

High School: A 2005 graduate of St. Paul's School ... The ISL long and triple jump champion in 2004 and 2005 ... New England Prep School Track Association long jump champion in 2004 and 2005 ... NEPSTA triple jump champion in 2005 ... An All-American long jumper at the 2005 USA Junior National Championship ... A four-year letterwinner in track and soccer, and a three-year letter winner in basketball.

Cardinal Catalogue: An 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.



Tunji Munabi



Feranmi Okanlami

Senior • Jumps • Granger, IN

Collegiate Career Bests

Triple Jump: 51-4 1/2 (15.66m) Triple Jump: 51-7 1/4i (15.73m)

Long Jump: 23-2 1/2 (7.07m) Long Jump: 22-4 1/4i (6.81m)

2006 Track & Field Season (Junior): Posted a season-best 6-4 (1.93m) in the high jump at the Payton Jordan Cardinal Invitational ... Recorded a season-best 23-2 1/2 (7.07m) in the long jump at Big Meet ... Posted a season best 51-4 1/2 (15.66m) in the triple jump at the Texas Relays ... Indoors, advanced to the NCAA Championships in the triple jump ... Posted a season-best 51-7 1/4 (15.73m) in the

triple jump at the Washington Last Chance Qualifier.

2005 Track & Field Season (Sophomore): Recorded a season-best 50-3 1/4 (15.32m) in the triple jump at the Sacramento State Open to qualify for the NCAA Regional Championships ... Also tallied a season-best 22-7 1/4 (6.89m) in the long jump at the same meet.

2004 Track & Field Season (Freshman): Finished 11th in the triple jump and long jump at the Pac-10 Championships ... Placed fifth in the triple jump at the U.S. Junior National Championships with a career best of 49-11 3/4 (15.23m) ... Was fourth in the triple jump at the Big Meet with a leap of 49-3 1/2 (15.02m) ... Had a season best of 22-5 1/4 (6.84m) in the long jump.

High School: A 2003 graduate of The Deerfield Academy ... Competed in the triple jump, long jump, and high jump ... Also played basketball.

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



Daniel Schaerer

Junior • Throws • San Diego, CA

Collegiate Career Bests

Discus: 185-3 (56.46m)

2006 Track & Field Season (Sophomore): Threw the discus for a season-best 185-3 (56.46m) at the Stanford Invitational ... Placed 10th at the West Regionals with a 55.21 meter throw ... Placed fifth at the Pac-10 Championships with a 56.20 meter throw.

2005 Track & Field Season (Freshman): Recorded an NCAA qualifying throw of 176-0 (53.65m) in the discus at the Rafer Johnson Invitational ... Finished eighth in the discus at the Pac-10 Championships with a throw of 173-0 (52.74m).

High School: A 2004 graduate of The Bishop's School ... 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

Junior/Sophomore (ath) • Throws • Mechanicsburg, PA

Collegiate Career Bests

Shot Put: 52-10 3/4 (16.12m) Shot Put: 51-10i (15.80m)

Discus: 162-7 (49.55m)

2006 Track & Field Season (Freshman): Threw the discus for a season-best 162-7 (49.55m) at the Rafer Johnson/Jackie Joyner-Kersey Invite, also recording a season-best 52 -10 3/4 (16.12m) in the shot put ... Indoors, posted a season-best in the shot put with a throw of 51-10 (15.80m) at the MPSF Championship.

2005 Track & Field Season: Redshirted.

High School: A 2004 graduate of Cumberland Valley High School ... Finished sixth in the discus at the 2004 Pennsylvania state meet ... Placed fourth in the discus at the Penn Relays as a senior.

Cardinal Catalogue: Undeclared major ... Parents are Gary and Elaine Shughart ... Born December 17, 1985.



Mark Shughart



Forrest Tahdooahnippah

Senior/Junior (ath) • Distances • St. Paul, MN

Collegiate Career Bests

5000 meters: 14:10.86 10,000 meters: 29:35.95

2006 Track & Field Season (Sophomore): Ran a season-best 14:36.57 in the 5,000 meters at the Mt. SAC Relays ... Recorded a season-best 29:35.95 in the 10,000 meters at the Stanford Invitational.

2005 Track & Field Season (Freshman): Qualified for the NCAA Regional Championships with a time of 14:10.86 in the 5,000 meters at the Cardinal Invitational ... Posted an NCAA provisional time in the 10,000 meters (29:36.11)

at the Stanford Invitational ... Finished ninth in the 10,000 meters at the Pac-10 Championships with a time of 30:10.30.

2004 Track & Field Season: Redshirted.

High School: A 2003 graduate of Minneapolis Southwest High School ... 2002 Minnesota state high school champion in the 3,200 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 Tahdooahnippah.



Forrest Tahdooahnippah



Daniel Belch

Freshman • Sprints • San Diego, CA

High School: A 2006 graduate of Torrey Pines High School in San Diego, CA ... Four-time Palomar League Champion ... Helped lead his Torrey Pines squad to two Palomar League team titles ... 2005 First Team All-City as a member of the 4x100 meter team ... Holds school records in the 100 meters (10.72), 200 meters (21.76), 4x100 meters (42.34) and 4x200 meters (1:28.29) ... Captain of the 2006 *San Diego Tribune* All-Academic Team ... 2005 First Team *San Diego Tribune* All-Academic Team.

Cardinal Catalogue: Undeclared major ... Parents are Joe and Gayle Belch ... Brother, Derek, is currently a kicker on the Stanford Football Team; Grandfather, Ray Ceresino, played hockey for the Toronto Maple Leafs; Uncle, Gordy Ceresino, was a linebacker for the Cardinal and the San Francisco 49ers and is a member of the Stanford Hall of Fame; Cousin, Danielle Neault, currently plays field hockey at Pacific; Cousin, Brian Neault, was a catcher at Santa Clara; Cousin, Jessica Ceresino, played soccer at Colorado-Boulder ... Born February 5, 1988.



Richard Cairns

Freshman • Sprints • Ankeny, IA

High School: A 2006 graduate of Wichita Independent School in Wichita, Kans. ... Earned two letters in track and one in football ... Captained both squads as a senior ... State Champion in the 100 meter, 200 meter and 4x100 meter relay as a junior ... State Champion in the 100 meters, 200 meters, 400 meters, and 4x100 meter relay as a senior ... Team MVP as a senior ... Holds school records in the 100 meters, 200 meters, 400 meters and 4x100 meter relay ... Also holds the school record for points in a meet.

Cardinal Catalogue: Computer Science major ... Born May 29, 1988 ... Parents are Richard and Tammy Cairns.



Zach Chandy

Freshman • Sprints • Laguna Beach, CA

International Competition: Captained the USA team to the 2005 IAAF Youth World Championships in Morocco ... Placed fourth in the 400 meters in a time of 47.29 ... Also led his medley relay team a first place finish.

High School: A 2006 graduate of Sage Hill High School in Newport, CA ... 2006 CIF Southern Section Academy League Male Athlete of the Year ... 2006 CIF Southern Section Division IV 200 meter and 400 meter champion ... Placed third in the 400 meters at the 2005 USATF Junior Nationals in Knoxville, TN ... Also the 2005 CIF-SS Division IV champion in the 200 meters and 400 meters, as well as a state finalist in both events ... CIF-SS runner-up in the 200 and 400 meters in 2004 ... Finished second in the 400 meters at the 2004 USATF Junior Olympics ... Three-time Academy League MVP ... Also a four-year letterman in cross country.

Cardinal Catalogue: Undeclared major ... Parents are George and Susan Chandy ... Born February 2, 1988.



Durell Coleman

Freshman • Sprints/High Jump • Rockwall, TX

High School: A 2006 graduate of Rockwall High School in Rockwall, TX ... Four-time TAAF state high jump champion ... Finished fourth in the high jump at the Texas 12-5A State Track and Field Championships, recording the second-highest jump in school history at 6-9 ... Named the 2002 and 2005 TAAF Regional Athlete of the Year ... Holds the school record in the 400 meters and a member of the school record-holding mile relay ... Also a three-year letterwinner in basketball.

Cardinal Catalogue: Undeclared major ... Parents are David and Annette Coleman ... Born June 3, 1988.



Steven Duplinsky

Freshman • Distances • Kensington, MD

International Competition: 2005 U-20 World Triathlon champion ... Placed sixth at the World Junior Elite Duathlon Championships in Belgium.

High School: League record-holder in the 3,200 meters and two-time league champion in the event ... Holds three school records in track and multiple cross country records ... Two-time Maryland/Virginia/D.C. private school cross country champion ... Twice named all-state in cross country ... 2005 Washington Post All-Metropolitan Cross Country Runner of the Year ... Also an accomplished triathlete: 2005 ITU Elite U-20 World Triathlon Champion ... 2005 U.S. National Elite (U-20) Triathlete of the Year ... 2005 Canadian national champion in the triathlon ... 2004 U.S. National Juvenile Elite Triathlete and Duathlete of the Year ... 2004 U.S. National Triathlon champion ... 2004 Canadian national triathlon champion.

Cardinal Catalogue: Undeclared major ... Parents are Bo and Lorraine Duplinsky ... Born June 27, 1987.



Ryan Fisicaro

Freshman • Sprints • Omaha, NE

High School: A 2006 graduate of Creighton Preparatory in Omaha, NE ... Captured the 2004 Class A and All-Class gold medal in the 100 meters and 4x100 meter relay at the Nebraska State Championships ... 2004 district champion in the 100 and 200 meters ... Earned Academic All-Metro honors in 2005 ... Also an accomplished football player, helping his team to the Class A state championship in 2004.

Cardinal Catalogue: Undeclared major, contemplating a profession as an orthopedic surgeon ... Parents are Rodney and Terilynn Ruh ... Born September 3, 1987.



Daniel Haddock

Freshman • Javelin • Paradise Valley, AZ

High School: A 2006 graduate of Phoenix Country Day School in Paradise Valley, AZ ... Earned six consecutive USATF Arizona State Championships in the javelin ... Set the Arizona state record in 2005 ... Personal best was 60.80 meters in the javelin ... Also earned four letters in lacrosse.

Cardinal Catalogue: An undeclared major ... Born February 16, 1988 in Phoenix, AZ ... Parents are Ann Stanton and Robert Haddock ... Hobbies include surfing, traveling, lacrosse, golf, tennis, cooking and painting.



Chris Hadley

Freshman • Sprints/Middle Distance • Birmingham, AL

High School: A 2006 graduate of Vestavia Hills High School in Vestavia Hills, AL.

Cardinal Catalogue: Undeclared major ... Parents are Mark and Lori Hadley and Karen and Dave Stickler ... Grandfather, Jack Hadley, was a sprinter at the University of California ... Father, Mark, was a distance runner at Stanford ... Born July 21, 1988.



JJ Jackson

Freshman • Hurdles • Olympia, WA

High School: A 2006 graduate of Sumner High School in Sumner, WA ... Won three letters in track and field and three in football ... Captained the track and field squad as a senior ... Named the 2006 SPSL Male Outstanding Athlete for track and field ... 2005 and 2006 Team MVP ... Five-time South Puget Sound League Event Champion ... Five-time State Qualifier ... Took second place at the Washington State Championships in the 300 meter intermediate hurdles in 2006 ... Placed third in the 110 meter high hurdles in 2005 and 2006.

Cardinal Catalogue: Engineering major ... Considering a career as a Computer Systems Architect ... Parents are Frank and Christy Jackson ... Born February 13, 1988.



Justin Marpole-Bird

Freshman • Distances • Vancouver, B.C., Canada

International Competition: A member of the 2006 Canadian Junior Team that competed at the World Junior Track & Field Championships in Beijing, China, racing in the 1,500 meters.

High School: Captured the 1,500 and 3,000 meter titles at the 2006 British Columbia High School Championships ... Runner-up in the 1,500 meters at both the British Columbia Junior Championships and the Canadian Junior Championships ... Runner-up in the 1,500 meters at the 2005 British Columbia High School Championships ... 2004 and 2005 British Columbia High School Cross Country champion ... Finished eighth in the 1,500 meters at the World Youth Final ... Holds the Canadian Youth record in the 1,500 meters at 3:47.4, but also set a personal record of 3:45.9 in the 1,500 meters at the World Junior Championships in China.

Cardinal Catalogue: Undeclared major ... Parents are John Bird and Monica Marpole ... Born March 10, 1988.



