

STANFORD

2010 **TRACK AND FIELD** GUIDE



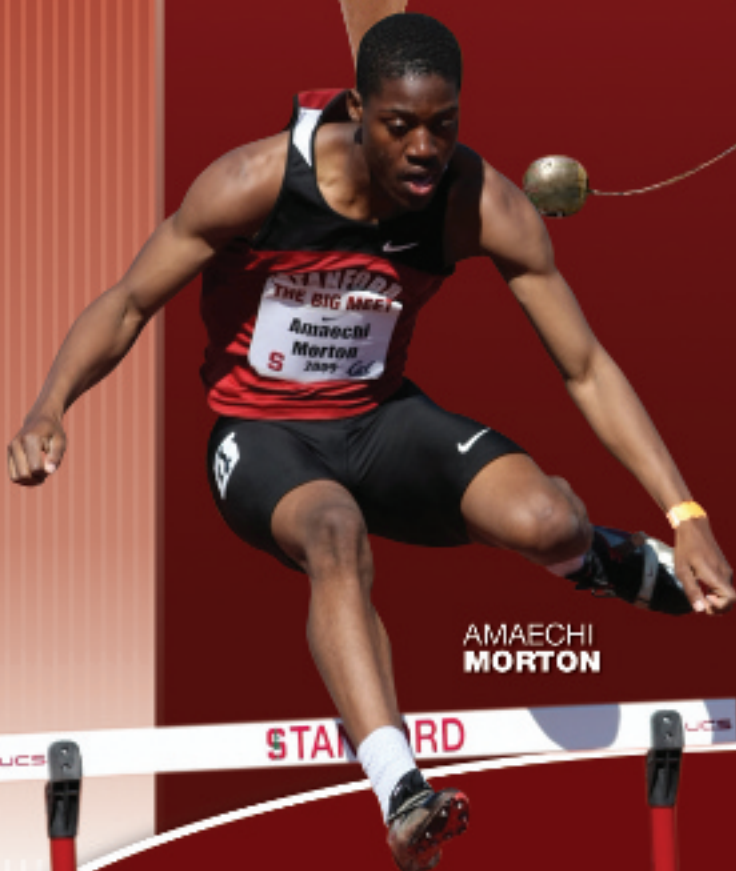
**GEOFF
TABOR**



**ARANTXA
KING**



**JAYNIE
GOODBODY**



**AMAECHI
MORTON**



**CHRIS
DERRICK**



**KATE
NIEHAUS**



QUICK FACTS

2010 STANFORD TRACK AND FIELD



2010 Stanford Track and Field Quick Facts

General Information

Location: Stanford, CA 94305-6150
Track Facility: Cobb Track and Angell Field
Enrollment: 17,833 (6,532 undergraduates)
Founded: 1891
Nickname: Cardinal
Colors: Cardinal and White
Athletic Director: Bob Bowlsby
President: John Hennessy
Sport Administrator: Darrin Nelson

Coaching Staff

Franklin P. Johnson Director of Track & Field: Edrick Floreal, 12th Season (Arkansas, 1990)
Head Cross Country Coach: Jason Dunn, 2nd Season (William and Mary, 1996)
Assistant Coach: Andrew Ninow, 2nd Season (UCLA, 2007)
Assistant Coach: Toby Stevenson, 1st Season (Stanford, 2000)
Assistant Coach: David Vidal, 4th Season (Stanford, 2006)
Assistant Coach: Kyle White, 2nd Season (Arkansas, 1986)
Volunteer Assistant Coach: Hakon DeVries, 1st Season (Stanford, 2009)
Volunteer Assistant Coach: Garrett Heath, 1st Season (Stanford, 2009)
Volunteer Assistant Coach: Erica McLain, 2nd Season (Stanford, 2008)
Director of Operations: Mary Jo Alexander, 4th Season (UC Davis, 2004)
Track and Field Office Phone: (650) 723-2736
Track and Field Office Fax: (650) 725-0758

Athletic Communications & Media Relations

Track and Field Contact: Ricky Brackett
Email: brackett@stanford.edu
Office Phone: (650) 726-7635
Cell Phone: (408) 768-7910
Media Relations Office: (650) 723-4418
Media Relations Fax: (650) 725-2957
Athletes Website: www.GoStanford.com

Media Information

Interview requests for players and coaches must be coordinated with the Stanford Athletic Media Relations office. Interview requests should be submitted at least 24 hours in advance. Visit www.gostanford.com for news releases, player profiles and updated statistics.

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Credits: The 2010 Stanford track and field media guide was written and edited by Ricky Brackett. Design, layout and production by Lori Sakoda. Photography by David Gonzales, Kyle Terada, Spencer Allen, Margaret Gallagher and Rick Bale.

S STANFORD TRACK & FIELD AND CROSS COUNTRY

HOME OF CHAMPIONS

453 All-America Honors

160 All Americans

86 Individual NCAA Titles

57 Individual NCAA Champions

106 Pac-10 Individual Titles

74 Pac-10 Individual Champions

59 MPSF Individual Titles

44 MPSF Individual Champions

81 Olympians

38 World Record Holders

20 Olympic Medalists

9 Olympic Gold Medalists

38 Conference Team Titles

13 NCAA Team Titles



Michael Robertson

2003 Championship Team



Julia Stamps



1997 NCAA Cross Country Champions



Terry Allbritton

Lauren Fleshman





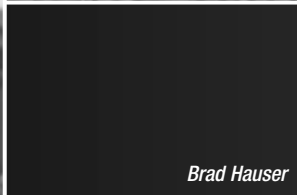
1968 Championship Team



Erica McLain



Arianna Lambie and Sara Bei



Brad Hauser



PattySue Plumer



Jillian Camerena



Ben Eastman



Jonathon Riley

S STANFORD TRACK AND FIELD AT THE OLYMPICS

1908 London Games

Sam Bellah Pole Vault (6th)
 John Miller 400 Meters
 800 Meters

1912 Stockholm Games

Sam Bellah Pole Vault (7th)
 George Horine High Jump (Bronze)

1920 Antwerp Games

Herc Bihlman Shot Put
 Reg Caughey Shot Put
 Flint Hanner Javelin
 Morris Kirksey 100 Meters (Gold)
 4x100-Meter Relay (Gold)
 Feg Murray 110-Meter Hurdles (Bronze)
 John Norton 400-Meter Hurdles (Silver)
 Dink Templeton Long Jump (4th)

1924 Paris Games

Gen Hartranft Shot Put (Silver)
 Discus (6th)
 Bill Richardson 800 Meters (5th)

1928 Amsterdam Games

Bob King High Jump (Gold)
 Eric Krenz Shot Put (4th)
 Harlow Rothert Shot Put
 Bud Spencer 4x400-Meter Relay (Gold)



Jilian Camarena



Erica McLain



Arantxa King



Erica McLain
(Far Right)

Michael Robertson

Ian Dobson (Right)



Toby Stevenson



Ryan Hall

**1932 Los Angeles Games**

Hec Dyer	4x100-Meter Relay (Gold)
Ben Eastman	400 Meters (Silver)
Nellie Gray	Shot Put (5th)
Henry Laborde	Discus (Silver)
Bill Miller	Pole Vault (Gold)
Harlow Rothert	Shot Put (Silver)

1936 Berlin Games

Gordon Dunn	Discus (Silver)
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1948 London Games

Bob Mathias	Decathlon (Gold)
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1952 Helsinki Games

Bud Held	Javelin (9th)
Bob Mathias	Decathlon (Gold)
Ian Reed	Discus

1960 Rome Games

Ernie Cunliffe	800 Meters
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1964 Tokyo Games

Dave Weil	Discus (Bronze)
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1968 Mexico City Games

Peter Boyce	High Jump
Larry Questad	200 Meters (5th)

1972 Munich Games

Chuck Francis	100 Meters
	4x100-Meter Relay

1976 Montreal Games

Don Kardong	Marathon (4th)
Duncan McDonald	5,000 Meters

1980 Moscow Games

Mary Osborne	Javelin (U.S. Boycott)
Tony Sandoval	Marathon (U.S. Boycott)

1984 Los Angeles Games

Carol Cady	Shot Put (7th)
Robert Weir (Coach)	Discus

1988 Seoul Games

Jeff Atkinson	1,500 Meters (10th)
Carol Cady	Discus (11th)
Nancy Ditz	Marathon
Gus Envela	100 Meters
Regina Jacobs	1,500 Meters
Brian Marshall	High Jump
Patti Sue Plummer	3,000 Meters (12th)

1992 Barcelona Games

Pam Dukes	Shot Put
Jackie Edwards	Long Jump
Gus Envela	100 Meters
Chryste Gaines	4x100-Meter Relay
Regina Jacobs	1,500 Meters
Patti Sue Plummer	1,500 Meters (10th)
Steve Schadler	1,500 Meters
Dave Strang	1,500 Meters (Great Britain)

1996 Atlanta Games

Jackie Edwards	Long Jump
Chryste Gaines	4x100-Meter Relay (Gold)
Regina Jacobs	1,500 Meters
Shaun Pickering	Shot Put
Dave Popejoy	Hammer Throw
Dave Strang	800 Meters (Great Britain)
Robert Weir (Coach)	Discus

2000 Sydney Games

Jackie Edwards	Long Jump
Chryste Gaines	4x100-Meter Relay (Bronze)
	100 Meters
Brad Hauser	5,000 Meters
Regina Jacobs	1,500 Meters
Gabe Jennings	1,500 Meters
Michael Stember	1,500 Meters
Robert Weir (Coach)	Discus

2004 Athens Games

Jackie Edwards	Long Jump
Malindi Elmore	1,500 Meters (Canada)
Jonathon Riley	5,000 Meters
Grant Robison	1,500 Meters
Toby Stevenson	Pole Vault (Silver)

2008 Beijing Games

Leila Ben-Youseff	Pole Vault (Tunisia)
Jillian Camarena	Shot Put
Ian Dobson	5,000 Meters
Jackie Edwards	Long Jump
Ryan Hall	Marathon (10th)
Arantxa King	Long Jump (Bermuda)
Erica McLain	Triple Jump
Michael Robertson	Discus

S COBB TRACK AND ANGELL FIELD

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 six 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. In 2008, Drossin's American record in the 10,000 meters was broken by Shalane Flanagan at Cobb Track and Angell Field. Just last season, Stanford's own, Chris Derrick, set the American Junior Record in the 5,000 meters with a time of 13:29.98. 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.

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 Rotherth, and Mark Thomas, Jr. Their efforts and the hard work of many other people have made Cobb Track and Angell Field one of the finest venues in the country.

Stanford Stadium

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

Angell Field

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



S **STANFORD UNIVERSITY**

THE NATION'S PREMIER UNIVERSITY

The world all at once: Limitless possibilities are at the heart of Stanford University.

Global positioning systems and gene splicing, *One Flew Over the Cuckoo's Nest* and *The Grapes of Wrath*, the football huddle and the T-formation, Yahoo! and Google—all bear the mark of a Stanford individual. At Stanford, you will find the entire universe of what humankind knows and is endeavoring to know. From your first days on campus, this universe will be yours to explore, yours to discover. Stanford will ask that intellectual curiosity be your compass, that excellence be your true north.

Along the way, you will have the guidance of extraordinary faculty mentors who are at the forefront of advancing the world's understanding of subjects ranging from geophysics to history to bioscience to musical composition. You will also have the friendship of fellow students who will awe and inspire you as much for their humanity as for their talents. As you pursue the questions that interest you most, your mentors and friends will give you the freedom to risk temporary failure as you push yourself both intellectually and personally—along with the freedom and encouragement to pursue what you love.

Your reward will be the exhilaration of discovery—the exhilaration of true excellence.

— *Courtesy of Stanford University*



STANFORD'S CURRENT COMMUNITY OF SCHOLARS INCLUDES

- 16 Nobel laureates
- 4 Pulitzer Prize winners
- 23 MacArthur Fellows
- 19 recipients of the National Medal of Science
- 2 National Medal of Technology recipients
- 244 members of the American Academy of Arts and Sciences
- 136 members of the National Academy of Sciences
- 83 National Academy of Engineering members
- 27 members of the National Academy of Education
- 46 American Philosophical Society members
- 8 Wolf Foundation Prize winners
- 6 winners of the Koret Foundation Prize
- 3 Presidential Medal of Freedom winners





Georgia Griffin and Kate Niehaus

The women's track and field team has become the complete program that Franklin P. Johnson Director of Track and Field Edrick Floreal envisioned when he took over almost a decade ago. The Cardinal is strong in every event group and should be competitive at both the conference and national levels. The distance program is still very strong, but the jumpers have also emerged into an elite group. An improved sprint group to go with a solid group of throwers gives Stanford its most complete team in years. Stanford also boasts a deep and talented freshmen class that should provide immediate results. "Somehow the jumpers have really become the backbone of the program," said Floreal. "They scored over 40 points at the Pac-10 meet last year. Between Whitney Liehr, Arantxa King, Griffin Matthew, Brittni Dixon-Smith and now adding Karynn Dunne we have a group that has experience in the finals of the Pac-10 and MPSF meets and should be there again this season."

Sprints

The Cardinal should be much improved in the sprints, as they are healthy and welcome a strong freshmen class. Senior Griffin Matthew returns as the veteran of the group, having qualified for the last two NCAA Championships at 100 meters. Pushing Matthew will be junior Shataya Hendricks who with improved health is looking to return to the form that made her one of Stanford's top sprint recruits ever. In addition, freshman Carissa Levingston is looking like a talent that could be nationally competitive in her first year on The Farm. The Cardinal also has a solid group of 400 runners led by freshman Hannah Farley. Whitney Liehr leads a solid group in the hurdles.

"Carissa Levingston has attracted the most attention so far," said Floreal. "Very rarely do you see an athlete come in and pick things up so quickly. She has probably improved from a D+ in mechanics to a B- in just a short time. Griffin Matthew is going to have a hell of a year, partially because of Carissa, being pushed by a freshman. Also, Shataya Hendricks finally has her health and her injuries figured out."

Distance

The distance program has seen the graduation of several elite talents over the last couple of years with the most recent being Lauren Centrowitz and Alicia Follmar, who earned 12 All-America honors combined. However, the Cardinal continues to reload and 2010 will be no different. After battling injuries last year, junior Alex Gits will look to regain her 2008 form when she was an All-American at 10,000 meters as a freshman. The Cardinal also return a pair of NCAA qualifiers from a year ago in senior Kate Niehaus (5,000) and sophomore Emilie Amaro (steeplechase). The depth of the women's distance squad should be among the best in the nation with others such as: Stephanie Marcy (Stanford's No. 1 runner at the NCAA cross country meet), Georgia Griffin (2009 regional qualifier at 5K), Maria Lattanzi (All-American as a member of the distance medley

relay) and a group of freshmen that should contribute immediately. Freshmen Alex Dunne and Kathy Kroeger have already proven to be nationally competitive in cross country, while Justine Fedronic should be a threat along with Lattanzi and Madeline Duhon in the middle distances.

