



# STANFORD MEDIA RELATIONS

Arrillaga Family Sports Center • Stanford, California 94305-6150  
Telephone (650) 723-4418 • FAX (650) 725-2957 • www.gostanford.com

## 2007 Stanford Women's Outdoor Track & Field Best Times & Marks (as of July 11, 2007)

### 100 Meter Dash (+11.75 NCAA; # School Record)

		Time/Mark
1. Jakki Bailey	Pac-10 Championships (5/12/07)	+11.45
2. Janice Davis	NCAA West Regional (5/25/07)	+11.56
3. Sarah Matthew	Cal Collegiate Challenge (4/27/07)	+11.74

### 100 Meter Hurdles (+13.92 NCAA; # School Record)

1. Lauren Stewart	UCLA (4/14 /07)	14.00
2. Nora Miller	Cal Collegiate Challenge (4/27/07)	14.04
3. Kara Bennett	Pac-10 Multis (5/5/07)	16.40

### 200 Meter Dash (+23.96 NCAA; # School Record)

1. Janice Davis	NCAA West Regional (5/25/07)	+23.52
2. Jakki Bailey	Big Meet (4/7/07)	+23.66
3. Sarah Matthew	Stanford Invite (3/30/07)	24.79
4. Ashley Freeman	Triton Invite (4/21/07)	24.85
5. Nora Miller	Cal Collegiate Challenge (4/27/07)	25.17

### 400 Meter Dash (+54.61 NCAA; # School Record)

1. Ashley Freeman	Big Meet (4/7/07)	55.11
2. Laura Mottaz	Stanford Invite (3/31/07)	56.13
3. Claire Cormier	Stanford Invite (3/31/07)	56.94
4. Idara Otu	Triton Invite (4/21/07)	57.17

### 400 Meter Hurdles (+1:00.82 NCAA; # School Record)

1. Idara Otu	Cal Collegiate Challenge (4/27/07)	1:03.21
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### 800 Meter Run (+2:09.80 NCAA; # School Record)

1. Ashley Freeman	Pac-10 Championships (5/12/07)	+2:06:12
2. Arianna Lambie	Stanford Invite (3/30/07)	+2:08.23
3. Alicia Follmar	Stanford Invite (3/30/07)	+2:09.08
4. Kaylin Pennington	Stanford Invite (3/30/07)	2:09.91
5. Claire Cormier	PJCI (4/29/07)	2:10.03

### 1500 Meter Run (+4:27.80 NCAA; # School Record)

1. Arianna Lambie	NCAA Championships (6/9/07)	+4:12.29
2. Alicia Follmar	NCAA Championships (6/7/07)	+4:17.90
3. Lauren Centrowitz	NCAA Championships (6/7/07)	+4:18.51
4. Amanda Trotter	Stanford Invite (3/31/07)	+4:25.51
5. Kathleen Trotter	Triton Invite (4/21/07)	4:33.24

**5000 Meter Run (+16:52.00 NCAA; # School Record)**

1. Arianna Lambie	PJCI (4/29/07)	+15:31.34
2. Teresa McWalters	NCAA Championships (6/8/07)	+15:53.89
3. Katie Harrington	Stanford Invite (3/31/07)	+16:41.24
4. Kathleen Trotter	PJCI (4/29/07)	+16:41.70
5. Amanda Trotter	PJCI (4/29/07)	+16:45.14

**3000 Meter Steeplechase (+10:50.25 NCAA; # School Record)**

1. Lindsey Allen	NCAA Championships (6/6/07)	#+10:01.53
2. Katie Harrington	NCAA West Regional (5/26/07)	+10:28.28
3. Maddie O'Meara	Pac-10 Championships (5/12/07)	+10:41.87

**10,000 Meter Run (+33:30.00 NCAA; # School Record)**

1. Teresa McWalters	Pac-10 Championships (5/12/07)	35:10.62
2. Kate Niehaus	Pac-10 Championships (5/12/07)	36:46.81
3. Kathleen Trotter	Pac-10 Championships (5/12/07)	36:54.17
4. Amanda Trotter	Pac-10 Championships (5/12/07)	37:13.61