Mark Mueller

Freshman • Sprints • Aurora, CO

High School: Earned First Team All-State honors during his junior season ... Captured the regional championship in the 100 meters and 200 meters in 2005 ... Placed third in the 100 meters (10.70), 200 meters (21.42) and 4x100 meter relay at the 2005 Colorado State Championships ... Broke school records in the 200 meters, 4x100 meter relay and 4x200 meter relay during his junior season ... Claimed the 2006 Colorado state indoor championship in the 60 meters with a time of 6.91, but missed the outdoor season due to injury ... Also a talented football player, named his school's Wendy's High School Heisman winner his senior year.

Cardinal Catalogue: Undeclared major ... Parents are Greta and Peter Mueller ... Brother, Luke, played football at Colorado State ... Born July 17, 1987.



Justin Reed

Freshman • Middle Distances/Sprints • Los Angeles, CA

High School: A 2006 graduate of Loyola High School in Los Angeles, CA ... Finished third in the 800 meters at the 2006 California State Championship ... Runner-up in the 800 meters at the 2006 CIF Southern Section Division II Championships and helped his 4x400 meter relay team to a third-place finish at the championships ... In 2005, helped his distance medley relay team to the Mt. SAC Invitational championship and a National Best Time ... Also placed sixth in the 800 meters at the at the 2005 CIF Southern Section Division II Championships ... Finished third in the 800 meters at the 2004 CIF Southern Section Division II Championships ... Helped his squad to the CIF Southern Section Division II team title in 2004.

Cardinal Catalogue: African and African-American Studies major ... Parents are Michael and Miko Reed ... Born February 15, 1988 ... Father, Michael, was a starting running back for the University of Northern Iowa ... Uncle Curt Flood won six Golden Gloves for the St. Louis Cardinals and held the record for the most consecutive major league games without an error ... Uncle,

David Reed, was the Missouri high school state champion in the 100-yard dash.



Ben Sheehan

Freshman • Pole Vault • Atherton, CA

High School: A 2006 graduate of Saint Francis High School in Mountain View, CA ... Finished ninth in the pole vault at the 2006 California State Track & Field Championships ... Broke the Saint Francis freshman pole vault record in 2003 with a jump of 13'6".

Cardinal Catalogue: Undeclared major ... Parents are Dennis and Sharon Sheehan ... Born January 18, 1988 ... Father, Dennis, was a center on the 1971 and 1972 Stanford Football Rose Bowl Teams ... Uncle, Tim Sheehan, also played football at Stanford ... Brother, Eric, currently plays football at the University of Arizona ... Oldest brother, Matt, was the NCAA Division III runner-up for the pole vault in 2004.



Richard Sherman

Freshman • Jumps/Hurdles/Sprints • Compton, CA

High School: *USA Today* All-American in the triple jump with a best of 50'8" to own the school and league record ... Also held school records in the 110 meter hurdles (13.9) and long jump (23-8) ... Claimed the 2005 California state championship in the triple jump, also finishing fourth in the 110 meter hurdles and sixth in the long jump ... Placed fifth in the triple jump at the 2005 California state meet ... Named First-Team All-CIF in 2005 ... A member of the Long Beach Press Telegram Dream Team ... Also one of the top football prospects to come out of California in 2005, earning All-State, CIF First Team and All-San Gabriel Valley First Team honors following his senior season.

Cardinal Catalogue: Undeclared major, plans to study Communication ... Parents are Kevin and Beverly Sherman ... Born March 30, 1988.



Wes Walker

Freshman • Distances • El Paso, TX

High School: A 2006 graduate of Andress High School in El Paso, TX ... Earned three letters in cross country and three in track ... A two-time Texas State Champion ... A four-time Texas State Medalist ... A four-time Texas Regional Champion ... Named the 2006 Texas Amateur Athlete of the Year ... Member of the 2004 USATF World Youth Selection Pool ... A USATF National Champion in the 3000 meters.

Cardinal Catalogue: Undeclared major ... Parents are Sam and Ines Walker ... Born January 1, 1989 in Durango, Mexico ... Considering a career as a cardiothoracic or orthopedic surgeon ... Plays the violin in the Stanford Symphony ... Enjoys reading.



Carter Wells

Freshman • Throws • Richardson, TX

High School: A 2006 graduate of J.J. Pearce High School in Richardson, TX ... Finished third in the region as a senior ... Also finished fifth in region in 2005 ... 2005 District Champion.

Cardinal Catalogue: Human Biology major ... Parents are Philip and Sheri Wells ... Born June 16, 1988 ... Uncle played for the Dallas Cowboys from 1976-80.



Danielle Maier

Mike Maccellari

Tunji Munabi

2006 Season In Review

A Strong Year for the Cardinal

NCAA Cross Country Championships

The Stanford cross country teams lived up to their billing at the 2006 NCAA Championships, taking home two trophies. The women captured their second consecutive NCAA Championship, led by Arianna Lambie's fourth place finish. Neftalem Araia took second place in the men's competition, helping the Cardinal narrowly edge Oregon and Arkansas by a point to claim the fourth place trophy. In his second year at Stanford, Peter Tegen was named the Women's Coach of the Year. The Cardinal women scored 195 points with Colorado in second place with 223 points. The Stanford men posted a score of 195 points. Colorado captured the men's championship with 94 points while Wisconsin finished second with 142 points, and Iona in third place with 172 points. At the end of the season, Lambie was named the Pac-10 Cross Country Athlete of the Year. Lambie repeated as Pac-10 Women's Cross Country Athlete of the Year after defending her Pac-10 title in 2006. Lambie, Amanda and Katy Trotter, and Teresa McWalters were first team All Pac-10 selections, while Lauren Centrowitz was named second team. First team honors on the men's side went to Neftalem Araia, while Brett Gotcher, Jonathan Pierce and Jacob Gomez were named second team. Peter Tegen picked up his second straight Pac-10 Women's Cross Country Coach of the Year honor.

NCAA Outdoor Championships

The Stanford women finished 12th at the NCAA Championships at Sacramento State. Five Cardinal athletes finished in the top 8 in their respective events to gain All-

American honors. The list included Erica McLain in the triple jump and long jump, Janice Davis in the 100 meters and 200 meters, Ashley Freeman in the 800 meters and Katy Trotter in the 5000 meters. On the men's side, Russell Brown (1500 meters), Brett Gotcher (10,000 meters) Jonathan Pierce (3000 meter steeplechase) and Rolf Steier (1500 meters) gained All-American honors. Twenty-one athletes competed for Stanford at the NCAA's.

NCAA West Regional Championships

The Stanford women tied for first place with USC with 94 points at the NCAA West Regionals at Brigham Young. During the two days of competition, the Cardinal women claimed two first place titles and 18 Top 10 finishes. The two victories belonged to Nashonme Johnson in the 400 meters and Erica McLain in the triple jump. Chauntae Bayne-Hackett, in the semifinals, broke school records in the 100 meters (11.15a) and the 200 meters (22.78a). The Stanford men placed ninth. The Stanford men produced ten Top-10 performances led by the third place finish of Graeme Hoste in the pole vault with a career-best of 18-1 (5.51m).

Women's Pacific-10 Championship

Stanford finished second with 151.50 points compared to Pac-10 champion Arizona State with 154 points. This was the closest team finish since the 2001 Pac-10 Championship when UCLA scored a 155-153 victory over USC. For the second straight year, Erica McLain won the long and triple jumps. No other woman in Pac-10 history can make that claim. Chauntae Bayne-Hackett captured the 400 meter title in a school record time of 52.35. Bayne-Hackett also anchored the 1600 meter relay team to victory. Arianna Lambie captured the 1500

The Cardinal turned in solid performances in 2006.

meters. Sarah Hopping broke her school record in the hammer (219-8, 66.96m).

Men's Pac-10 Championship

The Stanford men turned in several excellent performances. The list included a second place finish by Russell Brown in the 1500 meters, and third place efforts by Neftalem Araia in the 10,000 meters, Graeme Hoste in the pole vault, and Jonathan Pierce in the 3000 meter steeplechase.

The Big Meet

The Stanford women scored a decisive 89-72 victory over California in the 17th Big Meet for women. That gave the Cardinal their sixth straight victory over the Golden Bears, and nine of the last ten years. Stanford now leads the series, 17-10. Chauntae Bayne-Hackett proved to be a major contributor to Stanford's winning effort. Bayne-Hackett won the 100 meters and the 200 meters and ran the second leg on the winning 400 meter relay team. Bayne-Hackett's effort helped account for 15 of Stanford's 89 points. Erica McLain was a double winner in the long jump and triple jump. California's men's team scored a 95 2/3 – 67 1/3 victory in the 112th Big Meet. Stanford's top performer was sprinter Wopamo Osaisai, who scored victories in the 100 meters and the 200 meters.

NCAA Indoor Championships

The Stanford women finished second at the national championships with 36 points. The top Stanford finishers included the second place distance medley relay team of Amanda Trotter, Keisha Gaines, Ashley Freeman and Arianna Lambie, and third place finishes by Chauntae Bayne-Hackett in the 200 meters (All-American), and Arianna Lambie in the 3000 meters (All-American). Other All-American efforts were turned by Lambie in the mile, Teresa McWalters in the 3000 meters, Erica McLain in the long and triple jumps, Bayne-Hackett in the 60 meters, and Janice Davis in the 200 meters. Russell Brown (mile), Jacob Gomez (All-American) and the distance medley relay team of Russell Brown, Michael Garcia, Joaquin Chapa and Garrett Heath gained All-American honors.

MPSF Indoor Championships

For the fourth consecutive year, the Stanford women captured the MPSF Indoor team title. The Cardinal women won eight of 17 events for the second straight year. This title team featured double winners Erica McLain in the long and triple jumps, Janice Davis in the 200 meters and the 1600 meter relay, and Chauntae Bayne-Hackett in the 60 meters and the 1600 meter relay. Arianna Lambie was a triple winner, earning gold in the mile, 3000 meter run and the distance medley relay. The Cardinal took a 1-2-3 sweep in the mile and a 1-2 finish in the 3000 meters, while garnering four NCAA automatic qualifiers, 17 provisional marks, two meet records (3000 meters, DMR) and two facility records (60 meters, 200 meters). For his efforts, Edrick Floreal, the Franklin P. Johnson Director of Track & Field, was selected the 2006 MPSF Women's Coach of the Year, and the 2006 NCAA Division I Women's Indoor Track & Field Coach of the Year for the West Region. Lambie was named the MPSF Female Athlete of the Year, and the NCAA Division I Women's Indoor Track Athlete of the Year for the West Region.

Record Recap

Several new school records were broken during the course of the 2006 indoor and outdoor seasons. Outdoors, Chauntae Bayne-Hackett ran a 11.15 (a) time in the 100 meters at the NCAA West Regional in Provo, Utah, to break the long standing school record of 11.16 by Chryste Gaines in 1992. Bayne-Hackett, also at the West Regional, ran a 22.78 (a) to break Gaines' time of 23.00 set in 1992. Bayne-Hackett also added a third school record with a time of 52.35 in the 400 meters. Sarah Hopping broke her own school record in the hammer with a toss of 219-8 (66.96m) at the Pac-10 Championships. Danielle Maier broke the school record in the javelin (165-1, 50.31m). A freshman school record was set in the heptathlon when Lauren Stewart chalked up 5,141 points at the Pac-10 Championships. Indoors, Bayne-Hackett set school records in the 60 meters (7.21) and the 200 meters (22.77). A new indoor pole vault school record was set by Anna McFarlane (13-1, 3.99m) at the MPSF Championship. Stewart scored 3,788 points in the pentathlon at the MPSF Indoor Championship for a school record. On the men's side, Myles Bradley set a freshman school record in the 110 meter hurdles (14.36).



Maura Burk

Alana Walker

Brett Gotcher

Alicia Follmar



PattiSue 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
Terry Albritton	Shot Put	67-3 1/2	1977	Champaign, Il
Gordon Dunn	Discus	162-7	1934	Los Angeles, Ca
Ward Edmonds	Pole Vault	13-6 1/4	1928	Chicago, Il
	Pole Vault	13-8 7/8	1929	Chicago, Il
Ryan Hall	5000 Meters	13:22.32	2005	Sacramento, Ca
Flint Hanner	Javelin	191-2 1/4	1921	Chicago, Il
Glenn Hartranft	Shot Put	50-0	1921	Chicago, Il
Mark Hassell	Distance Medley Relay	9:30.01	2001	Fayetteville, Ark
Brad Hauser	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
Bud Held	Javelin	209-8	1948	Minneapolis, Mn
	Javelin	224-8 1/4	1949	Los Angeles, Ca
	Javelin	216-8 5/8	1950	Minneapolis, Mn
Clifford Hoffman	Discus	148-4	1921	Chicago, Il
Gabe Jennings	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
Clyde Jeffrey	220 Yards	21.1	1939	Los Angeles, Ca
Evan Kely	Distance Medley Relay	9:28.83	2000	Fayetteville, Ark
Robert King	High Jump	6-6 5/8	1928	Chicago, Il
Sam Klopstock	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
Michael Robertson	Discus	201-0 (61.26m)	2005	Sacramento, Ca
Robison, Grant	1500 Meters	3:40.39	2003	Sacramento, Ca
Rothert, 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.