"We are a little young, so they will need a little time to develop," said Floreal. "It will be interesting to see how fast they help, but they are good and we think it could be sooner rather than later."

Jumpers

The emergence of the jumpers over the past several years has taken Stanford to a new level as a complete program. This year should be no different with several returners capable of All-America performances. 2008 Beijing Olympian Arantxa King returns after just missing her first All-America honor last year. She can compete with anyone in the country in both the long and triple jump. Whitney Liehr also returns having dropped the multi-events to concentrate on jumping and the hurdles. Liehr earned All-America status in the triple jump last season, despite limited time focusing on the event. Also returning is former national qualifier in the long jump, Griffin Matthew, as well as 2009 regional qualifiers Brittni Dixon-Smith (long jump) and Jordan Merback (triple jump). Joining the group is freshman Karynn Dunne who is yet another NCAA threat. In the high jump, freshman Elaine Patten will look to make an impact. In the pole vault, sophomore Katerina Stefanidi is already the best in Stanford history and should challenge for points at the NCAA's.

"Arantxa King is a whole different athlete this year, much healthier and much more motivated," said Floreal. "We also added Elaine Patten in the high jump as well, in an area that has not scored the last couple of years. Katerina Stefanidi has come into her own this year after a year being away from home for the first time. She should contribute at the NCAA level."

Throws

Two-time NCAA hammer qualifier Jaynie Goodbody will lead a solid group of throwers. Goodbody is looking to breakthrough at the NCAA meet this year as an All-American and team point scorer. Also returning is sophomore Molly Kinsella, who now has a year of experience under her belt. In addition, senior Liz Minoofar will compete in the javelin. Joining the group is freshman Nicole Heinl, who will provide depth.

"Jaynie has a good chance of being an NCAA scorer," said Floreal. "She has a chance to win the Pac-10 meet in the hammer."

Multis

Senior Kara Bennett will lead the small group of multi-event athletes. Bennett will be looking to break into the scoring places at the Pac-10 meet in the heptathlon. Joining Bennett is freshman Tiffany Tillet, who looks to have a bright future.

"This is an area that is a little light," said Floreal. "Kara Bennett is a senior and Tiffany Tillet shows tremendous potential, but maybe needs a year or so to be a significant contributor. Whitney Liehr will concentrate on jumps."



Whitney Liehr

2010 MEN'S OUTLOOK

2010 STANFORD TRACK AND FIELD



Geoffrey Tabor

The 2010 men's track and field team could be the most complete in years. The distance runners will once again lead the way, but the Cardinal should have a threat at the Pac-10 level in almost every event as the program continues to broaden under Franklin P. Johnson Director of Track and Field Edrick Floreal. Last season, Stanford finished in the top 10 at the NCAA Outdoor Championships and has the talent to improve upon that result this season. "The men's team should compete for the MPSF title and be in contention for a trophy, or at least in the top ten at the NCAA's," said Floreal.

Sprints/Hurdles

The Cardinal returns a deep group, including veterans Daniel Belch, Ryan Fiscaro and Tyrone McGraw in the 100 and 200 meters. A former national champion as a member of the distance medley relay, Zach Chandy returns in the 400. However, the top 400 runner should be Amaechi Morton. Morton is coming off the 2009 World Championships where he ran in the final of the 4x400 for Nigeria. Despite his strength in the 400, Morton's best event is the 400-meter hurdles where he set the Stanford record and advanced to the NCAA Championships. Durell Coleman adds depth to the hurdlers who will miss All-American and Stanford record holder in the high hurdles, Myles Bradley to graduation. A solid group of freshmen, led by Spencer Chase, should provide an immediate impact, in the sprint/hurdle group.

"Amaechi is stronger, faster and a little more aware of what his body does and what it needs to do to get to the next level," said Floreal. "He should be a big time player on the national level this year."

"In the sprints, we have everyone back and this being Sprint Coach Kyle White's second year, they should understand the system better. We should be much improved and contending for conference points. Spencer Chase should really be an impact guy. That group should do really well."

Distance

The Stanford men's distance program continues to be one of the elite in the nation. Despite the loss of NCAA 1,500-meter runner-up Garrett Heath, the Cardinal is again stacked. The Cardinal was ranked No. 1 in the nation for most of the cross-country season and should see that success carry over into the track season. Sophomore Chris Derrick has already earned five All-America honors and after finishing third at the NCAA cross country meet, will be looking for his first NCAA title. He will be a threat from 3,000 to 10,000 meters. Derrick is not alone as a potential high finisher at the NCAA's, however. Elliott Heath has already proven to be a force on the track, and after a big cross country season, could be a podium contender from 1,500 to 5,000 meters. In addition, 2009 All-American at 10,000 meters, Jake Riley will be back and looking to improve upon his eighth-place national finish last season. Other possibilities are Justin Marpole-Bird, who had a breakthrough cross country season and now will return to the track which had been his strength coming into the year. J.T. Sullivan and Benjamin Johnson return in the steeplechase where they should be nationally

competitive. Also returning at 800 meters is Dylan Ferris, who gained international experience last summer at the Junior Pan American Games. Once again the Cardinal has a talented group of freshmen that had trouble breaking into the deep lineup in cross country, but could contribute right away on the track.

"With the distance and middle distance runners, Chris Derrick and Elliott Heath are pretty much the leaders of that group," said Floreal. "We also have one of the better groups of freshmen in the country and they all should contribute this year. Maybe not early in the season, but towards the middle and into Pac-10's."

Jumps

The Cardinal should have its top high jumper in years with the addition of freshman Jules Sharpe. Sharpe could be well over seven feet, something Stanford has not had in recent memory. New pole vault coach Toby Stevenson brings incredible experience at the highest level to the Stanford vaulters. The former Olympic silver medalist Stevenson, will look to help take Casey Roche to the next level.

"Our pole vaulters should improve dramatically," said Floreal. "Casey Roche has showed great improvement so far. Also, Jules Sharpe should be able to make an impact at the NCAA's in the high jump."

Throws

Stanford will miss Daniel Schaefer, the Pac-10 Champion and NCAA point scorer in the discus. However, a young and rapidly developing group should be ready to make headway in 2010. Geoffrey Tabor just missed the NCAA's in both the shot put and discus in 2009 and should be ready to make the jump this season. Also returning is Carter Wells, who should be ready to contend in the Pac-10. Joining this group is a group of freshmen that provide the most upside to Stanford throwing in several years.

"Geoffrey Tabor is back and more motivated than ever," said Floreal. "We have a couple of freshmen who are the biggest guys we have had in a long time. Carter Wells should contribute at the Pac-10 level, but this is a young group."

Multis

Corey Dysick is back as the only returning member of the multi-event group. Dysick emerged as a threat in the decathlon in 2009, finishing fifth at the Pac-10 Championships. Joining the group are a pair of freshmen in Darien Bailey and Kevin Cardey, who will provide a bright future for the Cardinal.

"We have a young group, but they may be ready to help a little sooner than we thought," said Floreal. "Both Darien Bailey and Kevin Cardey have made good progress."



Elliott Heath



Edrick Floreal

**Franklin P. Johnson Director
of Track & Field
Arkansas (1990)
Fifth year**



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. This year will mark his 12th season overall with the Cardinal.

"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 in 1998, the Cardinal men and women have enjoyed tremendous success at the conference and NCAA championship level. A 4-time MPSF coach of the year, the 2009 West Regional Indoor Coach of the Year and the 2006 West Regional Outdoor Coach of the Year, Floreal has developed the Stanford sprinters, hurdlers and jumpers into Pac-10 and NCAA championship title contenders. Under his watch, 45 Stanford athletes have earned 111 All-America honors.

Last season, Floreal led the Stanford women to an MPSF title and the men to a seventh-place finish at the NCAA Outdoor Championships. 12 athletes earned 17 All-America honors during the season, led by Chris Derrick who earned three on his own (indoor 3,000 & 5,000 and outdoor 5,000). Floreal was named MPSF and West Regional Coach of the Year on the women's side as four individuals won MPSF titles. During the outdoor season, Floreal led six male athletes to All-America honors, the most during his tenure overseeing both programs. At the Pac-10 Championships, the Stanford women finished second, while the men finished third. It was the 10th consecutive top-3 finish for the women and the highest finish for the Stanford men under Floreal. Individually, Lauren Centrowitz captured the Pac-10 title in the 5,000 meters and Daniel Schaerer took the conference title in the discus.

Floreal's athletes were just as successful in the classroom where 35 athletes were named MPSF All-Academic during the indoor season and 35 more were named Academic All-Pac-10 during the outdoor season. In addition, 23 athletes were named Academic All-Americans. In 2008, the Stanford men were named the Academic Team of the Year for the indoor season.

The 2008 season was highlighted by Erica McLain capturing the indoor and outdoor NCAA titles in the triple jump. Both Stanford's men (seventh)

and women (fifth) placed in the top-10 at the NCAA indoor meet, while the women also finished 10th at the NCAA Outdoor Championships. Indoors, 11 athletes earned a total of 16 All-America honors under Floreal's guidance. Arianna Lambie (3,000 meters, DMR), Lauren Centrowitz (mile, DMR), Alicia Follmar (mile, DMR), McLain (long jump, triple jump) and Garrett Heath (mile, DMR) were all multiple All-Americans. Outdoors, Floreal coached a total of six All-Americans in seven events. McLain was a two-time All-American, in the long jump and triple jump, while Lindsay Allen (3,000-meter steeplechase), Alex Gits (10,000 meters), Danielle Maier (javelin), Teresa McWalters (5,000 meters) and Heath (1,500 meters) also earned All-America honors.

After the season and under Floreal's guidance, McLain went on to qualify for the U.S. Olympic Team after placing third at the Olympic Trials in the triple jump, while, Arantxa King was named to the Bermuda Olympic Team in the long jump. Floreal traveled to Beijing to coach both athletes as well as Stanford volunteer assistant, Grace Upshaw. This brought his total of Olympic athletes to six.

In his second season as Director of Track & Field, Floreal led the men's and women's teams to fourth- and sixth-place finishes, respectively, at the 2007 NCAA Indoor Championships. Floreal coached McLain to an NCAA championship in the triple jump, while Lambie earned NCAA All-American honors in the 3,000 and 5,000 meters. The women's team posted a runner-up finish at the 2007 Pac-10 Championships. Lambie captured the 1,500- and 5,000-meter titles, while McLain defended her triple jump title and earned her fifth career Pac-10 championship with an American collegiate record of 46-5 ¼. At the NCAA West Regional, both the men's and women's teams achieved good results heading into the NCAA's. Lambie captured the 1,500-meter title with a time of 4:14.05 and McLain won the triple jump with a leap of 44-8. Collectively, Floreal had 20 Cardinal student-athletes qualify for the 2007 NCAA Championships. At the 2007 NCAA Outdoor Championships, the Cardinal men and women each placed 10th overall. At the meet, five Cardinal student-athletes received nine All-American awards. Floreal was later named to the 2007 Pan-American Games staff for Team USA in Brazil.

During the 2006 track and field season, the women's squad captured runner-up honors at the NCAA Indoor Track & Field Championship; Stanford's highest finish ever at the event. 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. McLain also 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.

At the 2006 Pac-10 Championships McLain repeated as the long jump and triple jump champion. Bayne-Hackett also captured the 400-meter title in a school-record 52.35. At the 2006 West Regional, Nashonme Johnson captured the regional title in the 400 meters, leading the Cardinal to a first-place tie with USC. Floreal was named West Regional Outdoor Coach of

Edrick Floreal's Coaching Accomplishments at Stanford

National Team Finishes (W)

2009 - 12th (indoor)
2008 - 6th (outdoor), 5th (indoor)
2007 - 10th (outdoor), 6th (indoor)
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)

National Team Finishes (M)

2009 - 7th (outdoor) ; 11th (indoor)
2008 - 7th (indoor)
2007 - 4th (indoor)

NCAA West Regional Team Finishes (W)

2009 - 5th
2008 - 4th
2007 - 4th
2006 - T1st
2005 - 1st
2004 - 3rd
2003 - 2nd

NCAA West Regional Finishes (M)

2009 - 5th
2008 - T9th
2007 - 7th

Pacific-10 Team Finishes (W)

2009 - 2nd
2008 - 2nd
2007 - 2nd
2006 - 2nd
2005 - 1st
2004 - 2nd
2003 - 2nd
2002 - 3rd
2001 - 3rd
2000 - 3rd

Pacific-10 Team Finishes (M)

2009 - 3rd
2008 - 5th

Mountain Pacific Sports Federation (W)

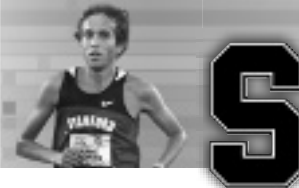
2009 - 1st
2008 - 2nd
2007 - 2nd
2006 - 1st
2005 - 1st
2004 - 1st
2003 - 1st

Mountain Pacific Sports Federation (M)

2009 - 7th
2008 - 3rd
2007 - 4th

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the Year and went on to coach 11 athletes who were named All-Americans at the NCAA Championships.

In 2005, Stanford's crew of sprinters, hurdlers and jumpers were simply sensational in a season that led to the Pac-10 Conference 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, which she would go on to accomplish three times. 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 Championships in Finland.

In 2005, Stanford captured its first Pac-10 title in women's track & field (in a school record 173 points over UCLA's 70). The Cardinal got wins from Undine Becker in the 400-meter hurdles and 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 1,600-meter relay.

The Cardinal 1,600-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 60 meters, Nick Sebes in the 400 meters, Janice Davis in the

60 and 200 meters, Ashley Purnell in the 400 meters and the 1,600-meter relay team of Christina 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 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. At the 2004 NCAA Indoor Championships, Floreal coached Stanford to a seventh-place finish. Outdoors, he led Stanford to a runner-up finish at the 2004 Pac-10 Championships with 153 points. In addition, the Cardinal women finished sixth at the 2004 NCAA Outdoor Championships.

Several school records in the sprints and relays were set in 2004. The women's 4x100-meter relay and the 1,600-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-American 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, Johnson set a school record and Keisha Gaines set a freshman school record.

National & International Competition

2009

Dylan Ferris, Junior Pan-Am Games
800 Meters
Amaechi Morton, World
Championships (Nigeria), 4x400
Meters

2008

Arantxa King, Olympic Games
(Bermuda), Long Jump
Erica McLain, Olympic Games (USA),
Triple Jump
Erica McLain, U.S. Olympic Trials,
Triple Jump, (Bronze Medal)

2007

Erica McLain, USA National
Championships, Triple Jump
(Bronze Medal)
Richard Sherman, USA Jr. National
Championships, Triple Jump (6th
place)

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



The 2003 track and field season was also filled with success for Stanford sprinters. The women's 1,600-meter relay won the Pac-10 Championship, set a then-school record, and qualified for the NCAA Championships. Johnson broke the freshman 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

1,600-meter relay team won the 2003 crown at the MPSF Championships. The men's 1,600-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 Tracey 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 No. 5 world ranking. Upshaw finished second at the 2004 U.S. Olympic Trials to earn a spot on the U.S. Olympic team. In 2008, Floreal again led Upshaw to the Olympics where she placed eighth at the Beijing Games. 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 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 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.