**4x100 Meter Relay (+45.70 NCAA; # School Record)**

1. Stanford "A"	Pac-10 Championships (5/12/07)	+44.78
Janice Davis, Jakki Bailey, Nora Miller, Sarah Matthew		

**4x400 Relay (+3:42.00 NCAA; # School Record)**

1. Stanford "A"	Pac-10 Championships (5/12/07)	+3:36.84
Laura Mottaz, Janice Davis, Jakki Bailey, Ashley Freeman		
2. Stanford "B"	Stanford Invite (3/31/07)	3:49.09
Claire Cormier, Lauren Stewart, Nora Miller, Idara Otu		

**High Jump (+1.75m NCAA; # School Record)**

1. Lauren Stewart	Triton Invite (4/21/07)	+5-10 (1.78m)
2. Lindsey Gannaway	Triton Invite (4/21/07), Quad Meet (3/3/07)	+5-08 3/4 (1.75m)
3. Kara Bennett	Pac-10 Multis (5/5/07)	5-07 3/4 (1.72m)
3. Tessa Flippin	PJCI (4/29/07)	5-07 (1.70m)

**Pole Vault (+3.80 NCAA; # School Record)**

1. Caitlin Hewitt	Triton Invite (4/21/07)	12-01 1/2 (3.70m)
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**Long Jump (+6.00 NCAA; # School Record)**

1. Erica McLain	NCAA Championships (6/7/07)	+21-05 1/4 (6.53m)
2. Sarah Matthew	Big Meet (4/7/07)	+19-09 1/2 (6.03m)
3. Lauren Stewart	Triton Invite (4/21/07)	19-00 3/4 (5.81m)
4. Nora Miller	Cal Coll. Challenge (4/27/07)	18-07 (5.66m)
5. Janice Davis	Triton Invite (4/21/07)	18-04 1/4 (5.59m)

**Triple Jump (+12.32 NCAA; # School Record)**

1. Erica McLain	Pac-10 Championships (5/13/07)	+#46-05 1/4 (14.15m)
2. Lauren Stewart	Stanford Invite (3/31/07)	+41-07 1/4 (12.68m)
3. Naikhoba Munabi	Quad Meet (3/3/07)	36-05 (11.10m)

**Shot Put (+14.30 NCAA; # School Record)**

1. Melissa Yunghans	Stanford Invite (3/31/07)	+50-04 3/4 (15.36m)
2. Michaela Wallerstedt	NCAA West Regional (5/25/07)	+48-04 3/4 (14.75m)
3. Erin Delaney	Cal Coll. Challenge (4/27/07)	46-09 (14.25m)
4. Kara Bennett	Cal Multis (3/28/07)	33-05 1/4 (10.19m)
5. Lauren Stewart	PJCI (4/29/07)	37-10 (11.53m)

**Discus Throw (+ 47.30m NCAA; = ### NCAA Provisional; # School Record)**

1. Michaela Wallerstedt	Pac-10 Championships (5/12/07)	+161-11 (49.35m)
2. Sally Mills	Triton Invite (4/21/07)	154-09 (47.16m)
3. Erin Delaney	PJCI (4/29/07)	132-08 (40.45)
4. Melissa Yunghans	Quad Meet (3/3/07)	131-09 (40.17m)
5. Erin Delaney	Quad Meet (3/3/07)	119-03 (36.34m)

**Hammer Throw (+54.15 NCAA; # School Record)**

1. Katy Elsbury	Stanford Invite (3/31/07)	+185-00 (56.38m)
2. Jaynie Goodbody	PJCI (4/29/07)	+180-01 (54.88m)
3. Melissa Yunghans	Big Meet (4/7/07)	159-04 (48.56m)

**Javelin Throw (+43.45 NCAA; # School Record)**

1. Danielle Maier	Pac-10 Championships (5/12/07)	+160-11 (49.06m)
2. Jaynie Goodbody	Big Meet (4/7/07)	140-00 (42.67m)
3. Kara Bennett	Pac-10 Championships (5/12/07)	137-10 (42.02m)
4. Lauren Stewart	PJCI (4/29/07)	114-00 (34.75m)

**Heptathlon (+5,500 points NCAA; # School Record)**

1. Lauren Stewart	UCLA Meet (4/14/07)	4,567 points
2. Kara Bennett	Pac-10 Multis (5/6/07)	4,416 points