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

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, Tracye	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
Schnurpeil, 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



Brad Hauser was a five-time national champion.

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

Women's NCAA West Regional Outdoor Champions

Sara Bei	5000 Meters	16:22.41	2005	Eugene, Or
	5000 Meters	16:12.86	2004	Northridge, Ca
	5000 Meters	16:06.48	2003	Stanford, Ca
Jill Camarena	Shot Put	55-7 3/4 (16.96m)	2004	Northridge, Ca
Janice Davis	100 Meters	11.61	2005	Eugene, Or
Nashonne Johnson	400 Meters	53.65	2006	Provo, Ut
Erica McLain	Triple Jump	44-8 (13.61m)	2006	Provo, Ut
Stanford	1600 Meter Relay	3:34.73	2005	Eugene, Or

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

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

Undine Becker	400 Meter Hurdles	58.59	2005	Los Angeles, Ca
Chauntae Bayne-Hackett	400 Meters	52.35	2006	Eugene, Or
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)
Arianna Lambie	1500 Meters	4:15.65	2006	Eugene, Or
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)
	Long Jump	21-5 1/4 (6.53m)	2006	Eugene, Or
	Triple Jump	45-2 1/2 (13.78m)	2005	Los Angeles, Ca (UCLA)
	Triple Jump	44-2 1/4 (13.47m)	2006	Eugene, Or
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)
Stanford	1600 Meter Relay	3:35.10	2004	Tucson, Az
Stanford	1600 Meter Relay	3:32.69	2006	Eugene, Or

Men's MPSF Conference Indoor Champions

Year	Event	Mark/Time	Year	Site
Russell Brown	Mile	4:02.54	2006	Seattle, Wa
Ian Dobson	5000 Meters	13:45.54	2005	Seattle, Wa
Jacob Gomez	3000 Meters	7:55.26	2006	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
Stanford	Distance Medley Relay	9:38.87	2006	Seattle, Wa

Women's MPSF Conference Indoor Champions

Chauntae Bayne-Hackett	60 Meters	7.31	2006	Seattle, Wa
Sara Bei	3000 Meters	9:13.86	2005	Seattle, Wa
Jill Camarena	Shot Put	55-6 1/2 (16.93m)	2003	Boise, Id
	Shot Put	55-2 1/4 (16.82m)	2002	Flagstaff, Az
Alicia Craig	3000 Meters	9:26.67	2004	Seattle, Wa
	5000 Meters	16:05.24	2003	Boise, Id
Janice Davis	60 Meters	7.34	2005	Seattle, Wa
	200 Meters	23.87	2005	Seattle, Wa
	200 Meters	23.46	2006	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
Nashonne Johnson	400 Meters	54.61	2005	Seattle, Wa
Arianna Lambie	Mile	4:39.01	2005	Seattle, Wa
	Mile	4:44.27	2006	Seattle, Wa
	3000 Meters	9:09.58	2006	Seattle, Wa
Erica McLain	Long Jump	20-7 (6.27m)	2005	Seattle, Wa
	Long Jump	20-10 3/4 (6.37m)	2006	Seattle, Wa
	Triple Jump	45-7 1/4 (13.90m)	2005	Seattle, Wa
	Triple Jump	43-9 3/4 (13.35m)	2006	Seattle, Wa
Anita Siraki	5000 Meters	16:58.74	2004	Seattle, Wa
Stanford	1600 Meter Relay	3:43.37	2003	Boise, Id
	1600 Meter Relay	3:40.19	2004	Seattle, Wa
Stanford	1600 Meter Relay	3:38.51	2005	Seattle, Wa
Stanford	1600 Meter Relay	3:36.80	2006	Seattle, Wa
Stanford	Distance Medley Relay	11:32.95	2003	Boise, Id
	Distance Medley Relay	11:18.42	2004	Seattle, Wa
Stanford	Distance Medley Relay	11:24.54	2005	Seattle, Wa
Stanford	Distance Medley Relay	11:11.46	2006	Seattle, Wa

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
2006	Fourth Place	195 points	Terre Haute, In
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
2006	Second Place	36 points	Fayetteville, Ark
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
2006	NCAA Champions	195 points	Terre Haute, In
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
2006	Ninth Place	28 points	Provo, Ut
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
2006	First Place (tie)	94 points	Provo, Ut
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
2006	Second Place	151.5 points	Eugene, Or
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
2006	Second Place	100 points	Seattle, Wa
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
2006	First Place	161 points	Seattle, Wa
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, Neftalem	Cross Country	2004, 2005, 2006
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
Russell Brown	DMR	2005
	Mile (I)	2006
	1500 Meters	2006
Buss, Rick	Hammer	1980
Carrigan, Casey	Pole Vault	1970
Joaquin Chapa	DMR	2005, 2006
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
	Mile (I)	2005
	440-Yard Relay	1965
Frische, Eric	DMR	2005, 2006
Michael Garcia	DMR	2002
Goehring, Curtis	DMR	2006
Gomez, Jacob	3000 Meters (I)	2006
Gotcher, Brett	10,000 Meters	2006
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, Garrett	DMR	2006
Heath, Tad	DMR	1996
Hejny, Seth	3000 Meters (I)	2001, 2002, 2003
	5000 Meters	2001, 2002, 2003, 2004
	DMR	2003
Hertel, Ed	120 Yard Hurdles	1942
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	3000 Meter Steeplechase	2006
Pierce, Jonathan	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)	2000, 2001, 2002
	5000 Meters	2000, 2001, 2001
	DMR	1999, 2000
Michael Robertson	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	1500 Meters	2006
Steier, Rolf	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
Strand, Justin	Hammer	1996, 1997, 1998
Strang, David	800 Meters	1990, 1991
Swanson, Pete	35-Pound Weight	1995
	Shot Put (I)	1995
Tenforde, Adam	Cross Country	2002, 2003
	5000 Meters (I)	2003
	10,000 Meters	2002, 2003
Thomas, Brook	Cross Country	1968
Thomas, Jesse	3000 Meter Steeplechase	2002
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

Elmore, Malindi	Mile (I)	2002, 2003
	Cross Country	2002
	1500 Meters	2003
	DMR	2003
Feinstein, Melissa	Pole Vault (I)	1998
	Pole Vault	1998
Lindsay Flacks	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
	DMR	2004, 2006
Freeman, Ashley	4 x 400 Meter Relay	2005
	800 Meters	2006
	Cross Country	1996
Fry, Jessica	55 Meters (I)	1991, 1992
Gaines, Chryste	100 Meters	1991, 1992
	200 Meters (I)	1991, 1992
	200 Meters	1991, 1992
	DMR	2006
Gaines, Keisha	Heptathlon	1986
Gatzambide, 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
	10,000 Meters	1988
Gray, Carol	DMR	1995, 1996
Holt, Tyra	3000 Meters	1982
Hopp, Ceci	DMR	2003
Hotchkiss, Katie	800 Meters (I)	2000, 2002
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, 2006
	1500 Meters	2005
	Mile (I)	2006
	3000 Meters (I)	2006
	DMR	2006
Lawyer, Tracye	Heptathlon	1997, 1998, 1999
	High Jump (I)	1997
	High Jump	1998
	10,000 Meters	1982
	Cross Country	1984
	Discus	1991
	5000 Meters	1982
	Triple Jump (I)	2005, 2006
	Long Jump (I)	2005, 2006
	Triple Jump	2005, 2006
	Long Jump	2006
McCormick, Jen	Javelin	1993, 1994
McWalters, Teresa	Cross Country	2006
	5000 Meters	2005
	3000 Meters (I)	2006
Miller, Heather	DMR	1998
Moore, Sara	1500 Meters	1997
	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	Offor, Chinny	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
	5000 Meters (I)	1995
	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
	3000 Meters (I)	2006
	DMR	2006
Katy Trotter	Cross Country	2003, 2004, 2005
	DMR	2004, 2005
	3000 Meters	2005, 2006
	5000 Meters	2006
	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

Women's All-Americans

Name	Event	Year
Annis, Caroline	Cross Country	1998
Beatty, Allison	Javelin	1999
Bayne-Hackett, Chauntae	60 Meters (I)	2006
	200 Meters (I)	2006
Sara Bei	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
Lauren Centrowitz	Cross Country	2005
Cobb, Mary	Cross Country	1995, 1996, 1997, 1998
	DMR	1996
	3000 Meters	1996
	5000 Meters (I)	1996
	5000 Meters	1997, 1999
Couper, Ashley	1500 Meters	2001
Craig, Alicia	Cross Country	2001, 2002, 2003, 2004
	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
	100 Meters	2006
	200 Meters (I)	2006
Dey, Dena	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

STANFORD WORLD RECORD PERFORMANCES

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

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 Akinyi. 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 Rother, 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	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	Chauntae Bayne-Hackett	11.15a	2006
	Chryste Ggaines	11.16	1992
200 Meters	Chauntae Bayne-Hackett	22.78a	2006
	Chryste Gaines	23.00	1992
400 Meters	Chauntae Bayne-Hackett	52.35	2006
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, Nathonme Johnson, Christine Moschella, Ashley Purnell	44.18	2004
4 x 400 Meter Relay	Christine Moschella, Janice Davis, Ashley Freeman, Nathonme 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	Amanda Trotter (4:20.3), Lauren Centrowitz (4:18.9), Katy Trotter (4:24.1), Arianna Lambie (4:15.3)	17:18.83	2006
Distance Medley Relay	Katy Trotter, Janice Davis, Ashley Freeman, Arianna Lambie	10:58.72	2006

Field Events	Name	Time	Year
Discus	Carol Cady	207-8 (63.30m)	1983
Hammer	Sarah Hopping	219-8 (66.96m)	2006
High Jump	Lisa Bernhagen	6-2 (1.88m)	1987
Javelin (old implement)	Erica Wheeler	192-2 (58.58m)	1988
Javelin (new implement)	Danielle Maier	165-1 (50.31m)	2006
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, 2006
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
	Myles Bradley	8.03	2006
4 x 400 Meter Relay	Stanford	3:10.40	2003
4 x 800 Meter Relay	Christian Skoog	7:33.2	1986
	Brian Pettingill, Brian Connolly, Jeff Atkinson		
Distance Medley Relay	(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	Josh Hustedt	5,359 pts	2006

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	Chauntae Bayne-Hackett	7.21	2006
200 Meters	Chauntae Bayne-Hackett	22.77	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
	Janice Davis, Ashley Freeman, Ashley Purnell		
Distance Medley Relay	(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	Anna MacFarlane	13-1 (3.99m)	2006
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	Lauren Stewart	3,788 pts	2006

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, Dell Martin, Roger Cox	41.6	1965
Mile Relay	Dell Martin, Russ Taplin, Mike Hughes, Jim Ward	3:17.1	1965

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	Myles Bradley	14.36	2006
400 Meter Hurdles	Garry Shunway	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
Heptathlon	Lauren Stewart	5,141 points	2006



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.



Darrin Nelson was a stand-out for the Cardinal in both track and field and football.