NCAA Champions

2008

Erica McLain (triple jump)
Erica McLain (indoor triple jump)

2007

Erica McLain (indoor triple jump)
Garrett Heath (indoor DMR)
Zach Chandy (indoor DMR)
Michael Garcia (indoor DMR)
Russell Brown (indoor DMR)

2000

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

1999

Tracey Lawyer, heptathlon

NCAA All-Americans

2009

Myles Bradley, 60-m hurdles (i), 110-m hurdles
Lauren Centrowitz, 3,000m (i), DMR (i), 1,500m
Laurynne Chetelat, 3,000m (i)
Chris Derrick, 3,000m (i), 5,000m (i), 5,000m
Alicia Follmar, 3,000m (i), DMR (i)
Elliott Heath, 3,000m (i), 5,000m
Garrett Heath, 1,500m
Maria Lattanzi, DMR (i)
Whitney Liehr, pentathlon (i), triple jump
Idara Otu, DMR (i)
Jacob Riley, 10,000m
Daniel Schaefer, discus

2008

Andrew Dargie, DMR (i)
Hakon DeVries, DMR (i)
Jacob Evans, DMR (i)
Garrett Heath, mile (i), DMR (i), 1500m
Graeme Hoste, pole vault (i)
Josh Hustedt, heptathlon (i)
Lindsay Allen, 3000m steeplechase
Lauren Centrowitz, 3000m (i), DMR (i)
Alex Gits, 10,000m
Alicia Follmar, mile (i), DMR (i)
Arianna Lambie, 3000m (i), DMR (i)
Danielle Maier, javelin
Erica McLain, long jump (i), triple jump (i), long jump, triple jump
Idara Otu, DMR (i)
Teresa McWalters, 5000m

2007

Russell Brown, mile (i), DMR (i), 1500m
Zach Chandy, DMR (i)
Michael Garcia, DMR (i)
Garrett Heath, mile (i), DMR (i), 1500m
Graeme Hoste, pole vault (i), pole vault
Josh Hustedt, heptathlon (i)
Michael Robertson, discus
Lauren Centrowitz, 1500m
Arianna Lambie, 3000m (i), 5000m (i), 1500m
Erica McLain, triple jump (i), triple jump, long jump
Teresa McWalters, 5000m

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 Ofor (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 Ofor (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

Tracey Lawyer, heptathlon

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NCAA West Regional Champions

2009

Myles Bradely, 110m hurdles

2008

Garrett Heath, 1500m

Erica McLain, long jump, triple jump

2007

Arianna Lambie, 1500m

Erica McLain, triple jump

Teresa McWalters, 5000m

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

2009

Lauren Centrowitz, 5000m

Daniel Schaerer, discus

2008

Garrett Heath, 1500m

Wopamo Osaisai, 100m

Erica McLain, long jump, triple jump

Alex Gits, 10,000m

2007

Russell Brown, 1500m

Arianna Lambie, 1500m

Erica McLain, triple jump

Teresa McWalters, 10,000m

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

2009

Myles Bradley, 60m hurdles

Lauren Centrowitz, mile

Lauryne Chetelat, 3,000m

Arantxa King, triple jump

Kate Niehaus, 5000m

2008

Garrett Heath, mile

Graeme Hoste, pole vault

Josh Hustedt, heptathlon

DMR (Hakon DeVries, Andrew Dargie,

Jacob Evans, Garrett Heath)

Alex Gits, 5000m

Arianna Lambie, 3000m

Erica McLain, triple jump

Lauren Stewart, pentathlon

DMR (Lauren Centrowitz, Idara Otu,

Alicia Follmar, Arianna Lambie)

2007

Arianna Lambie, 5000m

Sarah (Griffin) Matthew, long jump

Erica McLain, triple jump

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

2009

Myles Bradley, 60m hurdles (i), 7.73

Myles Bradley, 110m hurdles, 13.61

Lauren Centrowitz, 1,500m, 4:10.23

Ryan Fiscaro, 60m (i), 6.82

Whitney Liehr, pentathlon (i), 4,063

points

Amaechi Morton, 400m hurdles, 50.11

Katerina Stefanidi, pole vault (i), 13-5

1/4 (4.10m)

Katerina Stefanidi, pole vault, 13-6

1/2, (4.13m)

DMR (i), 10:58.49

2008

Myles Bradley, 60m hurdles (i), 7.78

Myles Bradley, 110m hurdles, 13.78

Graeme Hoste, pole vault (i), 18-4 ¾

(5.61m)

Danielle Maier, javelin, 174-0 (53.04m)

Erica McLain, triple jump (i), 46-7 ¼

(14.20m)

Lauren Stewart, pentathlon (i), 3,924

points

2007

Michael Robertson, Discus, 205-09

(62.71m)

Lindsay Allen, 3000m Steeplechase,

10:01.53

Erica McLain, triple jump, 46-05 ¼

(14.15m)

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 ¾/4

(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 Kelly, 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



Jason Dunn

Cross Country Head Coach
William and Mary (1996)
2nd Year



Jason Dunn begins his second season overseeing the distance program for the Stanford track and field program. Having already completed a second-consecutive outstanding season as the head cross country coach, Dunn will look to repeat his success in track and field.

Dunn is coming off the 2009 cross country season in which he coached the men's team to a No. 1 ranking for nearly the entire season. The Cardinal won both the Pac-10 and NCAA West Regional titles with Chris Derrick capturing the individual title at each. Derrick and Elliott Heath followed that up with All-America honors at the NCAA Cross Country Championships, including a third-place overall finish for Derrick. In addition, a young women's team placed third in the Pac-10 and West Region, and advanced to the NCAA Championships for the seventeenth straight year.

In his short time at Stanford Dunn has already coached athletes 17 All-America honors and helped the Cardinal to conference titles in men's cross country and women's indoor track and field.

"Jason is a young, committed, and accomplished men's and women's coach who embodies the academic and athletic excellence we hold here at Stanford," said Franklin P. Johnson Director of Track and Field Edrick Floreal. "I think Jason's results speak volumes of his ability to coach. His ability to develop an atmosphere and an energy is beyond anything we ever dreamed. He is a young coach, but his ability is far beyond his age."

Dunn is proud of the opportunity to coach at Stanford and has made the most of it in his short time on The Farm.

"I am truly honored by the opportunity to work with such talented student-athletes at one of the finest academic institutions in the world," he said. "I am also looking forward to continuing to build upon, and adding to, the rich tradition of Stanford cross country."

In his first season at Stanford, Dunn was named West Regional assistant coach of the year for both men's and women's indoor track and field. He coached a total of four men to nine All-America honors and four women to six All-America honors during the 2008-09 cross country and track seasons. This includes a national runner-up finish by Garrett Heath in the outdoor 1,500 meters, as well as third-place finishes by Lauren Centrowitz in the indoor 3,000 meters and outdoor 1,500 meters, Chris Derrick in the outdoor 5,000 meters and Elliott Heath in the indoor 3,000 meters. Dunn's first year on the Farm also saw school records established in the women's distance medley relay (10:58.49) and the women's 1500 meters (4:10.23 – Lauren Centrowitz).

In his initial season of cross country at Stanford, Dunn led the men's team to a third-place trophy at the 2008 NCAA Championships. He coached freshman Chris Derrick to a seventh overall finish and an All-America honor. In addition, middle-distance star Garrett Heath earned his first cross country All-America honor after his 33rd-place finish at the NCAA Championships. Other highlights of the men's season included a race win at the NCAA Pre-nationals and being ranked as high as No. 2 in the nation by the USTFCCCA.

On the women's side, Dunn led the young Cardinal to an eighth-place finish at the NCAA Championships. At the NCAA West Regional four runners earned all-region honors, led by freshman Laurynne Chetelat, who also earned All-Pac-10 honors. At the NCAA's, Stanford ran closely together and had a split of just 14 seconds between its No. 1-5 runners to claim eighth place.

Dunn's student-athletes have also been successful in the classroom at Stanford. This past cross country season, seven athletes were named

national All-Academic honorees by the USTFCCCA with Kate Niehaus winning the NCAA Elite 88 Award for having the top GPA at the NCAA Cross Country Championships. His athletes have also earned numerous Pac-10 and MPSF academic awards and the 2008 men's cross country team was honored as the NCAA academic team of the year by the USTFCCCA.

Prior to Stanford, Dunn was the head cross country and assistant track and field coach at Virginia. Dunn coached teams to the NCAA Championships on eight occasions (four men, four women). He also led the 2005 and 2007 men's squads to ACC titles, and in 2005 saw both the men's and women's teams advance to the NCAA Championships, marking the first time in school history both qualified for the championships in the same season. For his efforts, Dunn was honored as the 2005 and 2007 ACC Men's Cross Country Coach of the Year.

In all, Dunn brought 28 All-ACC honors to 17 cross-country runners during his time at Virginia. This tally was highlighted when seven Cavaliers earned conference honors in 2005, with the men's team winning the league championship for the first time since 1984. Dunn led 23 runners to 40 all-region honors and five to All-America status.

On the track, Dunn coached 41 All-ACC performances among 20 athletes. He led eight Cavaliers to nine individual ACC Championships and coached six All-Americans. Virginia distance runners recorded 18 NCAA qualifying times during Dunn's tenure, and three school records fell under his guidance.

Dunn's athletes at Virginia also excelled in the classroom as both the men's and women's cross country squads were named All-Academic teams for five years in a row. In 2004, the cross country team earned the highest team cumulative GPA for a men's team at Virginia. Additionally, Dunn's athletes have achieved All-Academic status as individuals in cross country and track and field on 22 occasions.

Before coming to Virginia, Dunn served as an assistant coach for Arizona State's men's and women's cross country and track and field teams. While at ASU, Dunn was part of a staff that built the distance program from the ground up. During his tenure, the cross country teams went from having never qualified for the NCAA Championships to finishing 14th and 12th, respectively, in 1999. Additionally, athletes Dunn tutored in his years with the Sun Devils earned three All-American certificates in cross country, and seven more on the track.

Prior to his stint in Tempe, Dunn served as an assistant cross country coach at William and Mary, his alma mater, for the 1996 season. He shared duties in an interim position for a team that ranked in the top 20 nationally and won a Colonial Athletic Conference title.

Dunn served as team captain and belonged to two NCAA-qualifying cross country teams for the Tribe. He also earned all-conference honors in cross country and on the track, where he was the 1996 CAA champion in the steeplechase. Dunn also received All-East honors in the steeplechase and went on to qualify provisionally for the NCAA Championships and the Olympic Trials. Dunn received his B.A. in government from William and Mary in 1996 and a master's in curriculum and instruction with a physical education emphasis from Arizona State in 1999.





David Vidal

**Assistant Coach
Stanford (2005)
4th Year**



Former Stanford standout David Vidal enters his fourth season on The Farm as an assistant coach to the men's and women's track teams. He has completed five seasons as the assistant coach in cross country. A 2006 graduate, Vidal ranks among the best steeplechasers in Stanford history.

"David's loyalty and devotion to the program continues to showcase itself," said Franklin P. Johnson Director of Track and Field Edrick Floreal. "He possesses tremendous ability as a coach. Having worked with Peter (Tegen), Vin (Lanana) and now Jason (Dunn); he has collected enough information now to make him one of the best young coaches in the country, if not the world."

Since being hired, Vidal has been the assistant for 51 All-Americans and nine Pac-10 champions.

"David's experience as a student-athlete at Stanford as well as his enthusiasm for the sport make him an invaluable member of our coaching staff," said Dunn. "Our athletes and myself are very fortunate to have him on board."

This past cross country season, Vidal assisted with a men's team that was ranked No. 1 in the nation for most of the season. The Cardinal won the Pac-10 and West Region titles, while Chris Derrick took the individual title in each. Derrick and Elliott Heath both earned All-America honors at the NCAA Cross Country Championships with Derrick placing third overall. The women's team placed third at the Pac-10 and West Regional Championships, while also advancing to the NCAA's.

During the '09 track season, Vidal's presence was felt by eight athletes who won a total of 12 All-America honors. Garrett Heath finished as the national runner-up in the 1,500 meters, while Chris Derrick (three times), Elliott Heath (twice) and Lauren Centrowitz all had top-five finishes at the NCAA Championships in distances between 1,500 and 5,000 meters. Centrowitz also won the Pac-10 title in the 5,000, while Derrick broke the American Junior Record in the 5K.

In 2008, he assisted the men's cross country team to third place at the NCAA Championships and the women to an eighth-place finish. Both squads were young with many athletes that Vidal recruited. Derrick finished seventh overall to capture his first All-America honor, while Garrett Heath earned his first All-America honor in cross country after finishing 33rd.

During the '08 track season, Vidal assisted a group of distance runners that combined to earn 10 All-America honors. During the indoor season both the men's and women's distance medley teams placed in the top four at the NCAA Championships. In addition Arianna Lambie (3,000 meters), Centrowitz (3,000 meters), Alicia Follmar (mile) and Heath (mile) earned All-America status in individual events. During the outdoor season Heath again was named All-American after finishing sixth in the 1,500 meters. On the women's side, Lindsay Allen (3,000-meter steeplechase), Alex Gits (10,000 meters) and Teresa McWalters (5,000 meters) all were honored as All-Americans. In the summer following the collegiate season, Heath went to become a semifinalist at the 2008 U.S. Olympic Trials, while Lambie finished fifth in the 5,000 meters.

In his second season as an assistant coach, the women's cross country squad captured its third straight NCAA cross country title, and fifth in program history. The women swept every postseason race, including winning its 12th consecutive Pac-10 title, and ninth consecutive West Regional.

In Vidal's first track season, Stanford won the 2007 NCAA Indoor Championship in the distance medley relay. Russell Brown and Heath doubled back from the DMR, finishing second and fourth in the mile while Lambie finished in the top three in both the 3,000 and 5,000 meters. Lambie's time in the 5,000 was an indoor school record. In the 2007 outdoor season, Vidal assisted in three Pac-10 championships with Brown and Lambie in the 1,500 meters and McWalters in the 10,000 meters. Lambie led a 1-2-3 sweep in the Pac-10 1,500 meters with Follmar and Centrowitz second and third. At 2007 NCAA Outdoor Championships, Brown and Lambie both placed third in the 1,500 meters to contribute to a total of six All-America performances. Lambie went on to finish fifth in the 5,000 meters at the U.S. Outdoor Championships while Brown and Heath both made the final in the 1,500 meters. That summer, Vidal traveled to Europe with Brown and Heath where the two ran personal bests in the 800 meters and under 3:40.00 in the 1,500 meters, establishing themselves as elite middle distance runners.