100 Meters

World Record	Year	Time
Justin Gatlin (USA)	2006	9.77
Asafa Powell (Jamaica)	2005, 2006	9.77
American Record	Year	Time
Tim Montgomery (USA)	2002	9.78
Collegiate Record	Year	Time
Ato Boldon (UCLA)	1996	9.92
Pac-10 Record	Year	Time
Ato Boldon (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 Gatlin (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)	2005	1:45.19
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 Schaeer	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 Marec (Villanova)	1985	3:29.77
Collegiate Record	Year	Time
Sydney Marec (Villanova)	1981	3:35.30
Pac-10 Record	Year	Time
Bernard Lagat (WSU)	1999	3:30.56
Cobb Track	Year	Time
Rachid Ramzi (Bahrain)	2005	3:34.74
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 Marec (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
Daniel Lincoln (Nike)	2006	8:08.82
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. Jonathan Pierce	2006	8:40.72
5. David Vidal	2005	8:43.07
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
Marcos Geneti (Ethiopia)	2005	13:08.59
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 Chebbi (Puma)	2001	27:04.20



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

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. Neftalem Araia	2006	28:27.43
6. Jason Balkman	1999	28:32.21
7. Nathan Nutter	1998	28:32.62
8. Jonathon Riley	2001	28:33.71
9. Donald Sage	2002	28:40.12
10. Louis Luchini	2003	28:41.13

110 Meter Hurdles

World Record	Year	Time
Xiang Liu (China)	2006	12.88
American Record	Year	Time
Dominique Arnold (Nike)	2006	12.90
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 Thorsen	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
<i>T.J. Rushing, Nick Sebes, Curtis Goehring, Stanley Wilson</i>		
2. Stanford	1978	39.84
<i>Darrin Nelson, Alan Sheats, Gordon Banks, James Lofton</i>		
3. Stanford	2003	40.15
<i>Milton Little, Gerren Crochet, Nick Sebes, T.J. Rushing</i>		
4. Stanford	2003	40.24
<i>Milton Little, Gerren Crochet, T.J. Rushing, Nick Sebes</i>		
5. Stanford	2002	40.26
<i>Curtis Goehring, Nick Sebes, Evan Kely, Stanley Wilson</i>		
6. Stanford	2003	40.39
<i>Milton Little, Nick Sebes, Curtis Goehring, Stanley Wilson</i>		
7. Stanford	1995	40.51
<i>Anthony Bookman, Brannon Davis, Jamie Webb, Jimmie Johnson</i>		
8. Stanford	2003	40.61
<i>Curtis Goehring, Milton Little, Nick Sebes, Gerren Crochet</i>		
9. Stanford	2005	40.69
<i>Solomon Welch, Nick Sebes, Curtis Goehring, Wopamo Osaisai</i>		
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
<i>Paul McCarthy, Gordon Banks, Alan Sheats, James Lofton</i>		
2. Stanford	2003	3:07.23
<i>Milton Little, Gerren Crochet, Curtis Goehring, Nick Sebes</i>		
3. Stanford	1977	3:07.4
<i>Alan Sheats, Tom Shellworth, Gordon Banks, James Lofton</i>		
4. Stanford	2004	3:07.53
<i>Curtis Goehring, Nick Sebes, Stanley Wilson, T.J. Rushing</i>		
5. Stanford	2003	3:07.77
<i>Milton Little, Gerren Crochet, T.J. Rushing, Nick Sebes</i>		
6. Stanford	2003	3:09.17
<i>Curtis Goehring, Gerren Crochet, Milton Little, Nick Sebes</i>		
7. Stanford	1996	3:09.36
<i>Tad Heath, Jeff Allen, Jaaron Pigg, Jimmie Johnson</i>		
8. Stanford	1988	3:09.65
<i>James Cramton, Christian Skoog, Dave Strang, Armstrong</i>		
9. Stanford	2002	3:09.96
<i>Milton Little, Evan Kelly, Curtis Goehring, Nick Sebes</i>		
10. Stanford	2002	3:10.56
<i>Milton Little, Curtis Goehring, Mark Hassell, Evan Kelly</i>		

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)
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. Daniel Schaeerer	2006	185-3 (56.46m)
9. Steve Davis	1969	182-6 (55.62m)
10. Pete Swanson	1996	182-1 (55.50m)



Dave Pickett recorded a mark of 233-11 (71.30m) in 1988.



Adam Connolly etched his name in the record books with a hammer throw of 237-3 (72.32m).

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. Keith Avila	2006	201-3 (61.34m)
5. James Kostohyrtz	1991	198-5 (60.48m)
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. Feranmi Okanlami	2006	51-4 ? (15.66m)
5. Tom Massey	1969	51-1 1/2 (15.58m)
6. Jami Webb	1994	51-0 (15.54m)
7. Brian Manning	1994	50-7 (15.42m)
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. Graeme Hoste	2006	18-1 (5.51m)
3. John Gash	1987	17-8 1/2 (5.40m)
4. Jamie Marek	1993	17-0 3/4 (5.20m)
5. Jim Eshelman	1967	16-11 1/4 (5.17m)
6. Chris Buddin	1995	16-9 1/4 (5.11m)
7. Adam Fusco	1998	16-8 3/4 (5.10m)
8. Casey Carrigan	1971	16-7 (5.06m)
8. Donell Hill	2006	16-7 ? (5.06m)
9. Bob Flint	1975	16-6 (5.03m)

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 Papanthassiou	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
Trey Hardee (Texas)	2006	8,465
Pac-10 Record	Year	Points
Mike Ramos (Washington)	1986	8,322
Cobb Track & Angell Field	Year	Points
Tom Pappas (Nike)	2003	8,714
Stanford Record	Year	Points
1. Bob Mathias	1952	7,887
2. Marcus Hickerson	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. Josh Hustedt	2006	7,070
8. Timi Wusu	2003	7,016
9. Josh Gleason	1996	7,013
10. Nicholas Taylor	2005	6,832



Jeff Atkinson holds the Stanford outdoor record in the mile.

100 Meters

World Record	Year	Time
Florence Griffith-Joyner (USA)	1988	10.49
American Record	Year	Time
Florence 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 & Angell Field Year	Year	Time
Chryste Gaines (Nike)	2002	10.96
Stanford Record	Year	Time
1. Chauntae Bayne-Hackett	2006	11.15a
2. Chryste Gaines	1992	11.16
3. Janice Davis	2006	11.24a
4. Jakki Bailey	2006	11.47a
5. Nashonne Johnson	2003	11.64
6. Wilsa Charles	2000	11.68
7. Ashley Purnell	2005	11.68
8. Heather Miller	1997	11.71
9. Jackie Edwards	1992	11.96
10. Rhonda Oliver	1993	11.97

200 Meters

World Record	Year	Time
Florence Griffith-Joyner (USA)	1988	21.34
American Record	Year	Time
Florence 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 & Angell Field Year	Year	Time
Marion Jones (Nike)	2002	22.35
Stanford Record	Year	Time
1. Chauntae Bayne-Hackett	2006	22.78a
2. Chryste Gaines	1992	23.00
3. Janice Davis	2006	23.17
4. Ashley Purnell	2005	23.43
5. Nashonne Johnson	2003	23.61
6. Christine Moschella	2004	23.77
7. Heather Miller	1996	23.78
8. Wilsa Charles	1999	23.80
9. Tracye Lawyer	1999	23.81
10. Rhonda Oliver	1992	23.88

400 Meters

World Record	Year	Time
Marita Koch (EG)	1985	47.60
American Record	Year	Time
Sanya Richards (Nike)	2006	48.70
Collegiate Record	Year	Time
Pauline Davis (Alabama)	1989	50.18
Pac-10 Record	Year	Time
Maicel Malone (ASU)	1991	50.33
Cobb Track & Angell Field Year	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. Chauntae Bayne-Hackett	2006	52.35
2. Nashonne Johnson	2004	52.40
3. Janice Davis	2006	52.93
4. Jayna Smith	2001	53.27
5. Christine Moschella	2005	53.37
6. Keisha Gaines	2004	53.83
7. Rhonda Oliver	1993	54.17
8. Ashley Freeman	2004	54.36
9. Chinny Offor	2004	54.43
10. Marcia Martin	1983	54.94

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
Suzy Favor (Wisconsin)	1990	1:59.11
Pac-10 Record	Year	Time
Michelle Taylor (USC)	1989	2:00.01
Cobb Track & Angell Field Year	Year	Time
Nicole Teter (Nike)	2002	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

1,500 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
Suzy Favor (Wisconsin)	1990	4:08.26
Pac-10 Record	Year	Time
Grazyna Penc (USC)	1997	4:12.05
Cobb Track & Angell Field Year	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

3,000 Meter Steeplechase

World Record	Year	Time
Gulnara Samitova (Russia)	2004	9:01.58
American Record	Year	Time
Amy Jackson (BYU)	2001	9:41.94
Collegiate Record	Year	Time
Michaela Mannova (BYU)	2002	9:45.94
Pac-10 Record	Year	Time
Kelly MacDonald (ASU)	2001	10:03.20
Cobb Track & Angell Field Year	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

5,000 Meters

World Record	Year	Time
Meseret Defar (Ethiopia)	2006	14:24.53
American Record	Year	Time
Regina Jacobs (Mizuno)	2000	14:45.35
Collegiate Record	Year	Time
Kathy Hayes (Oregon)	1985	15:23.03
Pac-10 Record	Year	Time
Lauren Fleshman (Stanford)	2003	15:12.71
Cobb Track & Angell Field Year	Year	Time
Sonia O'Sullivan (Melbourne TC)	2004	14:58.43
Stanford Record	Year	Time
1. Lauren Fleshman	2003	15:12.71
2. Sara Bei	2005	15:24.74
3. Alicia Craig	2003	15:25.73
4. PattiSue Plumer	1984	15:29.0



PattiSue Plumer holds the school record in the 3000 meters.

5. Alison Wiley	1983	15:41.0
6. Arianna Lambie	2006	15:44.23
7. Sally Glynn	2001	15:58.29
8. Mary Cobb	1997	16:04.20
9. Kim Schnurpfeil	1982	16:07.3
10. Amanda Trotter	2006	16:07.71

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 & Angell Field Year	Year	Time
Werknesh Kidane (Ethiopia)	2005	30:19.38
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 Siraki	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 & Angell Field Year	Year	Time
Gail Devers (Nike)	2002	12.51
Stanford Record	Year	Time
1. Lindsey Johnson	2003	13.48
2. Bernadette Armand	1997, 1998	13.79
3. Lillian Bush	2003	13.83
4. Robyn Woolfolk	1999	13.86
5. 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. Lauren Stewart	2006	14.36

400 Meter Hurdles

World Record	Year	Time
Kim Batten (USA)	1995	52.61
American Record	Year	Time
Kim Batten (Reebok)	1995	52.61
Collegiate Record	Year	Time
Janeene Vickers (UCLA)	1991	53.47
Pac-10 Record	Year	Time
Janeene Vickers (UCLA)	1991	53.47
Cobb Track & Angell Field Year	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
UCLA	1998	43.49
Cobb Track & Angell Field Year	Year	Time
USC	1999	43.35
Stanford Record	Year	Time
1. Stanford	2004	44.18
<i>Janice Davis, Nashonne Johnson, Christine Moschella, Ashley Purnell</i>		
2. Stanford	2005	44.28
<i>Nashonne Johnson, Janice Davis, Christine Moschella, Ashley Purnell</i>		
3. Stanford	2006	44.32
<i>Janice Davis, Chauntae Bayne-Hackett, Jakki Bailey, Nashonne Johnson</i>		
4. Stanford	2006	44.39
<i>Janice Davis, Nashonne Johnson, Jakki Bailey, Alana Walker</i>		
5. Stanford	2005	44.49
<i>Jakki Bailey, Janice Davis, Nashonne Johnson, Ashley Purnell</i>		
6. Stanford	2005	44.57
<i>Jakki Bailey, Janice Davis, Christine Moschella, Ashley Purnell</i>		
7. Stanford	2005	45.06
<i>Undine Becker, Ashley Purnell, Nashonne Johnson, Jakki Bailey</i>		
8. Stanford	2003	45.22
<i>Undine Becker, Chauntae Bayne, Christine Moschella, Nashonne Johnson</i>		
9. Stanford	1991	45.32
<i>Jackie Edwards, Rhonda Oliver, Alysia Hubbard, Chryste Gaines</i>		
10. Stanford	1999	45.32
<i>Robyn Woolfolk, Jayna Smith, Tracye Lawyer, Wilsa Charles</i>		



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



Carol Cady is the school record holder in the discus.

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
South Carolina	2002	3:26.46
Pac-10 Record	Year	Time
USC	1999	3:28.08
Cobb Track & Angell Field Year	Year	Time
UCLA	2003	3:31.62
Stanford Record	Year	Time
1. Stanford	2005	3:29.39
<i>Christine Moschella, Janice Davis, Ashley Freeman, Nashonne Johnson</i>		
2. Stanford	2005	3:32.23
<i>Christine Moschella, Ashley Purnell, Nashonne Johnson, Janice Davis</i>		
3. Stanford	2006	3:32.69
<i>Nashonne Johnson, Ashley Freeman, Janice Davis, Chauntae Bayne-Hackett</i>		
4. Stanford	2004	3:33.09
<i>Chimmy Offor, Christine Moschella, Janice Davis, Nashonne Johnson</i>		
5. Stanford	2006	3:33.23
<i>Nashonne Johnson, Janice Davis, Chauntae Bayne-Hackett, Idana Otu</i>		
6. Stanford	2005	3:34.73
<i>Chimmy Offor, Ashley Freeman, Nashonne Johnson, Janice Davis</i>		
7. Stanford	2004	3:33.81
<i>Keisha Gaines, Nashonne Johnson, Janice Davis, Ashley Freeman</i>		
8. Stanford	2003	3:34.82
<i>Chimmy Offor, Christine Moschella, Lindsey Johnson, Nashonne Johnson</i>		
9. Stanford	2003	3:35.10
<i>Chimmy Offor, Chauntae Bayne, Nashonne Johnson, Christine Moschella</i>		
10. Stanford	2003	3:36.22
<i>Chimmy Offor, Christine Moschella, Undine Becker, Nashonne Johnson</i>		

Discus

World Record	Year	Mark
Gabriele Reinsch (EG)	1988	252-0 (76.80m)
American Record	Year	Mark
Suzi 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)
Cobb Track & Angell Field Year	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
Tatyana Lysenko (Russia)	2006	255-3 (77.80m)
American Record	Year	Mark
Suzi Powell	2002	227-10 (69.44m)
Collegiate Record	Year	Mark
Jamine Moton (Clemson)	2002	220-6 (67.21m)
Pac-10 Record	Year	Mark
Jessica Cosby (UCLA)	2004	219-5 (66.88m)
Cobb Track & Angell Field Year	Year	Mark
Anna Mahon (Unat)	2002	230-6 (70.27m)
Stanford Record	Year	Mark
1. Sarah Hopping	2006	219-8 (66.96m)
2. Jessica Pluth	2002	196-2 (59.79m)
3. Maureen Onyeagbako	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. Melissa Yungghans	2006	167-10 (51.16m)
10. Sami Jo Small	1997	161-5 (49.20m)

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)
Cobb Track & Angell Field Year	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	1997/98	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. Peggy Odita	1989	5-10 (1.78m)
5. Julie Tinker	2001	5-10 (1.78m)
5. Lindsey Gannaway	2005	5-10 (1.78m)
8. Wendy Allen	1989	5-8 3/4 (1.75m)
8. Lauren Stewart	2006	5-8 3/4 (1.75m)
10. Cheryl Burdick	2000	5-8 1/2 (1.74m)



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

Javelin (new implement, 1999)

World Record	Year	Mark
Osleidys Menedez (Cuba)	2001	234-8 (71.54m)
American Record	Year	Mark
Kim Kreiner (USA)	2006	204-10 (62.44m)
Collegiate Record	Year	Mark
Aggeliki Tsiolakoudi (UTEP)	2000	197-8 (60.24m)
Pac-10 Record	Year	Mark
Paula Berry (Oregon)	1991	202-1 (61.60m)
Cobb Track & Angell Field Year	Year	Mark
Serene Ross (Purdue)	2002	197-0 (60.06m)
Stanford Record	Year	Mark
1. Danielle Maier	2006	165-1 (50.31m)
2. Allison Beatty	1999	158-7 (48.35m)
2. Erin Merriman	2005	158-3 (48.23m)
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)

Javelin (old implement)

Stanford Record	Year	Mark
1. Erica Wheeler	1988	192-2 (58.58m)
2. Mary Osborne	1980	181-3 (55.24m)
3. Jen McCormick	1994	179-5 (54.68m)
4. Sami Jo Small	1995	175-11 (53.62m)
5. Summer Pierson	1995	175-0 (53.34m)
6. Allison Beatty	1998	150-7 (45.90m)
7. Debbie Templeton	1993	144-3 (43.98m)
8. Whitney Drumright	1998	143-4 (43.68m)
9. Joy Goff	1997	143-1 (43.62m)

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	22-1 1/4 (6.99m)
Pac-10 Record	Year	Mark
Gail Devers (UCLA)	1988	22-2 1/2 (6.77m)
Cobb Track & Angell Field Year	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	2006	21-5 1/4 (6.53m)
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)
6. 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. Lauren Stewart	2006	19-6 1/4 (5.95m)

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
Lacy Janson (FSU)	2006	15-0 1/4 (4.58m)
Pac-10 Record	Year	Mark
Chelsea Johnson (UCLA)	2004	15-0 (4.57m)
Cobb Track & Angell Field Year	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	2005/06	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. Milissa 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)



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

Cobb Track & Angell Field Year	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 Yungghans	2005	52-4 3/4 (15.97m)
5. Pam Dukes	1985	51-7 1/2 (15.74m)
6. Debbie Malueg	1991	49-0 1/4 (14.94m)
7. Michaela Wallerstedt	2006	48-5 1/2 (14.77m)
8. Cassie Romuld	2000	47-11 1/4 (14.61m)
9. Katrinka Jackson	1997	47-6 1/4 (14.48m)
10. Gina Heads	1995	46-6 1/4 (14.18m)

Triple Jump

World Record	Year	Mark
Inessa Kravets (Ukr)	1995	50-10 1/4 (15.50m)
American Record	Year	Mark
Sheila Hudson (Reebok)	1996	47-3 1/2 (14.41m)
Collegiate Record	Year	Mark
Stacey Bowers (Baylor)	1999	46-1 (14.05m)
Pac-10 Record	Year	Mark
Sheila Hudson (Cal)	1990	46-0 3/4 (14.04m)
Cobb Track & Angell Field Year	Year	Mark
Yuliana Perez (Unat)	2003	46-8 1/4 (14.23m)
Stanford Record	Year	Mark
1. Erica McLain	2005	45-11 3/4 (14.01m)
2. Jackie Edwards	1992	43-4 1/2 (13.22m)
3. Lauren Stewart	2006	42-1 1/2 (12.84m)
4. Deborah Akkinniyi	2006	41-7 3/4 (12.69m)
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)
8. Julie Tinker	2000	40-7 (12.37m)
9. Rhonda Witmer	1997	40-3 3/4 (12.29m)
10. Anne Lee	1994	40-3 1/4 (12.27m)

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	6,135w
Cobb Track & Angell Field Year	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. Lauren Stewart	2006	5,141
7. Joy Goff	2000	5,133
8. Katrinka Jackson	1997	5,023
9. Ahimsa Hodari	2003	5,021
10. Jennifer Jacquet	1990	4,906



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

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
6. Jeff Allen	1999	48.32
7. Jeff Conkey	2005	48.44
8. Jason Goff	2001	48.54
9. Gerren Crochet	2004	48.68
10. Evan Kely	2001	48.82

500 Meters	Year	Time
1. Terry Parks	1983	63.4

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
6. Evan Fox	2003	1:50.39
7. Gabe Jennings	2001	1:50.54
8. Russell Brown	2006	1:50.71
9. Joaquin Chapa	2006	1:50.89
10. Jason Lunn	1996	1:50.97

1,500 Meters	Year	Time
Brian Pettingill	1983	3:49.7

3,000 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
6. Jacob Gomez	2006	7:55.26
7. Seth Hejny	2003	7:56.01
8. Neftalem Araia	2006	7:56.11
9. Brent Hauser	1999	7:56.30
10. Chris Emme	2004	7:57.72

5,000 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
6. Gary Stolz	1993	13:50.85
7. Jonathon Riley	2001	13:51.68
8. Neftalem Araia	2006	13:52.81
9. Adam Tenforde	2003	13:55.39
10. Neil Davis	2003	13:57.18



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

1,600 Meter Relay	Year	Time
1. Stanford	2003	3:10.40
2. Stanford	2002	3:10.97
<i>Milton Little, Evan Kely, Nick Sebes, Curtis Goehring</i>		
3. Stanford	2005	3:11.03
4. Stanford	2005	3:12.21
<i>Jeff Conkey, Curtis Goehring, Wopamo Osaisai, Nick Sebes</i>		
5. Stanford	2001	3:14.96
6. Stanford	1994	3:15.11
<i>Jimmie Johnson, Tad Heath, Travis Clark, Rene Rodriguez</i>		
7. Stanford	1999	3:16.64
<i>Paul Martin, Jeff Allen, Ryan Carroll, Mark Hassell</i>		
8. Stanford	2004	3:16.68
9. Stanford	2006	3:18.04
<i>Elliot Luscombe, Wopamo Osaisai, Alex Greenburg, Michael Garcia</i>		
10. Stanford	1994	3:18.33
<i>Jimmie Johnson, Tad Heath, Travis Clark, Rene Rodriguez</i>		

4 x 800 Meter Relay	Year	Time
1. Stanford	1994	7:33.2
2. Stanford	1993	7:52.03
<i>Christian Skoog, Brian Pettingill, Brian Conolly, Jeff Atkinson</i>		

Distance Medley Relay	Year	Time
(1,200, 400, 800, 1,600)		
1. Stanford	2000	9:28.83
2. Stanford	2003	9:29.69
<i>Seth Hejny, Nick Sebes, Evan Fox, Grant Robison</i>		
3. Stanford	2001	9:30.01
<i>Donald Sage, Mark Hassell, Jonathan Stevens, Gabe Jennings</i>		
4. Stanford	2000	9:30.19
5. Stanford	2005	9:33.49
<i>Russell Brown, Nick Sebes, Michael Garcia, Joaquin Chapa</i>		
6. Stanford	2006	9:34.32
<i>Russell Brown, Michael Garcia, Joaquin Chapa, Garrett Heath</i>		
7. Stanford	2000	9:35.20
<i>Donald Sage, Mark Hassell, Jon Stevens, Gabe Jennings</i>		
8. Stanford	2002	9:35.30
<i>Curtis Goehring, Mark Hassell, Donald Sage, Grant Robison</i>		
9. Stanford	1999	9:36.99
<i>Michael Stember, Jeff Allen, Mark Hassell, Jonathan Riley</i>		
10. Stanford	2004	9:37.06
<i>Lauren Jespersen, Curtis Goehring, Russell Brown, Donald Sage</i>		

60 Yards	Year	Time
1. Larry Questad	1963	6.2
1. Ken Curl	1973	7.2

100 yards	Year	Time
1. Rick Tipton	1971	9.6

600 yards	Year	Time
1. Brian Conolly	1985	1:11.0
2. Jim Ward	1967	1:11.9

880 yards	Year	Time
1. Ernie Cunliffe	1961	1:51.3

1,000 yards	Year	Time
1. Ernie Cunliffe	1961	2:07.3

Mile	Year	Time
1. Michael Stember	2000	3:58.40
2. Gabe Jennings	2001	3:58.54
3. Jonathan Riley	2000	3:58.72
4. Grant Robison	2003	3:58.95
5. Donald Sage	2002	3:59.49
6. Russell Brown	2006	3:59.65
7. Jason Lunn	1997	4:00.52
8. Evan Fox	2005	4:00.67
9. Lauren Jespersen	2005	4:00.99
10. Jake Maas	1998	4:01.48

Two Mile	Year	Time
1. Tony Sandoval	1976	8:52.6
2. Don Kardong	1971	8:57.0

60-Yard High Hurdles	Year	Time
1. Dave Bagshaw	1973	7.0

70-Yard High Hurdles	Year	Time
1. Dave Bagshaw	1973	8.4

120-Yard High Hurdles	Year	Time
1. Rick Tipton	1971	13.9

880 Yard Relay	Year	Time
1. Stanford	1973	1:27.4
<i>Ken Curl, John Kessel, Matt Hogsett, John Anderson</i>		

Mile Relay	Year	Time
1. Stanford	1973	3:17.2
<i>Matt Hogsett, John Kessel, Dave Bagshaw, John Anderson</i>		

Two Mile Relay	Year	Time
1. Stanford	1986	7:33.2
<i>Christian Skoog, Brian Pettingill, Brian Conolly, Jeff Atkinson</i>		

Sprint Medley Relay	Year	Time
(110, 110, 220, 440)		
1. Stanford	1973	1:32.5
<i>Ken Carl, John Kessel, John Anderson, Dave Bagshaw</i>		

Distance Medley Relay	Year	Time
(1320, 440, 880, mile)		
1. Stanford	1973	9:57.7
<i>Les McFadden, Kenny Kring, Bruce Wolfe, Brian Mittelstaedt</i>		

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)
6. Ray Bergstrom	2002	6-9 1/2 (2.07m)
7. Joshus Hustedt	2006	6-4 1/4 (1.94m)
8. Josh Gleason	1998	6-1 1/4 (1.68m)

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. Josh Hustedt	2006	23-8 (7.21m)
6. Jami Webb	1994	23-7 1/4 (7.19m)
7. Solomon Welch	2004	23-5 1/2 (7.15m)
8. Adrian Munabi	2006	23-4 1/2 (7.12m)
9. Myles Bradley	2006	23-0 1/2 (7.02m)
10. Brian Manning	1995	22-10 (6.96m)