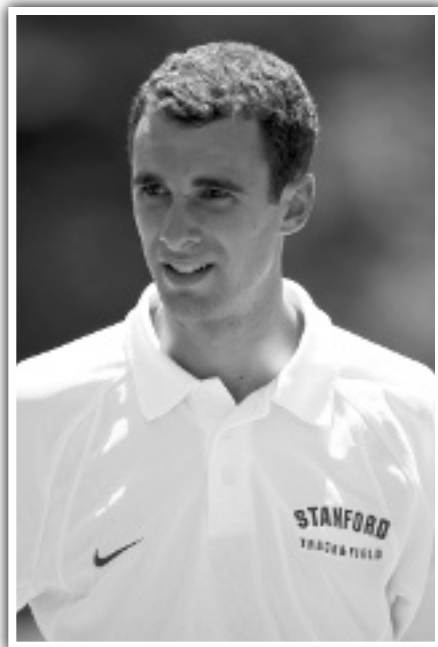
During his first season as assistant coach, the Cardinal women won their second consecutive NCAA title, in addition to capturing the 2006 Pac-10 and West Regional titles. The men's team turned in runner-up finishes at the 2006 Pac-10 and West Regional Championship and finished the season on the podium with a fourth-place finish at the NCAA Cross Country Championship.

As assistant coach, Vidal recruited nationally heralded classes on both the men's and women's sides in each of his first two years on staff. Along with recruiting, Vidal is responsible for any issue that pertains to the Stanford cross country team and the middle distance and distance runners in track. Besides working closely with the athletes, he works year-round to improve the Stanford cross country and track and field programs in every way necessary.

Vidal came to Stanford as a student-athlete in 2001 and ran five years for the Cardinal. Known as a positive leader and consistent competitor, Vidal helped Stanford to a pair of Pac-10 cross country championships, two NCAA West Regional titles and top finishes at the NCAA Cross Country Championships. He was also the 2005 cross country team co-captain.

In track, Vidal was the 2005 Big Meet champion in the 3,000-meter steeplechase before earning runner-up honors in the event at the Pac-10 Championships. He also finished ninth in the steeplechase at the 2005 U.S. Outdoor Track & Field Championships. Vidal's steeplechase time of 8:43.07 at the 2005 Pac 10 Championship ranks him fifth all-time at Stanford.

A native of Kalispell, Mont., Vidal still holds the high school 1,600-meter state record. He graduated from Stanford in 2006 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.





Andrew Ninow

Assistant Coach
UCLA (2007)
2nd Year



Andrew Ninow begins his second season as an assistant coach working with the throwers. Ninow made an immediate impact on The Farm, leading four throwers to the NCAA Outdoor Championships.

Edrick Floreal, the Franklin P. Johnson Director of Track & Field is pleased to have Ninow aboard. "Andrew is a young and up and coming coach who has already produced results, putting four throwers at the NCAA's last year. He is one of the young bright minds in the throws and will continue to develop that area to the next level."

Highlighting Ninow's impressive group last year was Daniel Schaefer who won the Pac-10 title in the discus. Schaefer went on to the NCAA's where he earned his first All-America honor after placing third. Also advancing to the NCAA's for the men was Kyle Davis-Hammerquist in the hammer throw.

On the women's side, Ninow helped Michaela Wallerstedt earn a trip to the NCAA's in both the shot put and the discus. In addition, Jaynie Goodbody made a repeat trip to the national meet in the hammer.

Before coming to Stanford, Ninow coached throwers at the University of San Francisco. At USF, Ninow coached the female javelin school record holder and conference champion. His male throwers scored a total of 32 points at the conference championships.

A native of Sacramento, Ninow graduated from UCLA where he majored in Biochemistry and trained under coach Art Venegas. After graduating, Ninow stayed at UCLA as an assistant throws and weight coach before accepting the throws coaching position at the University of San Francisco. He currently resides in Pleasanton with his wife Kristen.

Ninow was a two-time Pac-10 and West Regional competitor for UCLA. His best finish was eighth place at the 2007 NCAA West Regional in the hammer throw. He has a personal best toss of 207-4 in that event.



Toby Stevenson

Assistant Coach
Stanford (2000)
1st Year



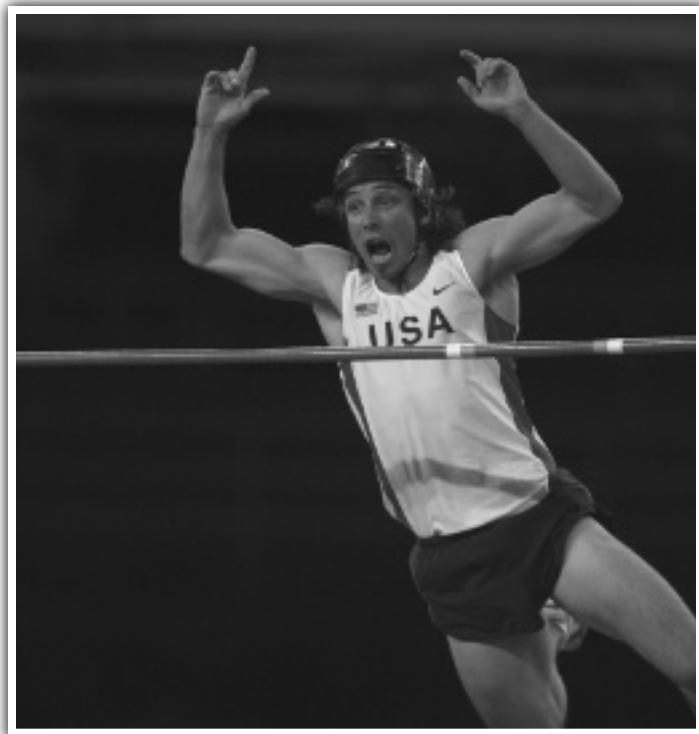
Toby Stevenson returns to Stanford for his first season as an assistant coach in the pole vault and the multi-events. Stevenson is a Stanford legend as an athlete, winning an NCAA title in the pole vault.

Stevenson captured his NCAA title in Buffalo, N.Y. in 1998. Overall, he was a six-time All-American on The Farm, earning honors both indoors and outdoors in the pole vault from 1998-2000. Stevenson also remains the Stanford record holder in the pole vault with a mark of 18-9 ¼, which he established in 2000.

Stevenson went on to have a standout professional career, highlighted by an Olympic Silver Medal at the Athens Games in 2004. He has also been a World Championships participant and a former U.S. Champion.

"It is great to have Toby back on The Farm. He is a young, energetic coach, who is very efficient in the pole vault and the multis, said Franklin P. Johnson Director of Track and Field Edrick Floreal. "In the short time he has been here he has turned around the pole vault program, making clear he is not just a former athlete, but a true coach."

Stevenson coached for two seasons at Stanford following his own collegiate career. He was an assistant coach for the pole vault and multi-events for the Cardinal in 2001 and 2002. During that time he coached Kathleen Donoghue to back to back All-America honors in the pole vault.



COACHING STAFF

2010 STANFORD TRACK AND FIELD



Kyle White

**Assistant Coach
Arkansas (1986)
2nd Year**



Kyle White is entering his second year as an assistant coach with Stanford. He works with the sprinters, short hurdlers, and high jumpers.

Last season, White worked with short hurdler, Myles Bradley, who had a breakthrough season for the Cardinal. Bradley set school records in both



the 60- and 110-meter hurdles. He was the MPSF Champion in the 60-meter hurdles and an All-American in both events. In the sprints, Ryan Fiscaro set a school record in the 60 meters.

Kyle has led the resurgence of our men's sprints," said Franklin P. Director of Track and Field. "We have been getting school records broken just about every

weekend. We are going to continue to try to recruit and build that program around Kyle, who I believe will take us to the next level."

White comes to Stanford from the University of Arkansas where he spent two years as an assistant coach under legendary Razorbacks head coach, John McDonnell.

In 2008, White coached J-Mee Samuels to third place finishes in both the 60 and 200 meters at the NCAA Indoor Championships. Samuels finished the season ranked in the top-four in both events in Arkansas history. Under White's guidance Arkansas' 4x100-meter relay also qualified for the NCAA Championships in both 2007 and 2008.

White has worked with six athletes that competed in the 2007 IAAF World Championships held in Osaka, Japan. They include Americans Tyson Gay, Wallace Spearmon, Derrick Williams and Samuels, Canadian Jared Connaughton and Jamaican 2-time Olympic Gold-Medalist Veronica Campbell.

Gay won the gold medal in the 100 meters, 200 meters and as a member of the 4x100-meter relay while Campbell won the 100 meters on the women's side.

White, a native of Arlington, Texas, has 15 years of Division I coaching experience and spent eight seasons as an assistant under head coach John Sauerhage at Texas-Arlington. During his time coaching the Mavericks' sprinters, hurdlers, jumpers and relays, White's athletes earned 106 individual Southland Conference titles. He was also a member of eight men's and women's Southland Conference team championships.

Prior to his arrival in Arlington, White spent time as an assistant coach at Bucknell (1996-98), where he coached 14 Patriot League champions and was a member of four Patriot League team championships, and at East Tennessee State (1994-96), where he coached two Southern Conference champions and was a member of two Southern Conference team championships, under legendary head coach Dave Walker.

White competed on the collegiate level for the University of Arkansas (1986-89) and earned three All-Southwest Conference accolades. During his tenure with the Arkansas track and field program, the squad won two NCAA titles and five SWC championships.

Hakon DeVries

**Volunteer Assistant Coach
Stanford (2009)
1st Year**



Hakon DeVries begins his first year as a volunteer assistant coach. DeVries has been a key member of the Stanford distance program during his time as a student-athlete. He was a two-time All-American in track and a major contributor in cross country. In 2008, DeVries was a scoring runner at all the championship races, helping the Cardinal to a third-place national finish.

DeVries gained his first coaching experience during the cross country season when he helped a Stanford men's team that was ranked No. 1 in the nation for nearly the entire year. He also assisted a young women's team that advanced to the NCAA Championships. As an athlete, DeVries ran under three head cross country coaches during his time on The Farm. These coaches were Andrew Gerard, Hall of Famer Peter Tegen and current head coach Jason Dunn.

DeVries drew the praise of his coaches as an athlete for his leadership ability and hopes to transfer that into coaching, something he intends to pursue as a career.

He graduated with a bachelor of science in human biology in 2009. The Hopewell Junction, N.Y. native now resides in Palo Alto.

Garrett Heath

**Volunteer Assistant Coach
Stanford (2009)
1st Year**



Garrett Heath begins his first season as a volunteer assistant after one of the most decorated careers in Stanford history. Heath was a nine-time All-American during his time on The Farm and won a national title as a member of the 2007 distance medley relay.

Last season, Heath was the national runner-up in the 1,500 meters during the track season and earned an All-America honor for his 33rd place NCAA finish in cross country. He also continued his season into the summer competing at the U.S. National Championships in the 1,500 meters. In 2008 he was a semifinalist in the 1,500 at the U.S. Olympic Trials. Heath will continue to train under head coach Jason Dunn as he pursues a professional running career.

Heath gained coaching experience during cross country, helping with a pair of nationally ranked teams. He will have the opportunity to work with many of his former teammates, including his younger brother, Elliott, a three-time All-American at Stanford.

Heath is 2009 Stanford graduate with a bachelor of science in management science and engineering. He is currently completing his Master's in management science and engineering. Formerly of Winona, Minn., Heath now resides in Palo Alto.



Erica McLain

Volunteer Assistant Coach
Stanford (2008)
2nd Year



Erica McLain enters her second year as a volunteer assistant coach for Stanford. She completed her athletic career at Stanford in the spring of 2008 where she was a three-time national champion in the triple jump for the Cardinal.

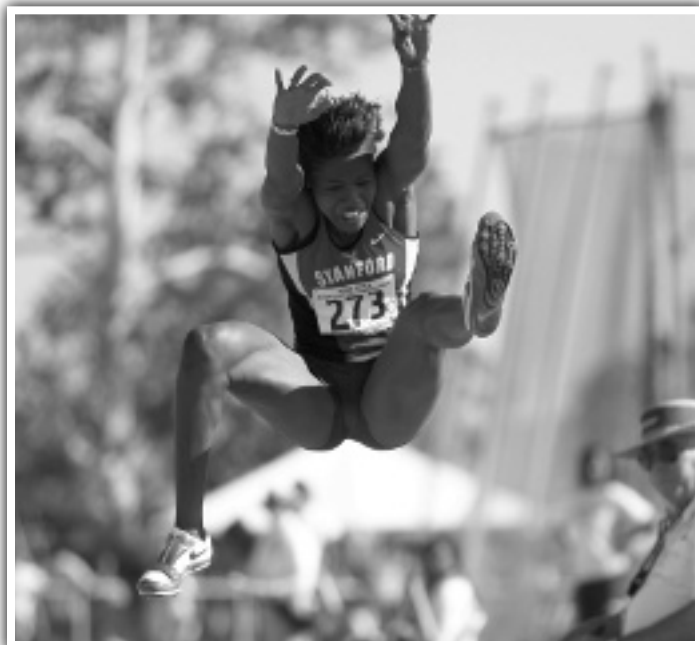
"Erica is a tremendous addition to our staff," said Franklin P. Johnson Director of Track and Field Edrick Floreal. "She is one of our own and will be a great source of inspiration for our young men and women."

Last season the Cardinal jumpers excelled with the help of McLain. The Stanford women's jumpers scored 37 points in the long and triple jumps alone at the Pac-10 Championships. In addition, the Cardinal earned seven regional standards in the long and triple jumps and Arantxa King (long jump) and Whitney Liehr (triple jump) advance to the NCAA Outdoor Championships.

McLain was coached by Floreal for her entire Stanford career. She will continue to be coached by Floreal as she pursues a professional career.

McLain is one of the most decorated athletes in Stanford track and field history. She is a 14-time All-American, having earned four honors in the indoor triple jump, four in the outdoor triple jump, three in the indoor long jump and three in the outdoor long jump. She is also the first athlete ever to win the long and triple jump at the Pac-10 championships two years in a row. McLain is also the Stanford indoor (46-7 ¼) and outdoor (46-5 ¼) record holder in the triple jump, and second in the indoor (21-4) and outdoor long jump (21-6 ¼).

In the summer of 2008, McLain competed in the U.S. Olympic trials where she finished third in the triple jump to advance to the Olympic Games in Beijing. Last summer, McLain advanced to the IAAF World Championships in Berlin in the triple jump. McLain also qualified for the 2005 World Championships in Helsinki, Finland, when she was just a freshman at Stanford, making her the youngest member of Team USA.



Mary Jo Alexander

Director of Operations



Mary Jo Alexander is in her fourth season with the Stanford Track & Field/Cross Country programs.

Alexander joined the program as the Operations Manager in 2006 and has since been promoted to Director of Operations. Her day-to-day responsibilities include but are not limited to: budget management, cross country and track and field meet director, and team travel coordinator.

Alexander is the person responsible for putting on the successful Stanford Invitational's in both cross country and track and field, as well as the Payton Jordan Cardinal Invitational and postseason meets.