Pole Vault	Year	Mark
1. Toby Stevenson	2000	18-4 1/2 (5.60m)
2. Graeme Hoste	2006	17-7 3/4 (5.38m)
3. Jim Eshelman	1967	16-10 1/2 (5.14m)
4. Adam Fusco	1998	16-10 (5.13m)
5. Chris Buddin	1996	16-8 (5.08m)
6. Jamie Marek	1994	16-2 3/4 (4.95m)
7. Tyler Gray	2001	15-1 (4.57m)
8. Josh Hustedt	2006	14-11 1/2 (4.56m)
8. Benjamin Dickens	2005	14-9 1/2 (4.51m)
10. Josh Gleason	1997	14-3 1/4 (4.35m)

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 Robertson	2006	56-5 3/4 (17.21m)
6. Michael Macellari	2005	55-3 3/4 (16.86m)
7. Matt Karsevar	1993	54-10 (16.71m)
8. T.C. Jones	1970	54-7 (16.64m)
9. William O'Neill	2004	52-8 1/4 (16.06m)
10. Will Svitek	2003	52-6 3/4 (16.02m)

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)
6. Toby Norwood	1995	60-5 1/4 (18.61m)
7. Michael Robertson	2006	59-4 1/4 (18.909m)
8. Justin Strand	1997	56-6 (17.22m)
9. Marc Mazzoni	1997	56-0 1/2 (17.08m)
10. Ramon Alarcon	1993	53-6 1/2 (16.32m)

Triple Jump	Year	Mark
1. Solomon Welch	2006	51-10 1/2 (15.81m)
2. Feranmi Okanlami	2006	51-7 1/4 (15.73m)
3. Phil Cannon	1986	50-2 (15.29m)
4. Ryan Fernandez	1999	49-2 1/2 (15.00m)
5. Brian Manning	1994	48-9 1/2 (14.86m)
6. J.P. Holland	1982	48-3 3/4 (14.72m)
7. Warrick McDowell	2001	48-2 1/2 (14.69m)
8. Jami Webb	1995	47-11 (14.61m)
9. Tom Massey	1969	47-9 (14.55m)
10. Milton Little	2001	47-5 3/4 (14.47m)

Heptathlon	Year	Mark
1. Josh Hustedt	2006	5,359 points
2. Nicholas Taylor	2005	5,104 points

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. Chanuntae Bayne-Hackett	2006	7.21
2. Janice Davis	2006	7.30
3. Jakki Bailey	2003	7.35
4. Ashley Purnell	2005	7.56
5. Wilsa Charles	2000	7.71

200 Meters	Year	Time
1. Chauntae Bayne-Hackett	2006	22.77
2. Janice Davis	2006	23.26
3. Ashley Purnell	2003	23.88
4. Jakki Bailey	2006	24.02
5. Christine Moschella	2005	24.08

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	2006	2:06.85
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	2006	4:41.11

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. Arianna Lambie	2006	9:07.65
5. Alicia Craig	2003	9:07.88



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



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. Tracey 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. Tracey Lawyer	1998	8.77
5. Lauren Stewart	2006	8.77

4 x 400 Meter Relay	Year	Time
1. Stanford	2005	3:34.92
<i>Christine Moschella, Janice Davis, Ashley Freeman, Ashley Purnell</i>		
2. Stanford	2006	3:36.80
<i>Keisha Gaines, Nashonne Johnson, Chauntae Bayne-Hackett, Janice Davis</i>		
3. Stanford	2005	3:38.51
<i>Chinny Offor, Christine Moschella, Nashonne Johnson, Ashley Freeman</i>		
4. Stanford	2005	3:38.91
<i>Nashonne Johnson, Ashley Purnell, Ashley Freeman, Christine Moschella</i>		
5. Stanford	2004	3:40.19
<i>Chinny Offor, Nashonne Johnson, Keisha Gaines, Ashley Freeman</i>		

Distance Medley Relay (1200, 400, 800, 1600)	Year	Time
1. Stanford	2000	11:01.56
<i>Sally Glynn, Jayna Smith, Lindsay Hyatt, Lauren Fleshman</i>		
2. Stanford	2006	11:05.03
<i>Annanda Trotter, Keisha Gaines, Ashley Freeman, Arianna Lambie</i>		
3. Stanford	2003	11:05.16
<i>Malindi Elmore, Christine Moschella, Katie Hotchkiss, Lauren Fleshman</i>		
4. Stanford	2006	11:06.08
<i>Katy Trotter, Janice Davis, Ashley Freeman, Arianna Lambie</i>		
5. Stanford	2004	11:07.15
<i>Katy Trotter, Ashley Freeman, Chinny Offor, Sara Bei</i>		

High Jump	Year	Mark
1. Lisa Bernhagen	1987	6-5 1/2 (1.97m)
2. Tracey 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	2006	20-10 3/4 (6.37m)
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)

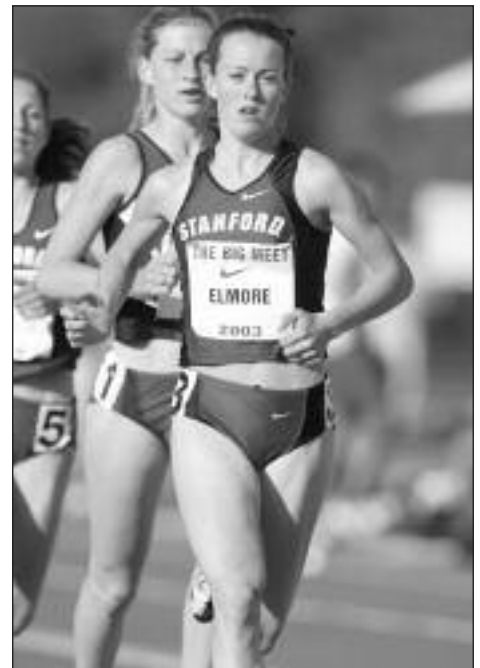
Pole Vault	Year	Mark
1. Anna McFarlane	2006	13-1 (3.99m)
2. Kathleen Donoghue	2002	13-0 1/4 (3.97m)
3. Melissa Feinstein	1998	12-9 (3.89m)
4. Samantha Shepard	2004/05	12-8 3/4 (3.88m)
5. Leila Ben-Youssef	2005	12-8 3/4 (3.88m)

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	2006	49-11 3/4 (15.23m)
5. Michaela Wallerstedt	2006	47-11 (14.60m)

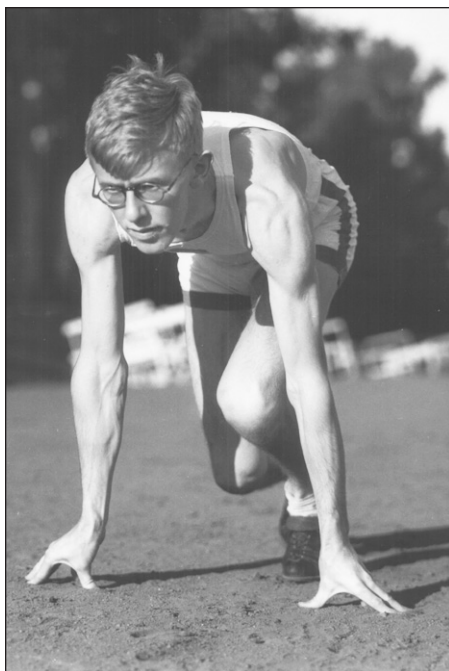
Triple Jump	Year	Mark
1. Erica McLain	2005	45-7 1/4 (13.90m)
2. Jackie Edwards	1992	42-6 (12.95m)
3. Lauren Stewart	2006	41-3 3/4 (12.59m)
4. Deborah Akinniyi	2006	40-11 3/4 (12.48m)
5. Undine Becker	2004	40-8 1/4 (12.40m)

20-lb Weight	Year	Mark
1. Jessica Pluth	2003	61-11 (18.87m)
2. Maureen Onyegbako	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. Lauren Stewart	2006	3,788 pts
1. Sally Mills	2004	3,417 pts



Malindi Elmore was a five-time All-American.



Ben Eastman ran a 46.40 in the 400 meter dash in 1932.

100-yard Dash

- 9.3 Larry Questad, 1963, 1965 (Hand Time)
- 9.4 Clyde Jeffrey, 1939 (Hand Time)
- 9.4 Ken Curl, 1972 (Hand Time)
- 9.5 Eric Frische, 1963 (Hand Time)
- 9.5 Rick Tipton, 1969 (Hand Time)
- 9.5 Chuck Francis, 1971 (Hand Time)

100-meterDash

- 10.2 Larry Questad, 1964 (Hand Time)
- 10.3 James Lofton, 1978 (Hand Time)
- 10.3 Darrin Nelson, 1979 (Hand Time)
- 10.39 Wopamo Osaisai, 2005
- 10.4 Gordon Banks, 1977 (Hand Time)
- 10.46 Stanley Wilson, 2004
- 10.46 Jimmie Johnson, 1997
- 10.48 Marvin Holmes, 1977
- 10.61 Leroy Sims, 2000
- 10.61 Milton Little, 2003
- 10.62 Damon Dunn, 1997

220-yard Dash

- 20.6 Larry Questad, 1963 (Hand Time)
- 20.7 Jack Weiershauser, 1937 (Hand Time)
- 20.8 Clyde Jeffrey, 1939 (straight) (Hand Time)
- 21.0 Ken Curl, 1973 (Hand Time)
- 21.0 James Lofton, 1977 (Hand Time)
- 21.1 Eric Frische, 1963 (Hand Time)
- 21.1 Gordon Banks, 1977 (Hand Time)

200-meterDash

- 20.5 Larry Questad, 1963 (Hand Time)
- 20.5 James Lofton, 1977 (Hand Time)
- 20.84 Clyde Jeffrey, 1939
- 20.95 Jimmy Johnson, 1997
- 21.04 Wopamo Osaisai, 2005
- 21.10 Damon Dunn, 1996
- 21.24 Gordon Banks, 1977
- 21.31 Milton Little, 2003
- 21.34 Darrin Nelson, 1980
- 21.35 James Cramton, 1991
- 21.38 Rene Rodriguez, 1994

440-yard Dash

- 46.4 Ben Eastman, 1932 (Hand Time)
- 46.6 Ray Malott, 1938 (Hand Time)
- 46.9 Jim Ward, 1966 (Hand Time)
- 47.3 Bud Spencer, 1928 (Hand Time)
- 47.4 Charles Shaw, 1940 (Hand Time)
- 47.4 Craig Williamson, 1940 (Hand Time)
- 47.4 Don Chesarek, 1958 (Hand Time)
- 47.4 Ken Fraser, 1965 (Hand Time)

400-meterDash

- 45.85 Rene Rodriguez, 1994
- 46.08 Alan Sheats, 1977
- 46.17 Jimmie Johnson, 1996
- 46.20 Nick Sebes, 2004
- 46.40 Ben Eastman, 1932
- 46.40 James Lofton, 1977
- 46.71 James Cramton, 1991
- 46.86 Evan Kehy, 2002
- 47.0 Bud Spencer, 1928 (Hand Time)
- 47.52 Curtis Goehring, 2002

880-yard Run

- 1:47.3 Ernie Cunliffe, 1960 (Hand Time)
- 1:49.2 Norm Lloyd, 1958 (Hand Time)
- 1:49.4 Pete Fairchild, 1969 (Hand Time)
- 1:49.9 Rich Klier, 1962 (Hand Time)
- 1:50.2 Tim Nicholson, 1971 (Hand Time)
- 1:50.3 Bill Pratt, 1964 (Hand Time)
- 1:50.4 Bob Miltz, 1963 (Hand Time)
- 1:50.9 Ben Eastman, 1932 (Hand Time)

800-meterRun

- 1:46.20 Michael Stember, 2000
- 1:46.6 Ernie Cunliffe, 1960 (Hand Time)
- 1:46.83 Gabe Jennings, 2001
- 1:46.90 David Strang, 1990
- 1:47.92 Christian Skoog, 1986
- 1:47.96 Grant Robison, 2003
- 1:47.97 John Schaer, 1979
- 1:48.20 Bill Crowley, 1990
- 1:48.42 Ryan Carroll, 2001
- 1:48.78 Jason Lunn, 1997

Mile Run

- 3:55.16 Jeff Atkinson, 1986
- 3:59.11 Michael Stember, 1998
- 3:59.32 Gabe Jennings, 1998
- 3:59.6 Duncan Macdonald, 1970 (Hand Time)
- 3:59.69 Jonathon Riley, 2002
- 4:00.1 Brian Mittelstaedt, 1973 (Hand Time)
- 4:00.4 Ernie Cunliffe, 1960 (Hand Time)
- 4:01.5 Harry McCalla, 1963 (Hand Time)
- 4:01.69 Donald Sage, 2004
- 4:02.3 Paul Schlicke, 1964 (Hand Time)
- 4:03.15 Grant Robison, 2002

1500-meterRun

- 3:35.11 Michael Stember, 2000
- 3:35.21 Gabe Jennings, 2000
- 3:35.75 Grant Robison, 2003
- 3:38.90 Jonathon Riley, 2000
- 3:39.26 Marc Olesen, 1988
- 3:39.27 Donald Sage, 2001
- 3:40.65 Andrew Powell, 2000
- 3:41.30 Mark Mastalir, 1991
- 3:41.32 Bill Crowley, 1990
- 3:41.68 Jeff Atkinson, 1985

2-mile Run

- 8:37.8 Don Kardong, 1971 (Hand Time)
- 8:45.2 Greg Brock, 1970 (Hand Time)
- 8:47.4 Tony Sandoval, 1976 (Hand Time)
- 8:49.4 Arvid Kretz, 1971 (Hand Time)
- 8:50.2 Brian Mittelstaedt, 1973 (Hand Time)

3000-meterSteeplechase

- 8:32.09 Ian Dobson, 2004
- 8:35.83 Jesse Thomas, 2002
- 8:38.19 David Frank, 1984
- 8:40.72 Jonathan Pierce, 2006
- 8:43.07 David Vidal, 2005
- 8:45.92 Fred Carter, 1992
- 8:48.52 Steve Miller, 1989
- 8:50.82 Mark Fadil, 1996
- 8:52.6 Bill Graham, 1982 (Hand Time)
- 8:53.6 Bill Gail, 1979 (Hand Time)
- 8:55.8 Rod Berry, 1981 (Hand Time)
- 8:56.0 Gary Stolz, 1992 (Hand Time)

3-mile Run

- 13:20.8 Don Kardong, 1971 (Hand Time)
- 13:25.8 Tony Sandoval, 1976 (Hand Time)
- 13:31.9 Arvid Kretz, 1971 (Hand Time)
- 13:36.4 Greg Brock, 1970 (Hand Time)
- 13:47.0 Mark McConnell, 1974 (Hand Time)
- 13:49.0 Jeff Parietti, 1976 (Hand Time)

5000-meterRun

- 13:15.33 Ian Dobson, 2005
- 13:16.03 Ryan Hall, 2005
- 13:25.19 Louis Luchini, 2004
- 13:27.31 Brad Hauser, 2000
- 13:29.15 Jonathon Riley, 2002
- 13:39.75 Brent Hauser, 1997
- 13:40.30 Grant Robison, 2002
- 13:44.60 Gabe Jennings, 2000
- 13:44.78 Neftalem Araia, 2005
- 13:44.87 Jason Balkman, 1999
- 13:46.81 Seth Hejny, 2001
- 13:52.58 Nathan Nutter, 1999
- 13:52.67 Rob Reeder, 1997

6-mile Run

- 28:00.6 Don Kardong, 1971 (Hand Time)
- 28:03.8 Tony Sandoval, 1976 (Hand Time)
- 29:02.6 Greg Brock, 1970 (Hand Time)
- 29:10.6 Jack Bellah, 1974 (Hand Time)

10,000-meterRun

- 27:59.72 Ian Dobson, 2005
- 28:08.12 Brad Hauser, 1999
- 28:20.51 Ian Dobson, 2003
- 28:23.37 Brent Hauser, 2000
- 28:23.67 Adam Tenforde, 2003
- 28:27.43 Neftalem Araia, 2006
- 28:32.21 Jason Balkman, 1999
- 28:32.62 Nathan Nutter, 1998
- 28:33.71 Jonathon Riley, 2001
- 28:40.12 Donald Sage, 2002
- 28:41.13 Louis Luchini, 2003
- 28:53.70 Thomas Murley, 2000

120-yard High Hurdles

- 13.7 Rick Tipton, 1971 (Hand Time)
- 13.8 Steve Cortright, 1963 (Hand Time)
- 13.9 Chuck Cobb, 1958 (Hand Time)
- 13.9 John Foster, 1975 (Hand Time)
- 14.0 Dave Bagshaw, 1973 (Hand Time)

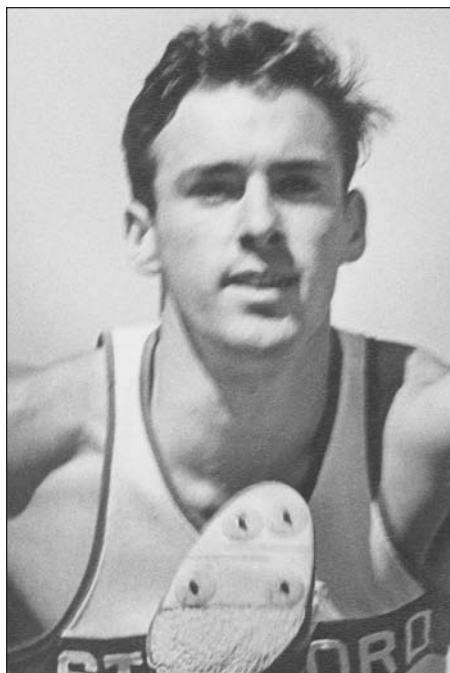
110-meter High Hurdles*

- 13.94 John Foster, 1976
- 14.04 Bob Mathias, 1953
- 14.10 Justin Williams, 2003
- 14.14 Rick Tipton, 1969
- 14.15 Peter Kolotoutos, 1989
- 14.19 Michael Harte, 1999
- 14.22 Jay Thorson, 1986
- 14.27 Bill Graham, 1980
- 14.30 Rod Berry, 1980
- 14.30 Michael Melendez, 1980 *

In 1960, Chuck Cobb ran 13.7 in the U.S. Armed Services Championship while stationed at the Stanford Navy ROTC unit and training under Payton Jordan



In 1960, Chuck Cobb (right) ran 13.7 in the 110m High Hurdles in the U.S. Armed Services Championship while stationed at the Stanford Navy ROTC unit and training under Payton Jordan (left).



Randy White ran a 50.7 in the 440 yard Intermediate Hurdles in 1971.

440-yard Intermediate Hurdles

- 50.7 Randy White, 1971 (Hand Time)
- 51.3 Matt Hogsett, 1974 (Hand Time)
- 52.1 Tom Long, 1972 (Hand Time)
- 52.2 Dave Bagshaw, 1974 (Hand Time)
- 52.4 Steve Cortright, 1963 (Hand Time)
- 52.3 Bud Walsh, 1967 (Hand Time)
- 52.4 Jim Luttrell, 1955 (Hand Time)

400-meter Hurdles

- 50.4 Randy White, 1971 (Hand Time)
- 50.98 Jeff Allen, 1998
- 51.2 Tom Shellworth, 1977 (Hand Time)
- 51.3 Matt Hogsett, 1974 (Hand Time)
- 51.71 Garry Shumway, 1981
- 51.73 Shanghn Ryan, 1986
- 52.0 Garry Shumway, 1980 (Hand Time)
- 52.15 Tim Collins, 1988
- 52.63 Gerren Crochet, 2003
- 52.85 Kraig Sanders, 1986

440-yard Relay

- 39.7 Frische, Rubin, McIntyre, Questad, 1965 (Hand Time)
- 40.5 Cox, Forbes, Ward, Questad, 1966 (Hand Time)
- 40.7 Sears, Forbes, Walsh, Cox, 1967 (Hand Time)
- 40.8 Frische, Rubin, Forbes, Questad, 1965 (Hand Time)
- 40.8 Sears, Guglielmetti, Walsh, Forbes, 1967 (Hand Time)
- 40.8 Holmes, Lofton, Sheats, Wingo, 1975 (Hand Time)

400-meter Relay

- 39.71 Rushing, Sebes, Goehring, Wilson, 2004
- 39.84 Nelson, Sheats, Banks, Lofton, 1978
- 40.15 Little, Crochet, Sebes, Rushing, 2003
- 40.24 Little, Crochet, Rushing, Sebes, 2003
- 40.26 Goehring, Sebes, Kelty, Wilson, 2002
- 40.39 Goehring, Sebes, Kelty, Wilson, 2003
- 40.51 Bookman, Davis, Webb, Johnson, 1995
- 40.61 Goehring, Little, Sebes, Crochet, 2003
- 40.69 Welch, Sebes, Goehring, Osaisai, 2005
- 40.82 2001 41.04 Webb, Clark, Johnson, Rodriguez, 1994
- 41.04 Webb, Clark, Johnson, Rodriguez, 1994

Mile Relay

- 3:08.5 Sheats, Shellworth, Banks, Lofton, 1977 (Hand Time)
- 3:10.5 Shaw, Williamson, Clark, Jeffrey, 1940 (Hand Time)
- 3:10.5 Frederickson, Rubin, McIntyre, Fraser, 1965 (Hand Time)
- 3:10.8 Wingo, Sheats, Hogsett, Lofton, 1976 (Hand Time)
- 3:11.2 Shellworth, Gerfen, Sheats, Lofton, 1977 (Hand Time)
- 3:11.4 Lassen, Cunliffe, Lloyd, Chesarek, 1958 (Hand Time)
- 3:11.6 Kauffman, Fairchild, Anderson, White, 1971 (Hand Time)

1600-meter Relay

- 3:06.6 McCarthy, Banks, Sheats, Lofton, 1978 (Hand Time)
- 3:07.23 Little, Crochet, Goehring, Sebes, 2003
- 3:07.4 Sheats, Shellworth, Banks, Lofton, 1977 (Hand Time)
- 3:07.53 Goehring, Sebes, Wilson, Rushing, 2004
- 3:07.77 Little, Crochet, Rushing, Sebes, 2003
- 3:09.17 Goehring, Crochet, Little, Sebes, 2003
- 3:09.36 Heath, Allen, Pigg, Johnson, 1996
- 3:09.65 Cramton, Skoog, Strang, Armstrong, 1988
- 3:09.96 Little, Kelty, Goehring, Sebes, 2002
- 3:10.56 Little, Goehring, Hassell, Kelty, 2002
- 3:10.58 Johnson, Heath, Clark, Rodriguez, 1994

Discus

- 202-5 Michael Robertson, 2005
- 198-7 Omer Inan, 2002
- 196-1 Glenn Schneider, 1988
- 193-2 Dave Weill, 1963
- 190-3 Dave Thomson, 1981
- 189-1 Bob Stoecker, 1966
- 187-2 Mark Ganek, 1999
- 185-3 Daniel Schaerer, 2006
- 182-6 Steve Davis, 1969
- 182-1 Pete Swanson, 1996
- 178-10 Nick Welihozky, 2003
- 178-2 Pat Stowell, 1992, 1993

Shot Put

- 70-7 Terry Albritton, 1977
- 64-10 3/4 Garin Veris, 1982
- 60-7 1/4 Pete Swanson, 1995
- 60-1 Brian Boggess, 1989
- 59-11 3/4 Jerry Winters, 1960
- 58-8 1/2 Andy Papanthassiou, 1989
- 58-5 1/2 T. C. Jones, 1969
- 57-4 3/8 Otis Chandler, 1950
- 57-0 1/4 Chris Sprague, 2000
- 56-10 1/4 Omer Inan,

2002 Javelin (old implement at 1980)

- 265-8 Tom Colby, 1969
- 243-6 Gary Bruner, 1980
- 241-10 Art Batchelder, 1962
- 239-7 Bob Kimball, 1953
- 235-9 3/4 Leo Long, 1954
- 235-3 Gary Bruner, 1979
- 233-4 1/2 Bud Held, 1950
- 231-11 George Porter, 1965
- 230-5 Steve Hopkins, 1974
- 229-8 1/2 John Bugge, 1955
- 229-1 Dick Warwick, 1968
- 1/2 Hank Roldan, 1957

Javelin (1986 new implement)

- 234-0 Chad Wassink, 2001
- 233-11 Dave Pickett, 1988
- 205-9 Jason Goff, 2003
- 201-3 Keith Avila, 2006
- 198-5 James Kostohyzy, 1991
- 191-7 John Roldan, 1995
- 191-2 Brian Kelley, 2005
- 189-5 Nick Rosen, 1988
- 187-3 Justin Strand, 1997
- 185-7 Josh Gleason, 1996

Long Jump

- 26-11 3/4 James Lofton, 1978
- 26-0 3/4 Marcus Hickerson, 1990
- 25-11 Milton Little, 2003
- 25-9 1/2 Dan Moore, 1962
- 25-7 1/2 Darrin Nelson, 1978
- 25-4 3/4 Gay Bryan, 1949
- 25-3 Frank Herrmann, 1957
- 25-2 Bud Walsh, 1967
- 25-1 Tom Anderson, 1971
- 24-11 1/2 Craig Vaughan, 1967