As a student-athlete at the University of California, Davis, Alexander was an All-American track and field athlete in the 4x100 meter relay. She was also a standout student in the classroom. She graduated from UC Davis in 2004 with bachelor's degrees in Exercise Science and Psychology, respectively, and recently received her Masters degree in Sport Management at the University of San Francisco.

Julie Guzman

Trainer



Matt Harrellson

Trainer



Nina Holley

Trainer



2010 WOMEN'S ROSTER

2010 STANFORD TRACK AND FIELD



2010 Women's Track and Field Roster

Name	Event	Yr.	Hometown (Last School)
Emilie Amaro	Distances	SO	Cooper City, FL. (Cypress Bay)
Natasha Barthel	Pole Vault	RS SO	Santa Cruz, CA (Saint Francis HS)
Kara Bennett	High-Jump/Multi-Events	SR	Issaquah, WA (Liberty)
Claire Collison	Distances	SO	La Crescenta, CA (Crescenta Valley)
Brittini Dixon-Smith	Long Jump/Sprints	JR	Woodbridge, VA (Woodbridge Senior High)
Erin Duffy	Hurdles	FR	Rapid City, SD (St. Thomas More)
Madeline Duhon	Distances	JR	Houston, TX (The American School of the Hague)
Karynn Dunn	Jumps/Hurdles	FR	Diamond Bar, CA (Diamond Ranch)
Alex Dunne	Distances	FR	San Clemente, CA (San Clemente)
Hannah Farley	Sprints/Hurdles	FR	Indianapolis, IN (Park Tudor)
Justine Fedronic	Middle-Distances	FR	Belmont, CA (Carlmont)
Alexandra Gits	Distances	JR	Edina, MN (Edina HS)
Jaynie Goodbody	Throws	RS SR	Wendell, ID (Wendell)
Georgia Griffin	Distances	SO	La Crescenta, CA (Crescenta Valley)
Nicole Heintz	Throws	FR	Barrington, RI (Barrington)
Shataya Hendricks	Sprints	RS SO	Ft. Lauderdale, FL (St. Thomas Aquinas)
Caitlin Hewitt	Pole Vault/Long Jump	SR	Greenburg, PA (Greater Latrobe)
Arantxa King	Jumps/Hurdles	JR	Medford, MA (Medford HS)
Molly Kinsella	Throws	SO	Hinsdale, IL (Hinsdale Central)
Kathy Kroeger	Distances	FR	Franklin, TN (Independence)
Josefine Kvist	Sprints/Hurdles	SO	Basking Ridge, NJ (Ridge HS)
Maria Lattanzi	Middle Distances	RS FR	Palo Alto, CA (Palo Alto)
Carissa Levingston	Sprints	FR	Midwest City, OK (Midwest City)
Whitney Liehr	Heptathlon/Triple Jump	SR	Palos Verdes Estates, CA (Palos Verdes HS)
Maria Malone	Distances	FR	Folsom, CA (Folsom)
Stephanie Marcy	Distances	JR	Sequim, WA (Sequim HS)
Griffin Matthew	Long Jump	SR	Niwot, CO (Niwot)
Sarah McCurdy	Middle Distances	SO	Brightwaters, NY (Bayshore)
Jordan Merback	Hurdles	SO	Casper, WY (Kelly Walsh)
Emma Miller-Bedell	Distances	SO	Orangeburg, CA (Tappan Zee)
Liz Minoofer	Javelin	JR	Leawood, KS (Blue Valley HS)
Sabrina Nettey	Sprints/Long Jump	JR	Surrey, BC, Canada (Johnston Heights Secondary)
Kate Niehaus	Distances	SR	Columbia, SC (Spring Valley)
Joy O'Hare	Sprints	SO	Colorado Springs, CO (Cheyenne Mountain)
Madeleine O'Meara	Distances	RS SR	Mercer Island, WA (Mercer Island)
Elaine Patten	High Jump	FR	O'Fallon, IL (O'Fallon Township)
Victoria Pennings	Distances	SO	Warwick, NY (Warwick)
Kristin Reese	Distances	SO	Holmes, NY (Carmel)
Katerina Stefanidi	Pole Vault	SO	Athens, Greece (First Pallini)
Kala Stepter	Hurdles/Sprints	FR	Oro Valley, AZ (Canyon del Oro)
Tiffany Tillett	Multi-Events	FR	Humble, TX (Atascocita)
Hannah Varnell	Distances	FR	Gloucester, VA (Gloucester)
Alyssa Wisdom	Sprints	FR	Coral Springs, FL (Coral Springs)



Alexandra Gits

All-American
Junior
Distances
Edina, MN
Edina



Collegiate Career Bests:

3,000 Meters – 9:36.71i
5,000 Meters – 16:29.14i
10,000 Meters – 33:19.12

Stanford: Burst onto the scene during her freshman season at Stanford where she earned an All-America honor in the 10,000 meters ... a member of the 2007 NCAA Champion cross country team ... looks to continue an impressive young career at Stanford with an emphasis on long distances.

2009 Season (Sophomore): Placed eighth at the Pac-10 Championships in the 10,000 meters (36:00.28) ... Season-best time of 16:45.70 in the 5,000 meters came at the Payton Jordan Cardinal Invitational ... 2009 West Regional qualifier in the 5,000.

2008 Season (Freshman): Earned an All-America honor at the 2008 NCAA Outdoor Championships with her third-place finish in the 10,000 meters ... Pac-10 champion in the 10,000 meters ... ran a collegiate best time of 33:19.12 in the 10,000 meters at the Payton Jordan Cardinal Invitational, the third-fastest time ever by a Stanford freshman ... MPSF champion in the 5,000 meters ... also finished seventh in the 3,000 meters at the MPSF Championships.

High School: The 2006 Minnesota state cross country champion ... 2007 Minnesota state track and field 3,200-meter state champion ... finished fourth at the 2006 Foot Locker Cross Country Midwest Regional ... finished sixth at the 2006 Foot Locker National Cross Country Championships ... owns the Edina High School record in the 1,600 meters, the 3,200 meters, and the 5,000 in cross country ... the 2007 USA Track and Field junior national runner-up in the 5,000 meters along with a fourth-place finish in the 3,000 meters ... ran the nation's fourth-fastest 5,000 meter time (16:50.47) as a junior in 2007.

Cardinal Catalogue: Human biology major ... parents are Charlie and Kim Gits ... has two brothers, Hunter and Colton ... Pac-10 All-Academic honorable mention for cross country in 2008.

ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Arantxa King

2008 Olympian

Junior

Jumps

Medford, MA

Medford



Collegiate Career Bests:

100 Meters – 12.10

200 Meters – 24.74

Long Jump – 21-2 ³/₄ (6.47m)

Triple Jump – 42-4 (12.90m)

At Stanford: Already one of the top jumpers in Stanford history after just two years on The Farm ... The 2008 Olympian for Bermuda will look to compete for points at the NCAA meet in both the long jump and triple jump.

2009 Season (Sophomore): A 2009 NCAA Outdoor Championships qualifier in the long jump ... qualified for the final, before placing ninth at the NCAA's to just miss All-America honors ... placed second in the long jump (20-8) and third in the triple jump (42-0 ¹/₂) at the Pac-10 Championships to score 14 team points ... the 2009 MPSF Indoor Champion in the triple jump (42-4) ... also placed third in the long jump (19-11 ³/₄) at the MPSF meet to score 16 team points for Stanford ... leaped a career-best 21-2 ³/₄ at the Big Meet to capture the meet title ... helped Stanford to the Big Meet title by also winning the triple jump.

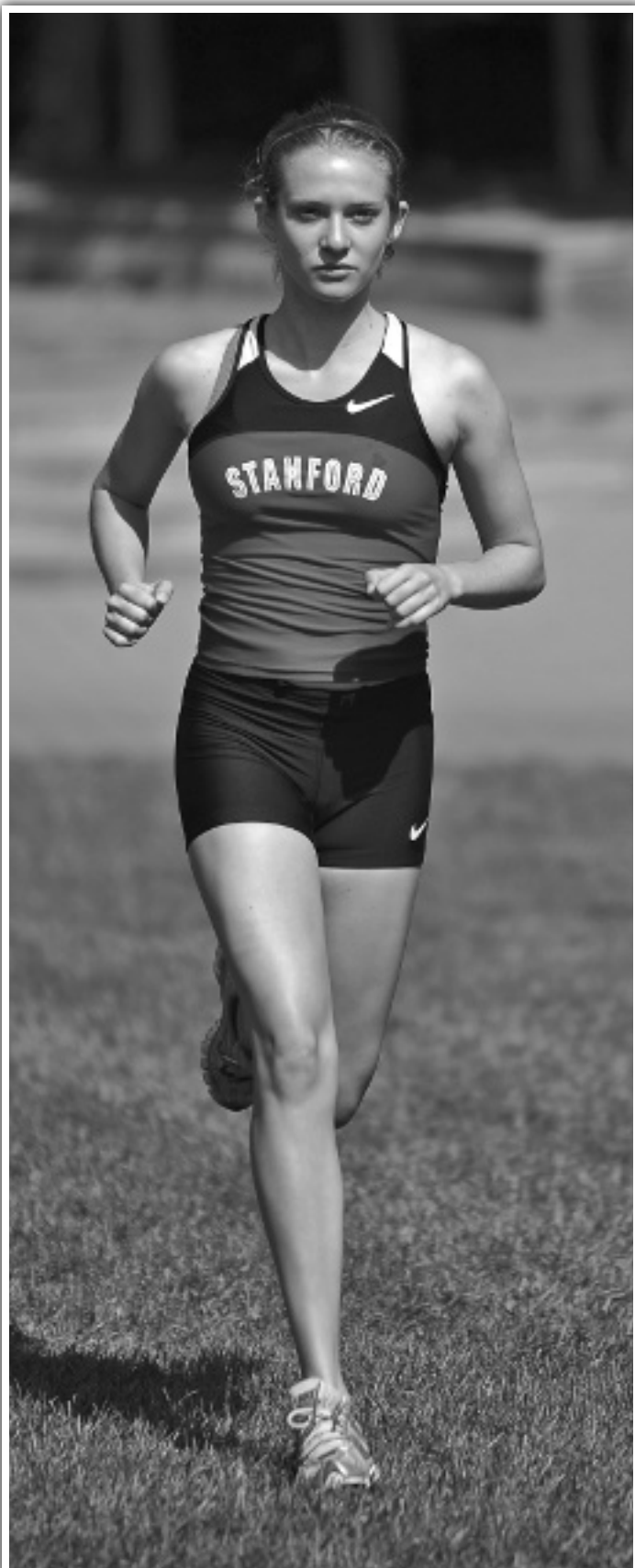
2008 Season (Freshman): Placed sixth at the NCAA West Regional in the long jump with a season-best jump of 20-3 ... finished fourth in the long jump and ninth in the triple jump at the Pac-10 Championships ... qualified for the NCAA Indoor Championships in the long jump where she finished 10th ... placed third at the MPSF Championships in the long jump with a career-best of 21-0 ³/₄ ... also placed fifth in the triple jump at the MPSF Championships.

International Competition: A 2008 Olympian for Bermuda where she competed in the prelims of the long jump ... 2005 IAAF World Youth champion ... Carita (Caribbean) Games medalist in 2004-2006 ... CAC Games medalist in 2004 and 2006 ... finished 10th at the 2006 World Juniors IAAF ... 2005 Pan American junior champion and 2007 medalist ... finished eighth at the 2007 Pan American Games ... competed at the 2006 Commonwealth Games.

High School: New England Gatorade Track and Field Athlete of the Year from 2005-2007 ... 2005 Bermuda Athlete of the Year ... captured the 2005 World Youth long jump championship ... four-time Massachusetts long jump champion ... ranked first nationally for the long jump and sixth nationally for the triple jump in 2005 ... Bermuda national junior and senior record-holder for the long jump and triple jump ... owns the Massachusetts and New England high school long jump records ... 2005 and 2006 outdoor high school national champion in the long jump and the 2006 outdoor champion in the triple jump.

Cardinal Catalogue: Undeclared major ... parents are Adrian King and Branwen Smith-King ... earned USTFCCA Academic All-America honors for the 2009 track season.





Maria Lattanzi



All-American
RS Freshman
Middle-Distances
Palo Alto, CA
Palo Alto

Collegiate Career Bests:

400 Meters – 57.86i
 800 Meters – 2:08.51i

At Stanford: Earned the first All-America honor of her career by running the 800-meter leg of the distance medley relay ... also in the Stanford record books from the NCAA Indoor Championships when the Cardinal set the school record in the DMR ... should be a top contributor at 800 meters for Stanford in 2010.

2009 Season (Freshman): Earned All-America honors by helping Stanford to fourth place in the distance medley relay (10:58.49) at the NCAA Indoor Championships ... placed fourth at the MPSF Indoor Championships in the 800 meters with a time of 2:08.51 ... redshirted the outdoor season.

High School: The Palo Alto native and middle-distance specialist ran the fastest 800-meter times in the state in 2006 ... a two-time California State runner-up in the 800 meters (2006, 2008) and a three-time Central Coast Section champion ... ran 2:09.65 to capture the CCS title ... also won the CCS 400-meter title as a freshman ... holds Palo Alto High records in the 400 meters and the 800 meters.

Cardinal Catalogue: Major is undeclared ... parents are John Lattanzi and Kate Kanaske ... earned USTFCCA Academic All-America honors for the 2009 track season.

ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Whitney Liehr

Two-Time All-American
Junior
Heptathlon/Triple Jump
Palos Verdes Estates, CA
Palos Verdes



Collegiate Career Bests:

200 Meters – 25.80
800 Meters – 2:23.84i
60-Meter Hurdles – 8.60i
100-Meter Hurdles – 13.86
High Jump – 5-10 (1.78m)
Long Jump – 20-3 (6.17m)
Triple Jump – 43-8 ½ (13.32m)
Heptathlon – 5,459 points
Pentathlon – 4,063(i) points

At Stanford: One of the top multi-event athletes in Stanford history will concentrate on jumping and hurdling in addition to the multis ... an All-American in the triple jump despite limited time with the event bodes well for her final two years on The Farm.

2009 Season (Sophomore): Earned the first All-America honor of her career after finishing 10th in the pentathlon with a career best 4,063 points at the NCAA Indoor Championships ... earned a second All-America honor during the outdoor season by placing 11th in the triple jump at the NCAA Outdoor Championships ... Scored 15 team points for Stanford at the Pac-10 Championships after placing in three events ... placed second in the triple jump (42-8), fifth in the long jump (20-3) and sixth in the heptathlon (5,459 points) ... also was a part of the 4x100-meter relay team that placed fifth and scored four points at the Pac-10 meet ... the 2009 MPSF Indoor Championships runner-up in the pentathlon (4,012 points) ... was the runner-up at the Big Meet in the 100-meter high hurdles with a career-best time of 13.86.

2008 Season (Freshman): Finished fifth in the heptathlon at the Pac-10 Multi-Event Championships with a Stanford freshman record score of 5,186 points ... collegiate best of 19-6 ½ in the long jump came at the Cal Poly Invitational ... finished third at the MPSF Championships in the pentathlon with a career-best score of 3,743 points.

High School: Claimed the 2007 CIF Southern Section Division III triple jump championship for the second straight year ... finished as the 2006 USATF Junior Olympic Heptathlon Runner-up.

Cardinal Catalogue: Undeclared major ... parents are Tom and Elisa Liehr ... honorable mention Pac-10 All-Academic in 2009.



Emilie Amaro

Sophomore
Distances
Cooper City, FL
Cypress Bay



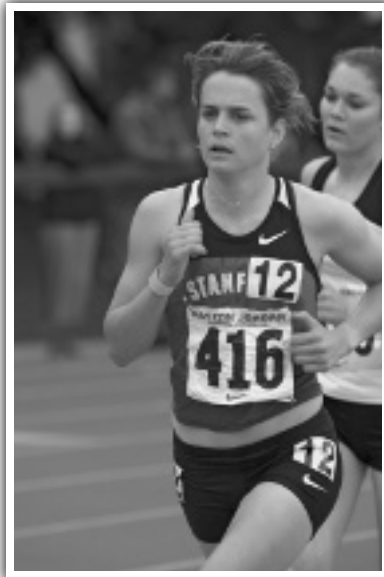
Collegiate Career Bests:

3,000 Meters – 9:33.33i
3,000-Meter Steeplechase – 10:11.68
5,000 Meters – 16:35.32i

2009 Season (Freshman): Placed third at the NCAA West Regional Championships in the steeplechase to automatically qualify for the NCAA Outdoor Championships ... the 2009 Pac-10 runner-up in the 3,000-meter steeplechase (10:15.18) ... ran a season best in the steeple at the Payton Jordan Cardinal Invitational with a time of 10:11.68, third best in Stanford history ... placed fifth in the 5,000 meters (16:35.32) and 11th in the 3,000 meters (9:37.27) at the MPSF Indoor Championships.

High School: A high school cross country All-American and two-time Foot Locker finalist ... finished 13th and 25th at the Foot Locker National Cross Country Championships ... a four-time Florida state runner-up in cross country ... ran times of 4:54.40 in the 1,600 meters and 10:28.58 in the two mile in 2008.

Cardinal Catalogue: Considering biomedical engineering as a major ... parents are Nick and Lisa ... brother, Nico, plays football at Harvard ... earned USTFCCA Academic All-America honors for the track season.



Natasha Barthel

RS Sophomore
Pole Vault
Santa Cruz, CA
Saint Francis



Collegiate Career Bests:

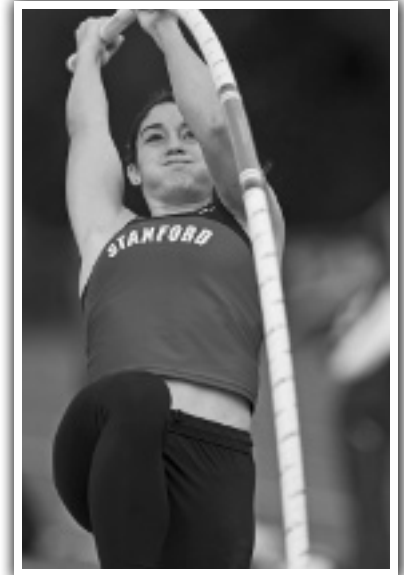
Pole Vault – 12-10 (3.91)i

2009 Season (RS Freshman): Set a collegiate best in the pole vault with a mark of 12-5 ½ at the New Mexico Classic.

2008 Season: Redshirted.

High School: A 2007 graduate of Saint Francis High School ... a two-time third-place finisher in the pole vault at the California State Championships ... finished second in the Central Coast Section ... 2007 CIF State Scholar Athlete ... 2007 CCS Scholar Athlete ... ranked eighth in the nation in 2007 with a vault of 13-0 (3.97m).

Cardinal Catalogue: Management science and engineering major ... father is Karl Barthel, stepmother is Jacqueline Barthel, and mother is Lisa Burns ... is a classically trained vocalist and a three-time All-State Choir qualifier ... holds a third degree black belt in Shorinji Ryu Karate Do ... sang the national anthem at the 2007 California State meet.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Kara Bennett

Senior
High Jump/Multi Events
Issaquah, WA
Liberty



Collegiate Career Bests:

60-Meter Hurdles – 9.62i
100 Meter Hurdles – 15.57
800 Meters – 2:32.09
High Jump – 5-7 ¾ (1.72m)
Javelin Throw – 141-8 (43.18m)
Heptathlon – 4,799 points
Pentathlon – 3,344(i) points

2009 Season (Junior): Season best in the heptathlon came at the UC Davis Multis with a score of 4,573 points ... placed 11th at the Pac-10 Championships in the heptathlon ... placed eighth in the pentathlon at the MPSF Indoor Championships to score a team point for Stanford ... career-best high jump of 5-7 ¾ came at the UC Davis Multis ... season-best in the javelin of 136-11 came at the Payton Jordan Cardinalin Invitational.

2008 Season (Sophomore): Posted a career high in the heptathlon at the Pac-10 Multi-Event Championships with a score of 4,799 points ... placed 10th in the high jump at the Pac-10 Championships with a leap of 5-7 ... finished second at the Big Meet in the javelin with a career-best toss of 141-8 ... posted a career best in the pentathlon at the MPSF Championships to finish seventh.

2007 Season (Freshman): Finished 12th in the heptathlon with a career-best 4,416 points at the Pac-10 Championships ... leaped 5-7 (1.70m) to finish 12th in the high jump at the Pac-10 Championships ... posted a career-best 33-05 ¼ (10.19m) in the shot put at the Cal Multis ... placed

10th in the high jump at the MPSF Indoor Championships.

High School: A 2006 graduate of Liberty High School in Renton, Wash. ... 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: Engineering major with a minor in energy resources ... parents are Walter and Audra Bennett ... father, Walter, was a quarterback for Washington State University from 1972-1977 ... second team Pac-10 All-Academic in 2008 and 2009 ... Academic All-MPSF in 2008.



Claire Collison

Sophomore
Distances
La Crescenta, CA
Crescenta Valley



Collegiate Career Bests:

1,500 Meters – 4:39.51
Mile – 5:01.28i
3,000-Meter Steeplechase – 11:04.89

2009 Season (Freshman): Ran a season-best time of 11:04.89 in the 3,000-meter steeplechase at the Payton Jordan Cardinal Invitational ... placed third at the Big Meet in the steeplechase to help Stanford to the team title ... season best in the 1,500 meters (4:39.51) came at the Stanford Invitational.

High School: Finished second at the Division I California State Cross Country Meet in 2007 ... also, second at the CIF Southern Section, Pacific League champion, and team MVP ... led La Crescenta to two top-five state finishes in 2006 and 2007 ... personal best for the 1,600 meters is 4:50, and 10:32 for the 3,200 meters.

Cardinal Catalogue: Undeclared major, but interested in studying biology ... parents are Frank and Sheila Collison.





Brittni Dixon-Smith

Junior
Long Jump/Sprints
Woodbridge, VA
Woodbridge Senior



Collegiate Career Bests:

60 Meters – 7.75i
100 Meters – 11.96
200 Meters – 24.94i
400 Meters – 55.86
Long Jump – 20-1 $\frac{3}{4}$ (6.14m)
Triple Jump – 39-1 $\frac{3}{4}$ (11.93m)

2009 Season (Sophomore): Placed seventh at the Pac-10 Championships in the long jump (19-11 $\frac{1}{2}$) ... a 2009 West Regional qualifier in the long jump ... placed fifth in the long jump and seventh in the triple jump at the MPSF Indoor Championships ... mark of 39-1 $\frac{3}{4}$ at the MPSF meet in the triple jump was a career best ... ran the third leg of the 4x400-meter relay that finished fifth at the Pac-10 Championships ... ran a career best in the 100 meters of 11.96 at the Payton Jordan Cardinal Invitational.

2008 Season (Freshman): Placed 12th in the long jump at the Pac-10 Championships ... posted a collegiate-best long jump of 19-5 $\frac{1}{4}$ at the Payton Jordan Cardinal Invitational ... posted a career-best indoor long jump at the MPSF Championships with a leap of 20-1 $\frac{3}{4}$... also finished 14th in the 200 meters at the MPSF Championships.

High School: All-Mets honorable mention and All-State in the 200 meters and long jump in 2006-07 ... Scholar Athlete of the Year in 2006-07 ... captured the state long jump title in 2005-06 ... long jump region record holder ... Woodbridge Senior High School record holder as a member of the 4x100 and 4x200 relay teams ... first-team All-District and All-Region from 2004-2007.

Cardinal Catalogue: International relations/economics major ... parents are Donald Smith and Lillian Dixon ... honorable mention Pac-10 All-Academic in 2009.



Erin Duffy

Freshman
Hurdles
Rapid City, SD
St. Thomas More



High School: Led St. Thomas More to state titles in 2006, 2007 and 2009 ... the state runner-up in 2008 ... Conference Champions from 2006-2009 ... individually won the 300 hurdles at State in 2006, 2007, 2009 ... placed second at the 2008 state meet in the 300-meter hurdles ... was 2009 State Champion in the 100-meter hurdles ... holds Conference and Region titles in both the 100 and 300 meter hurdles from 2006-09 ... named South Dakota Class "A" MVP for track and field in 2009 ... received honorable mention All American honors in 2009 ... holds school records for both 100 and 300-meter hurdles (14.9 and 44.7, respectively) ... ran the fourth-fastest time in South Dakota state history in the 300 hurdles.

Cardinal Catalogue: Major is undecided, but considering human biology and economics ... parents are Steve and Helene Duffy ... also played varsity volleyball and basketball in high school.

ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Madeline Duhon

Junior
Distances
Houston, TX
The American School of the Hague



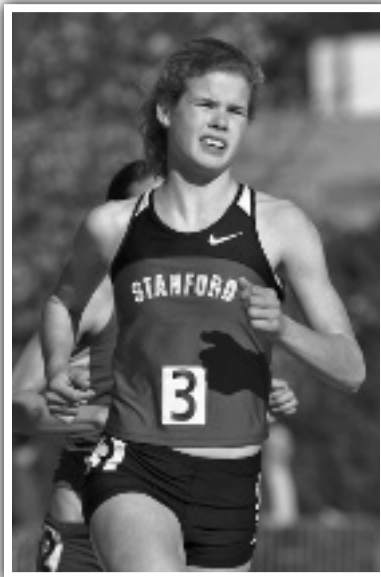
Collegiate Career Bests:

800 Meters – 2:09.48i
1,500 Meters – 4:24.57
3,000 Meters – 9:39.59i

2009 Season (Sophomore): Placed eighth at the Pac-10 Championships in the 1,500 meters to score a point for Stanford ... a regional qualifier in the 1,500 meters, placing eighth at the NCAA West Regional meet ... placed seventh at the MPSF Indoor Championships in the 800 meters with a career-best time of 2:09.48 ... also helped Stanford to a second-place finish in the distance medley relay at the MPSF meet by running the 1,200-meter leg ... ran a career-best time of 4:24.57 at the Big Meet to take third place.

2008 Season (Freshman): Scored for Stanford at the Pac-10 Championships, where she placed seventh in the 1,500 meters ... ran a collegiate-best time of 4:28.77 in the 1,500 meters at the Big Meet to finish third ... season best in the 800 meters came at the Stanford Invitational with a time of 2:14.67 ... placed 10th at the MPSF Championships in the 800 meters with an indoor-best time of 2:12.76.

High School: 17-time International School Sports Tournament (ISST) champion in the 400, 800, 1,500, 4x100 and 4x400 meters ... ISST record holder in 400, 800, 1500, and 4x400 meters ... member of 2006 19-and-under Dutch national club championship team ... holds two indoor, four outdoor, and three relay club records ... competed in national circuit races in the Netherlands and Belgium ... ranked third in the 800 meters and fifth in 1,500 meters in the Netherlands under-19 age group ... personal bests include a 2:09.42 in the 800 meters, 4:37.49 in the 1500 meters, and 57.62 in the 400 meters.



Cardinal Catalogue:

Economics major ... parents are Chris and Jamie Duhon ... born in Houston, Texas ... received second team Pac-10 All-Academic honors for cross country in 2009 ... first team Pac-10 All-Academic and a USTFCCA Academic All-American for track in 2009 ... 2008 and 2009 MPSF All-Academic for indoor track.

Karynn Dunn

Freshman
Jumps/Hurdles
Diamond Bar, CA
Diamond Ranch



High School: The 2009 California state long jump champion ... won the CIF long jump, triple jump and 100m hurdles in both 2008 and '09 ... placed second in the 4x400-meters at the 2004 Junior Olympics ... holds Diamond Ranch records in the long jump of 20-6 and in the triple jump of 40-1 ... led Diamond Ranch to league titles from 2005-09.



Cardinal Catalogue:

Major is undeclared, but is interested in human biology ... also played varsity basketball ... basketball team was League Champions from 2005-09 ... named first-team all-league for basketball in 2009 ... parents are Randy and Jeanette Dunn.

Alex Dunne

Freshman
Distances
San Clemente, CA
San Clemente



High School: The 2008 California Division I state champion in cross country ... placed second at the Foot Locker West Regional to advance to the national meet ... 2009 league, county and CIF Southern Section champion in cross country ... also league, Orange County and CIF Southern Section champion in the 1,600 meters in track in 2009 ... four-time South Coast League champion in cross country ... holds personal bests of 2:10 in the 800 meters, 4:51 in the 1,600 and 10:16 in the 3,200.

International Competition: Competed for the United States at the 2009 World Junior Cross Country Championships in Amman, Jordan, where she placed 35th ... competed in the 2008 World Mountain Trophy Race in Crans-Montana, Switzerland.

Cardinal Catalogue: Undeclared major, but considering English ... parents are Michael and Carroll Dunne ... father, Michael, is a former member of the United States national cycling team ... three younger siblings, Jaime, Connor and Scott.



Hannah Farley

Freshman
Sprints
Indianapolis, IN
Park Tudor



High School: Led Park Tudor to a third-place finish at state in 2009 and a fifth-place finish in 2008 ... placed third in the 4x400-meter relay in 2009 and sixth in the same event in 2008 ... individually, was the 400-meter state champion from 2006-08, the 400-meter runner-up in 2009 and the 200-meter runner-up in 2008 ... placed third in the 200 meters in 2007 and 2009, and third in 100 meters in 2009 ... holds high school records in the 100 meters (12.35), the 200 meters (24.80) and 400 meters (54.31) ... placed eighth in the 400 at the 2009 USATF Junior Olympics Outdoor Nationals ... in 2009 won the IHSAA Mental Attitude Award and was named *Indianapolis Star* "Marion County Female Athlete of the Year," Marion County Coaches of Girls Sports Association "County Athlete of the Year," Indiana Association of Track and Cross Country Coaches (IATCCC) "Ms. Track and Field," and National Federation of State High School Associations (NFHS) "Contribution to Sport Award."