Triple Jump

- 52-3 Allen Meredith, 1970
- 51-9 Solomon Welch, 2005
- 51-8 1/2 Ian Arnold, 1968
- 51-4 Feranmi Okanlami, 2006
- 51-1 1/2 Tom Massey, 1969
- 51-0 Jami Webb, 1994
- 50-7 Brian Manning, 1994
- 50-4 Rod Utley, 1973
- 50-0 Phil Cannon, 1986
- 50-0 Henry Green, 1989
- 49-11 1/4 Mike Hall, 1974

High Jump

- 3/4 Brian Marshall, 1988
- 7-4 1/2 Michael Ponikvar, 1999
- 7-3 Peter Boyce, 1968
- 7-3 Travis Clark, 1993
- 7-1 John Hopkins, 1989
- 7-0 1/4 Todd Beyerlein, 1998
- 6-10 Ed Hanks, 1965
- 6-10 Skip Grodahl, 1972
- 6-10 Chris Patrick, 1981
- 6-9 3/4 Ray Bergstrom, 2002

Pole Vault

- 18-9 1/4 Toby Stevenson, 2000
- 18-1 Graeme Hoste, 2006
- 17-8 1/2 John Gash, 1987
- 17-0 3/4 Jamie Marek, 1993
- 16-11 3/4 Jim Eshelman, 1967
- 16-9 1/4 Chris Buddin, 1995
- 16-8 3/4 Adam Fusco, 1998
- 16-7 Donell Hill, 2006
- 16-7 Casey Carrigan, 1971
- 16-6 Bob Flint, 1975
- 16-0 Dave Pickett, 1985
- 15-8 1/2 Chuck Smith, 1965

Hammer Throw

- 240-10 Dave Popejoy, 1995
- 237-3 Adam Connelly, 1999
- 233-5 Justin Strand, 1997
- 229-10 Brian Masterson, 1985
- 225-1 Shaun Pickering, 1984
- 222-5 Rick Buzz, 1980
- 221-1 Nick Wolthozky, 2003
- 213-2 Dave Thonison, 1981
- 211-0 Toby Norwood, 1995
- 208-5 Mark Ganck, 1999

Decathlon

- 7887 Bob Mathias, 1952
- 7529 Jay Thorson, 1986
- 7428 Jason Goff, 2001
- 7287 Travis Clark, 1995
- 7228 Michael Heise, 1982
- 7084 D. D. Harris, 1989
- 7,070 Josh Hustedt, 2006
- 7016 Timi Wusu, 2003
- 7013 Josh Gleason, 1996
- 6,832 Nicholas Taylor, 2005
- 6215 Chase Wimberly, 1999



Otis Chandler recorded a shot put mark of 57-4 3/8 in 1950.

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



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

drew 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 35 Division I varsity sports – equally divided between men's and women's teams. Of Stanford's 104 national team titles, 52 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.



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 championships. 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 75 NCAA team championships since 1980, the most in the nation; Cardinal athletes have won 52 NCAA championships since 1990 – again the most in the nation. Stanford has brought home 31 NCAA championship trophies the past eight 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 12 consecutive Directors’ Cup titles (1995-2006). The award honors the nation’s top overall athletic program and with 12 straight victories in the competition, it is no wonder Stanford is considered the dominant athletic program in the nation.

Stanford captured its 12th straight Directors’ Cup in 2005-06. The Cardinal won a total of three national team crowns (two NCAA) in synchronized swimming (U.S. Collegiate), women’s tennis and women’s cross country. Stanford had a total of 20 Top 10 finishes with men’s water polo, women’s basketball, men’s swimming, women’s swimming, men’s gymnastics, women’s indoor track, men’s crew, women’s sailing, men’s tennis and women’s water polo joining the national champions in the Top Five. The Cardinal also picked up six individual national titles (two NCAA) and 13 team conference championships.

Stanford has now won at least one NCAA team championship for 30 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 104 collegiate team titles (92 NCAA championships) and 395 NCAA individual titles. Cardinal

women have won an NCAA-best 35 team championships while men’s teams have captured 57 NCAA team titles, third-best in the nation. Overall, Stanford’s 92 NCAA team championships rank second in the nation.

In the last 10 years (since 1996-97), Stanford has claimed 33 national team championships and 29 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

The Stanford women’s tennis team has captured five of the past six NCAA titles.

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



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

men's and women's tennis. Nine other teams finished in the Top Four nationally, including 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 186 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.



The Stanford women's basketball team has been a consistent top finisher in the Pac-10, advancing well into the NCAA tournament for years.

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 16 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



Stanford's women's cross country team has won two of the past three NCAA titles.

Quick, women's swimming; Skip Kenney, men's swimming). Stanford athletes accounted for 16 gold medals, one silver and one bronze in Atlanta.

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); Keri Walsh, 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, Nicole Powell and Kate Starbird (women's basketball); Tony Azevedo (men's water polo); 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: 104

Total NCAA Championships
(NCAA rank): 92 (No. 2)

Total Men's NCAA Championships
(NCAA rank): 57 (No. 3)

Total Women's NCAA Championships
(NCAA rank): 35 (No. 1)

Total Individual NCAA Championships: 395

NCAA Team Championships Since 1990: 52*

NCAA Team Championships Since 1980: 75*

*most in the nation





Directors' Cup Champion of Champions



Directors' Cup Champion of Champions 2005-06 Season

Conference Championships: 13

National Finish:

13 teams in the national Top 5
20 teams in the national Top 10
24 teams in the national Top 25

National Rankings:

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

Stanford University captured its 12th consecutive NCAA Division I Directors' Cups in 2005-06. 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 2005-06 (synchronized swimming, women's tennis, women's cross country), while a total of 13 teams finished among the Top five nationally and 19 teams placed in the Top 10.

Stanford teams finishing in the Top 10 were synchronized swimming (1st), women's tennis (1st), women's cross country (1st), men's water polo (2nd), women's indoor track (2nd), men's swimming (3rd), men's gymnastics (3rd), men's crew (3rd), women's water polo (3rd), women's sailing (4th), women's basketball (5th), women's swimming (5th), men's tennis (5th), men's cross country (6th), men's fencing (7th), women's fencing (7th), co-ed sailing (8th), women's lacrosse (9th), baseball (9th) and softball (9th).

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 2005-06 Varsity National Titles

3 National (2 NCAA) Championships, 6 National (2 NCAA) Individual Champions

Team Champions:

Women's Cross Country
Synchronized Swimming
Women's Tennis



Junior Dylan Carney won the NCAA high bar title.

Individual Champions:

Men's Gymnastics

High Bar

Dylan Carney (Junior)

Vault

David Sender (Sophomore)

Synchronize Swimming

National A Elements

Courtenay Stewart (Sophomore)

National Duet

Sara Lowe (Sophomore)

National Solo

Sara Lowe (Sophomore)



Sophomore Sara Lowe won the 2006 national solo title and teamed with Courtenay Stewart to win the national duet title.



Women's Cross Country – NCAA Champions

- Stanford wins second NCAA championship in three years
- Arianna Lambie named Pac-10 Athlete of the Year
- Lambie led Cardinal with 8th place finish at NCAA Championship
- Stanford won all seven races it competed in during the season



Synchronized Swimming – Collegiate Champions

- Fourth national championship in program history
- Sara Lowe won collegiate title in solo
- Courtenay Stewart placed first nationally in "A" elements competition
- Lowe and Stewart won collegiate title in duet



Women's Tennis – NCAA Champions

- 16th national title (15th NCAA) in program history
- Fifth NCAA title in six seasons for head coach Lele Forood.
- Finished the season with a perfect 30-0 record, marking the team's third straight unbeaten campaign and 10th in school history
- Extended its winning streak to 86 consecutive dual match victories

Caring about the Community:

At Stanford, students are taught the value of investment. Put simply, you get out what you put in. This positive attitude is no different for many of the student-athletes in this program who volunteer their time for a wide variety of causes.

Athletes on the team volunteer as tutors, bedside companions and homeless shelter helpers among other activities. Caring about the community is a theme that resonates in the athletes of the cross country program because they understand the value of lending a helping hand.

Senior, Neftalema Araia echoes this sentiment, "As people who have been given an opportunity to thrive, I believe we owe it to others to continue the trend of extending help and opening doors."



**NCAA Regional
Qualifying Times (Men)**

Event	Time	MT	3k-5,999/6k+
100 Meters	10.50	—	+ .03/+ .06
200 Meters	21.19	—	+ .07/+ .12
400 Meters	47.20	46.9	+ .11/+ .21
800 Meters#	1:50.40	1:50.1	
1500 Meters#	3:47.80	3:47.5	
Mile#	4:03.75	4:03.5	
3000m-	9:07.00	9:06.7	
Steeplechase#			
5000 Meters#	14:12.00	14:11.7	
10,000 Meters	28:45.00	28:44.7	
110 Meter Hurdles	14.30	—	+ .04/+ .08
400 Meter Hurdles	52.51	52.2	+ .11/+ .21
400 Meter Relay	40.66	40.4	+ .12/+ .24
440-Yard Relay	40.86	40.6	+ .12/+ .24
4 x 400 Meter Relay	3:10.00	3:09.7	+ .44/+ .84
Mile Relay	3:11.20	3:10.9	+ .44/+ .84

	Metric
High Jump	2.10
Pole Vault	5.05
Long Jump	7.34
Triple Jump	15.00
Shot Put	16.80
Discus	51.70
Javelin	61.60
Hammer	55.60
Decathlon	7,500 pts

**NCAA Regional
Qualifying Times (Women)**

Event	Time	MT	3k-5,999/6k+
100 Meters	11.75	—	+ .03/+ .07
200 Meters	23.96	—	+ .07/+ .14
400 Meters	54.61	54.3	+ .11/+ .21
800 Meters#	2:09.80	2:09.5	
1500 Meters#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3000m-	10:50.25	10:50.0	
Steeplechase#			
5000 Meters#	16:52.00	16:51.7	
10,000 Meters	33:30.00	33:29.7	
100 Meter Hurdles	13.92	—	+ .04/+ .08
400 Meter Hurdles	1:00.82	1:00.5	+ .11/+ .21
400 Meter Relay	45.70	45.4	+ .12/+ .28
440-Yard Relay	45.90	45.6	+ .12/+ .28
4 x 400 Meter Relay	3:42.00	3:41.7	+ .44/+ .84
Mile Relay	3:43.20	3:42.9	+ .44/+ .84

	Metric
High Jump	1.75
Pole Vault	3.80
Long Jump	6.00
Triple Jump	12.32
Shot Put	14.30
Discus	47.30
Javelin	43.45
Hammer	54.15
Heptathlon	5,500 pts

— Altitude adjustment available

2007 Indoor Track & Field Schedule

Date	Event	Location
January 13	UW Indoor Preview	Seattle, WA
January 20	Hampton Inn Classic	Boise, ID
January 26-27	UW Invitational	Seattle, WA
February 2-3	United Heritage Invite	Boise, ID
February 3	Cal All-Comers Meet (Outdoors)	Berkeley, CA
February 9-10	Tyson Invitational	Fayetteville, AR
February 10	Husky Invitational	Seattle, WA
February 10	Cal All-Comers Meet (Outdoors)	Berkeley, CA
February 17	Cal All-Comers Meet (Outdoors)	Berkeley, CA
February 23-24	MPSF Championship	Seattle, WA
February 23-25	USATF Indoor Championships	Boston, MA
February 24	Cal All-Comers Meet (Outdoors)	Berkeley, CA
March 3	NCAA Qualifier Washington	Seattle, WA
March 3	NCAA Qualifier Notre Dame	South Bend, IN
March 9-10	NCAA Indoor Championships	Fayetteville, AR

2007 Outdoor Track & Field Schedule

Date	Event	Location
March 3	Stanford Quad-Meet	Stanford, CA
March 28-29	Cal Multis	Berkeley, CA
March 30-31	Stanford Invitational	Stanford, CA
April 7	Stanford Big Meet	Stanford, CA
April 13-14	Brutus Hamilton Multis & Hammer	Berkeley, CA
April 13-15	Mt SAC	Walnut, CA
April 21	Triton Invitational	LaJolla, CA
April 27-28	California Collegiate Challenge	Berkeley, CA
April 29	Payton Jordan Cardinal Invitational	Stanford, CA
May 4	Sacramento Invitational	Sacramento, CA
May 5-6	Pac-10 Multis	Stanford, CA
May 12-13	Pac-10 Championships	Stanford, CA
May 25-26	NCAA Regionals	Eugene, OR
June 6-9	NCAA Championships	Sacramento, CA
June 20-24	USATF Outdoor Championships	Indianapolis, IN





S Stanford
Track and Field