Cardinal Catalogue: Undeclared major ... also played varsity soccer and basketball in high school ... was named four-time all-conference, two-time academic all-conference and all-county for soccer ... named four-time all-conference and two-time academic all-conference for basketball ... parents are Tim and Diane ... cousin, Laura Farley, ran track and cross country for Purdue University from 2003-2007 ... grandfather, Dick Farley, played basketball for Indiana University and was on the 1953 National Championship team, and also played three seasons in the NBA for the Syracuse Nationals and the Detroit Pistons.

Justine Fedronic

Freshman
Distances
Belmont, CA
Carlmont



High School: Three-time Central Coast Section and Peninsula Athletic League cross country champion (2006-08) ... placed fifth in Division I at the 2008 California state cross country meet ... seven-time Peninsula Athletic League Champion in track and field, including three straight 800-meter titles ... 2009 CCS 800-meter champion ... Arcadia Invitational champion at 800 meters in 2007 and 2009 ... 2007 Mt. SAC Relays champion in the 1,600 meters ... Stanford Invite mile champion in 2007 and runner-up in 2009 ... owns personal bests of 2:08.08 in the 800 meters and 4:51.4 in the 1,600 meters ... fifth at the state track championships as a freshman.

Cardinal Catalogue: Major is undeclared ... parents are Dominic Fedronic and Katalin Breier-Fedronic ... three younger brothers, Mark, Theo and Lucas ... born in Germany and moved to the U.S. at age 6 ... speaks French, Hungarian and English.

Jaynie Goodbody

RS Senior
Throws
Wendell, ID
Wendell



Collegiate Career Bests:

Hammer – 199-4 (60.75m)

Javelin – 140-0 (42.67m)

Weight Throw – 55-5 ¾ (16.91m)i

2009 Season (Junior): An NCAA qualifier in the hammer throw ... placed fourth at the NCAA West Regional Championships to automatically qualify for the national meet ... placed third at the Pac-10 Championships in the hammer with a toss of 192-3 ... season-best in the hammer came at the Payton Jordan Cardinal Invitational with a toss of 192-10 ... the 2009 Big Meet Champion in the hammer.

2008 Season (Sophomore):

Qualified for the NCAA Outdoor Championships in the hammer throw where she finished ninth in her opening-round heat ... finished fifth at the NCAA West Regionals to qualify for nationals ... placed seventh in the hammer throw at the Pac-10 Championships ... recorded a season-best hammer throw of 199-4 at the Payton Jordan Cardinal Invitational ... finished 10th in the weight throw at the MPSF Championships.

2007 Season (Freshman):

Threw the hammer a season-best 180-1 (54.88m) at the Payton Jordan Cardinal Invitational ... posted a season-best javelin throw of 140-0 (42.67m) at the Big Meet ... took 13th in the hammer throw and 14th in the javelin at the Pac-10 Championships ... posted an indoor season-best 37-10 (11.53m) weight throw at the Hampton Inn Classic.

2006 Season:

Did not compete.

High School: A 2005 graduate of Wendell High School ... a 2005 Junior Olympic 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: Psychology major with a minor in political science ... selected as a 2007 NCAA Academic All-American ... 2007 and 2008 Pac-10 All-Academic Honorable Mention ... parents are Steve and Jennifer Goodbody ... father, Steve, was a four-year starter in football at the University of San Diego and is the head coach at Salinas (Calif.) High School ... earned USTFCCA Academic All-America honors for the 2009 track season.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Georgia Griffin

Sophomore
Distances
Norwich, VT
Hanover



Collegiate Career Bests:

3,000 Meters – 9:31.66i
5,000 Meters – 16:30.00
10,000 Meters – 35:14.46

2009 Season (Freshman): Placed third in the 10,000 meters at the Pac-10 Championships with a time of 35:14.46 ... a regional qualifier in the 5,000 meters after running 16:30.00 at the Payton Jordan Cardinal Invitational ... placed 11th in the 5,000 at the NCAA West Regional Meet ... competed in the 5,000 meters at the MPSF Indoor Championships ... the Big Meet runner-up in the 3,000 meters with a time of 9:41.21.

High School: Ran times of 4:55.18 in the 1,600 meters and 10:28.89 in the 3,200 meters during the 2008 season ... during the 2007 track season, ran 4:57.08 in the 1,600 meters and ran 10:33.87 in the two-mile ... the Gatorade New Hampshire State Cross Country Runner of the Year ... won the New Hampshire state cross country championship for the third year in a row, while leading her team to its fourth straight title ... also led her team to a fourth-place national finish at the 2007 Nike Team Nationals with a sixth-place individual finish.

Cardinal Catalogue: Undeclared major at Stanford with an interest in earth sciences and international relations ... parents are Rod Griffin and Kay McCabe ... earned USTFCCA Academic All-America honors for the 2009 track season.

Nicole Heini

Freshman
Throws
Barrington, RI
Barrington



High School: Named all-division and all-class from 2006-09 ... named all-state in the pole vault in 2008 and 2009 and all-state in the hammer in 2009 ... holds Barrington pole vault record with a mark of 10-0 ... Led Barrington to indoor division titles in 2008 and 2009 and outdoor division titles from 2006-09.

Cardinal Catalogue: Undeclared major ... parents are Robert and Andree Heini ... competed on Sailing team at Barrington ... was the 2007 and 2008 Rhode Island high school women's singlehanded champion ... placed 12th at the 2008 U.S. Junior Singlehanded Championships and fifth at the 2007 Women's Doublehanded Championships.

Shataya Hendricks

RS Sophomore
Sprints
Ft. Lauderdale, FL
Saint Thomas Aquinas



Collegiate Career Bests:

60 Meters – 7.55i
100 Meters – 11.65
200 Meters – 24.26
400 Meters – 55.44i

2009 Season (Sophomore): A regional qualifier in the 100 meters, placing seventh at the NCAA West Regional meet with a collegiate-best time of 11.65 ... ran the leadoff leg of the 4x100-meter relay at the Pac-10 Championships that finished fifth ... just missed making the final in the open 100 at the Pac-10 meet, finishing fifth in her heat ... ran a collegiate-best time of 24.26 in the 200 meters at the Sacramento State Open.

2008 Season (Freshman):

Recorded season-best times of 7.55 seconds in the 60 meters and 24.48 in the 200 meters at the Husky Invitational ... redshirted the outdoor season.

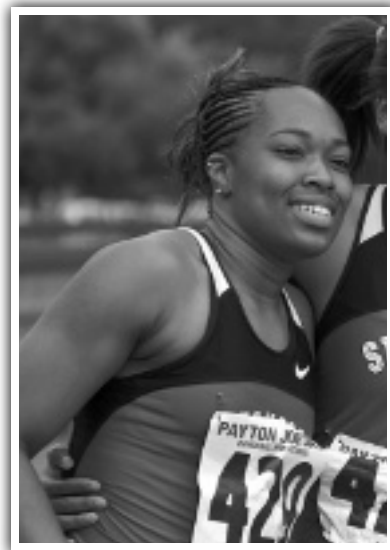
International Competition:

Competed for the Junior World Team at the 2007 Pan American Games.

High School:

2006 and 2007 state 100-meter champion ... 2007 Florida Gatorade Track and Field Athlete of the Year ... 2006 state 200-meter champion ... named an All-American in 2006 and 2007 ... holds the Bob Hayes Invitational 100-meter record (11.30).

Cardinal Catalogue: Biological sciences major ... parents are Craig and Deidra Hendricks.





Caitlin Hewitt

Senior
Pole Vault
Greensburg, PA
Greater Latrobe



Collegiate Career Bests:

Pole Vault – 12-11 ½ (3.95m)

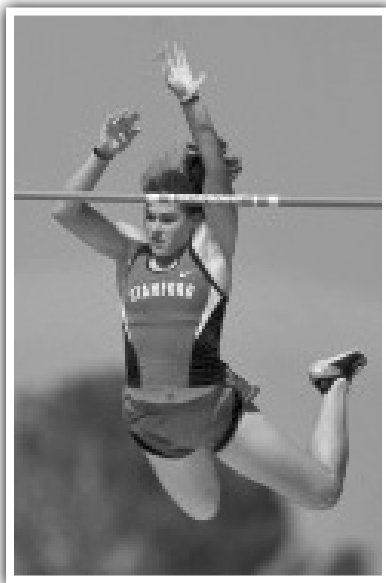
2009 Season (Junior): Set a personal best at the New Mexico Classic with a vault of 12-11 ½ ... ranks fourth all-time indoors and seventh all-time outdoors in the pole vault for Stanford.

2008 Season (Sophomore): Placed 12th in the pole vault at the Pac-10 Championships ... recorded a personal best in the pole vault with a mark of 12-7 ¾ at the Mt. SAC Relays ... finished 11th at the MPSF Championships with an indoor personal best of 12-7 ¼.

2007 Season (Freshman): Finished 12th in the high jump at the Pac-10 Championships ... vaulted a career-best 12-1 ½ (3.70m) at the Triton Invite ... recorded an indoor career-best vault of 12-6 (3.81m) at the UW Invitational ... long-jumped an indoor career-best 17-5 ¼ (5.31m) at the Hampton Inn Classic.

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 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 and Field Coaches Association (PTFCA) and Pennsylvania Interscholastic Athletic Association in 2005 ... also a 2005 NSSF All-American.

Cardinal Catalogue: Civil and environmental engineering major ... parents are Timothy and Loreen Hewitt ... second team Pac-10 All-Academic in 2008 and 2009 ... Academic All-MPSF in 2008.



Molly Kinsella

Sophomore
Throws
Hinsdale, Ill.
Hinsdale Central



Collegiate Career Bests:

Shot Put – 41-6 (12.65m)
Discus – 150-5 (45.86m)
Hammer – 155-4 (47.34m)
Weight Throw – 53-9 ¾ (16.40m)

2009 Season (Freshman): Placed 10th at the Pac-10 Championships in the discus ... placed third each of the shot put (41-6), the discus (150-5) and the hammer (154-9) at the Big Meet ... earned collegiate best tosses in the shot put and the discus at the Big Meet ... top mark in the hammer came at the Sacramento State Open (155-4).

High School: Conference champion in the shot put in both 2007 and 2008 ... sectional champion in the shot put and discus in 2008 ... holds both the indoor and outdoor school records in the shot put for Hinsdale Central ... led Hinsdale to four straight conference titles and two sectional titles ... also competed in basketball for the Hinsdale Central team that was ranked No. 9 nationally by Sports Illustrated ... two-time all-conference and one-time all-area in basketball.

Cardinal Catalogue: Major is undeclared, but interested in English and creative writing ... parents are John Kinsella and Kathy Kalber ... John was a former world record holder swimmer who competed in two Olympic Games, bringing home one gold medal (800 free relay in 1972) and one silver (1,500 meters in 1968) ... he was also a Sullivan Award winner in 1970, given to the nation's top amateur athlete and is in the International Hall of Fame.

Kathy Kroeger

Freshman
Distances
Franklin, TN
Independence



High School: Four-time Foot Locker national finalist, including the 2006 national champion ... 2007 national runner-up, while sixth in 2008 and 16th in 2005 ... two-time Foot Locker South Regional champion (2007-08), runner-up in 2006, and fourth in 2005 ... four-time Tennessee state cross country champion (2005-08) ... two-time Tennessee state track champion in the 1,600 and 3,200 meters (2006, '08)...Tennessee state record holder at 3,200 and 5,000...personal bests of 4:51 for the 1,600 and 10:24 for the 3,200.

Cardinal Catalogue: Major is undeclared, but interested in mathematics and statistics ... contemplating a profession in biostatistics ... parents are Tom and Nancy Kroeger...has an older brother, Matt, and younger sister, Lizzy.

ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Josephine Kvist

Sophomore
Sprints/Hurdles
Basking Ridge, NJ
Ridge HS



Collegiate Career Bests:

60-Meter Hurdles – 9.30i
400 Meters – 59.85i
800 Meters – 2:25.15i
High Jump – 5-3 (1.60m)i
Long Jump – 17-8 ¾ (5.40m)i
Shot Put – 30-3 (9.22m)i
Pentathlon – 3,429(i) points
Heptathlon – 4,389 points

2009 Season (Freshman): Recorded a season best in the heptathlon at the UC Davis Multis with a score of 4,389 points ... placed sixth in the pentathlon at the MPSF Indoor Championships with a career-best score of 3,429 points ... broke a minute at the MPSF Indoor Championships in the 400 meters with a time of 59.85.

High School: An All-American in the pentathlon after finishing second at the National Junior Scholastic Indoor Championships in 2006 and 2008 ... 2008 New Jersey state long jump champion in 2008 and third in 2006 ... three top-five finishes at the state meet in the 400 hurdles, including fourth in 2008, third in 2006 and fifth in 2005 ... high school record holder outdoors in the 200, 400 and 800 meters, the 100 hurdles and 400-meter hurdles and the long jump ... indoors, holds high school records in the 200, 400 and 800 meters, the 55-meter hurdles, the long jump and the pentathlon ... 2008 Skyline Conference Scholar Athlete.

Cardinal Catalogue: Major is undeclared, but interested in management science and engineering ... born and raised in Sweden ... parents Jan and Annika Kvist.



Carissa Levingston

Freshman
Sprints
Midwest City, OK
Midwest City



High School: Led Midwest City to the state championship in 2008 and 2009 ... individually named all-conference and all-state in 2008 and '09 ... holds the Midwest City record in the 100 meters (11.48) and the 200 meters (23.67).

Cardinal Catalogue: Undecided major ... parents are Rick and Nina Levingston, both of whom ran track at Wichita State University ... has three siblings, Rickie, Elijah and Isaiah.



Maria Malone

Freshman
Distances
Folsom, CA
Folsom



High School: The 2008 Sac-Joaquin Section Division I Cross Country champion and Sac-Joaquin runner of the year ... placed seventh in Division I at the 2008 California State meet ... led her team to their first state meet in school history in 2006 and repeated the feat in 2007 and 2008 ... placed sixth at the 2008 state track meet in the 3,200 meters ... holds the Folsom High School 3,200-meter school record as well as being a member of the record-holding 4x800-meter relay ... four time team MVP in track...owns personal bests of 5:03 in the 1,600 and 10:29 in the 3,200.

Cardinal Catalogue: Undeclared major, but interested in environmental and biomedical engineering...parents are Chris Malone and Julie Van Kleeck ... two older siblings, Rachel and James.



Stephanie Marcy

Junior
Distance
Sequim, WA
Sequim



Collegiate Career Bests:

1,500 Meters – 4:37.85
3,000 Meters – 9:31.34i
5,000 Meters – 16:18.77i
10,000 Meters – 35:20.01

2009 Season (Sophomore): Placed fourth in the 10,000 meters at the Pac-10 Championships (35:20.01) ... competed in the 5,000 meters at the NCAA West Regional, finishing 10th (16:53.54) ... ran a personal best in the 5,000 at the Payton Jordan Cardinal Invitational of 16:27.90 ... placed ninth in the 5,000 meters at the MPSF Indoor Championships ... placed fourth at the Big Meet in the 3,000.

2008 Season (Freshman):

Placed 16th in the 5,000 meters and 20th in the 1,500 meters at the Pac-10 Championships ... placed 11th in the 5,000 meters at the MPSF Championships with a season-best time of 17:30.41 ... indoor season best in the mile of 4:57.49 came at the Husky Invitational.

High School: Captured the 2007 state 2A 1,600 meter title ... state runner-up in the two mile in 2007 ... won the 2006 cross country state 2A championship ... state cross country runner-up in 2005 ... claimed the 2006 Nike Border Clash title ... recorded personal bests of 4:54 in the mile and 17:41 in the 5000 meters.

Cardinal Catalogue: Classics major ... parents are Stuart and Lone Marcy ... earned Pac-10 All-Academic honorable mention accolades for cross country in 2008 ... USTFCCA Academic All-American and honorable mention Pac-10 All-Academic for track in 2009 ... MPSF All-Academic for indoor track in 2009.



Griffin Matthew

Senior
Jumps/Sprints
Niwot, CO
Niwot



Collegiate Career Bests:

60 Meters – 7.45i
100 Meters – 11.45
200 Meters – 23.59
Long Jump – 20-6 ½ (6.26m)i

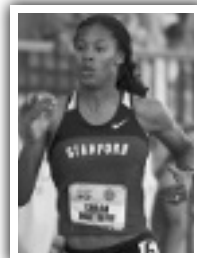
2009 Season (Junior): An NCAA qualifier in the 100 meters ... placed 21st in the prelims of the 100-meter dash at the NCAA Outdoor Championships ... placed seventh at the Pac-10 Championships in the 100 (11.75) ... ran a career-best time of 11.45 in the prelims of the 100 at the Pac-10 meet ... also placed fourth in the long jump at the Pac-10 Championships with a mark of 20-4 ¼ ... anchored the Stanford 4x100 that placed fifth at the Pac-10 Championships ... placed eighth in the 60 meters and seventh in the 200 meters at the MPSF Indoor Championships ... ran a career-best time of 23.59 in the 200 at the Payton Jordan Cardinal Invitational to earn a regional qualifying mark.

2008 Season (Sophomore): One of two members of the Stanford team to qualify for the NCAA Outdoor Championships in two events (100 meters, long jump) ... recorded collegiate bests to place fifth in both the long jump (20-5) and the 100 meters (11.55) at the NCAA West Regional to advance to the NCAA's in both events ... placed seventh in the 100 meters and eighth in the long jump at the Pac-10 Championships ... placed eighth in the long jump at the MPSF Championships with a season-best of 19-11 ... recorded a season best in the 60 meters at the Husky Invitational with a time of 7.45 seconds.

2007 Season (Freshman): Placed 11th in the long jump with a jump of 18-5 ¼ (5.62m) at the Pac-10 Championships ... finished 11th in the 100-meter dash at the Pac-10 Championships ... took 15th in the long jump at the NCAA Indoor Championships ... captured the long-jump title at the MPSF Indoor Championships with an indoor career-best jump of 20-6 ½ (6.26m) ... ran a career-best 7.53 in the 60-meter dash to place sixth at the MPSF Indoor Championships.

High School: A two-time high school 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 girl's long jump with 21-2 (6.45m) ... a member of 2006 U.S. 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: American studies major and Spanish minor ... parents are Thomas and Dayna Matthew ... considering careers as a lawyer, diplomat, journalist or politician ... Pac-10 All-Academic honorable mention in 2008 and 2009 ... Academic All-MPSF in 2008.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Sarah McCurdy

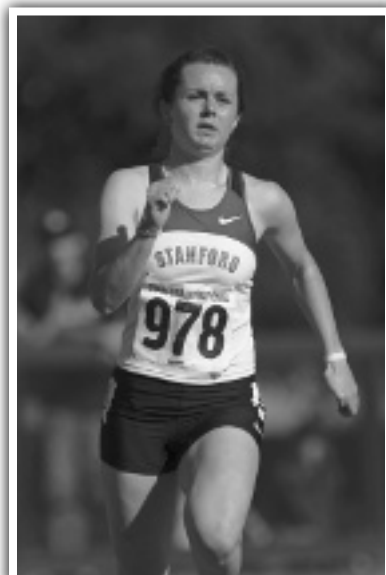
Sophomore
Distances
Brightwaters, NY
Bay Shore



Collegiate Career Bests:

800 Meters – 2:09.94

2009 Season (Freshman): Placed ninth in the prelims of the 800 meters at the Pac-10 Championships with a collegiate best of 2:09.94 to narrowly miss the final ... finished fifth at the Big Meet in the 800 (2:13.51) ... ninth-place finisher at the MPSF Indoor Championships in the 800 with a time of 2:12.01.



High School: A middle-distance specialist who has a personal best of 4:35.57 in the 1,500 meters and 2:06.96 in the 800 meters ... ran a time of 2:07.75 for 800 meters at the 2008 U.S. Junior Nationals to qualify for the 2008 Junior World Championships ... competed in the World Junior Championships in Poland in the 800 meters.

Cardinal Catalogue: Undeclared major, but considering environmental science ... parents are Brian and Beth ... sister, Mary Liz competed in cross country and track for Stanford ... brother, Patrick played lacrosse at Holy Cross.

Jordan Merback

Sophomore
Hurdles
Casper, WY
Kelly Walsh



Collegiate Career Bests:

100-Meter Hurdles – 14.38
400-Meter Hurdles – 1:05.04
Long Jump – 18-9 ¼ (5.72m)
Triple Jump – 41-1 ¾ (12.54m)

2009 Season (Freshman): Placed fifth in the triple jump at the Pac-10 Championships (40-4 ¾) ... a regional qualifier in the triple jump that placed ninth at the NCAA West Regional with a wind-aided mark of 41-3 ... career best of 41-1 ¾ in the triple jump came at the Big Meet to place fourth ... also fourth in the 100-meter hurdles (14.38) at the Big Meet ... collegiate best of 1:05.64 in the 400-meter hurdles came at the Texas Relays.

High School: A 10-time high school state champion in Wyoming ... state titles in the 100-meter hurdles (three), the triple jump (two), the 300-meter hurdles, indoor triple jump (two) and the 55-meter hurdles (two) ... owns her high school records in the triple jump, 100-meter hurdles and 300-meter hurdles ... led Kelly Walsh to runner-up finishes at the state meet in 2007 and 2008 and a fourth-place finish in 2006 ... also played ice hockey.

Cardinal Catalogue: Major is undeclared, but interested in sociology and communications ... contemplating a profession as a journalist ... parents are Michael and Janet.





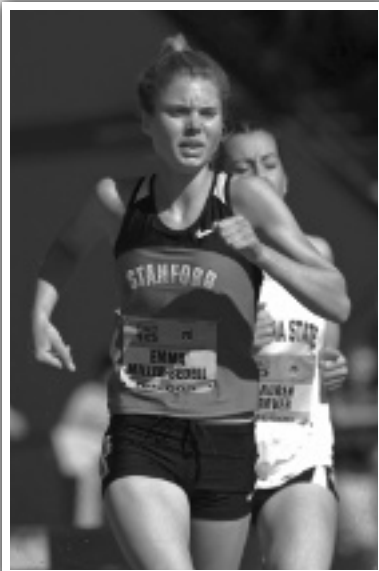
Emma Miller-Bedell

Sophomore
Distances
Orangeburg, NY
Tappan Zee



Collegiate Career Bests:
3,000-Meter Steeplechase – 10:59.07

2009 Season (Freshman): Placed 15th in the 3,000-meter steeplechase at the Pac-10 Championships with a collegiate-best time of 10:59.07 ... redshirted the indoor season.



High School: During the 2008 indoor season, ran a time of 2:51.90 for 1,000 meters to rank third nationally ... ranked as the third-fastest half-miler in the country in 2007 ... also ran the seventh-fastest 1,000 meters during the 2007 indoor season with her time of 2:53.60 ... ran a personal-best time of 2:08.84 in the 800 meters.

Cardinal Catalogue: Undeclared major ... parents are Benjamin Bedell and Karin Miller ... brother, Quinn, pole vaulted at Stanford.

Liz Minoofar

Junior
Javelin
Lakewood, KS
Blue Valley



Collegiate Career Bests:
Javelin – 138-6 (42.23m)

2009 Season (Sophomore): Had a career-best toss in the javelin of 138-6 at the Cal Outdoor Opener ... the 2009 Big Meet Champion in the javelin (126-3).

2008 Season (Freshman): Placed 18th at the Pac-10 Championships in the javelin ... placed third in the javelin and fourth in the discus at the Big Meet.

High School: 2006 state javelin champion ... named a Kansas City Star All-Metro athlete and a Johnson County All-Star member.

Cardinal Catalogue: Political science major ... parents are Amir and Maureen Minoofar ... honorable mention Pac-10 All-Academic in 2009.





Sabrina Nettey

Junior
Jumps
Surrey, B.C., Canada
Johnston Heights Secondary



Collegiate Career Bests:

Long Jump – 20-5 (6.22m)
Triple Jump – 41-5 (12.62m)

2009 Season (Sophomore): Redshirted.

2008 Season (Freshman):

Qualified for the NCAA West Regional in the triple jump ... finished fourth in the triple jump at the Pac-10 Championships with a career-best leap of 41-5 ... also competed in the long jump at the Pac-10 Championships ... finished fourth in the long jump at the Big Meet with a leap of 19-5 ½ ... indoors, finished third in the triple jump at the MPSF Indoor Championships ... placed sixth in the long jump at the MPSF Indoor Championships with a career-best of 20-5.

High School: Canadian Youth long jump record holder ... 2007 Canadian Youth champion in the 100 meters, 200 meters, and long jump ... BC High School Most Inspirational Athlete in 2007.

Cardinal Catalogue: Undeclared major ... Parents are Eustace and Genevieve Nettey ... Has one sibling, Christabel.



Kate Niehaus

Senior
Distances
Columbia, SC
Spring Valley



Collegiate Career Bests:

3,000 Meters – 9:28.81i
5,000 Meters – 16:19.20
10,000 Meters – 35:14.24

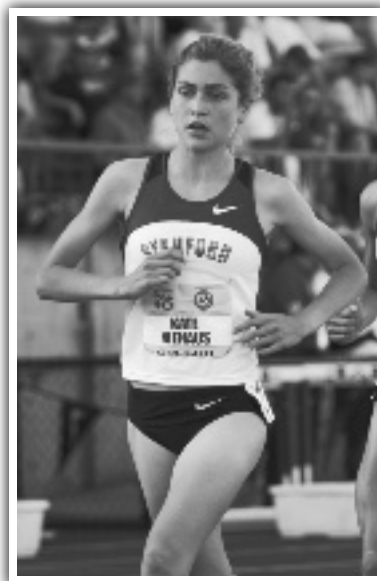
2009 Season (Junior): Competed at the NCAA Outdoor Championships in the 5,000 meters ... placed second at the Pac-10 Championships in the 10,000 meters with a career-best 35:14.24 ... also placed sixth in the 5,000 at the Pac-10 meet to score 11 total points for Stanford ... ran a career-best time of 16:19.20 in the 5,000 at the Payton Jordan Cardinal Invitational ... the 2009 MPSF Indoor Champion in the 5,000 (16:22.34) ... also placed seventh in the 3,000 meters at the MPSF meet to score 11 points for Stanford.

2008 Season (Sophomore): Achieved the regional standard in the 5,000 meters at the Stanford Invitational with a time of 16:47.96 ... placed third in the 3,000 meters and fourth in the 1,500 meters at the Big Meet ... placed eighth in the 5,000 meters and 12th in the 3,000 meters at the MPSF Championships.

2007 Season (Freshman): Finished eighth with a career-best 36:46.81 in the 10,000 meters at the Pac-10 Championships ... also ran a 17:26.09 to take 14th in the 5,000 meters at the Pac-10 Championships ... ran an indoor career-best 9:41.83 3,000 meters at the Husky Classic ... finished fourth with a time of 16:56.73 in the 5,000 meters at the MPSF Indoor Championships.

High School: A 2006 graduate of Spring Valley High School in Columbia, S.C ... four-time All-American in indoor and outdoor track ... 14-time South Carolina champion ... state record-holder in the 1,600 and 3,200 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 Foot Locker Nationals cross country finalist ... cross country state record-holder.

Cardinal Catalogue: Engineering major ... parents are Greg and Elizabeth Niehaus ... awarded the NCAA Elite 88 Award during the 2009 NCAA Cross Country Championships as the student with the top GPA at the meet ... 2008 Pac-10 All-Academic first team and 2007 second team in cross country ... 2009 USTFCCCA Academic All-American in track ... 2008 and 2009 Pac-10 All-Academic first team for track ... MPSF All-Academic for indoor track and field in 2008 and 2009.





Joy O'Hare

Sophomore
Sprints
Colorado Spring, Colo.
Cheyenne Mountain



Collegiate Career Bests:

200 Meters – 25.33
400 Meters – 56.51

2009 Season (Freshman): Placed 13th at the MPSF Indoor Championships in the 400 meters with a career-best time of 56.51 ... a member of the 4x400-meter relay at the MPSF Championships that placed sixth ... season best in the 200 meters came at the Cal Outdoor Opener (25.33).

High School: Regional champion in the 100, 200, 400 and 4x100 meters in both 2007 and 2008 ... second at the Colorado state meet in the 100 and 200 meters in 2007 ... in 2008, finished second in the 400 meters and third in the 100 and 200 meters at the state meet ... member of the state champion 4x100 meter relay team in 2007 ... Cheyenne Mountain record holder at 100, 200 and 400 meters as well as being a member of the 4x100 and distance medley relay teams that hold school records ... also a four-year letterwinner in cross country and has competed in mountain biking on the national stage.

Cardinal Catalogue: Major is undeclared, but considering psychology ... parents are Scott and Bea.

Maddie O'Meara

RS Senior
Distances
Mercer Island, WA
Mercer Island



Collegiate Career Bests:

1,500 Meters – 4:37
3,000 Meters – 9:35.56i
3,000-Meter Steeplechase – 10:30.87
5,000 Meters – 16:41.63i

2009 Season (Senior): Placed 11th at the Pac-10 Championships in the 3,000-meter steeplechase ... a regional qualifier in steeplechase, placing 10th ... ran a career-best time of 10:30.87 at the Payton Jordan Cardinal Invitational.

2008 Season (Junior): Placed 13th in the 5,000 meters and 25th in the 3,000 meters at the MPSF Championships ... did not compete outdoors.

2007 Season (Sophomore): Posted a 17th-place finish in the 3,000-meter steeplechase at the NCAA West Regional ... finished 10th with a career-best 10:41.87 in the 3,000-meter steeplechase at the Pac-10 Championships ... finished 12th with a career-best 17:19.72 in the 5,000 meters at the Pac-10 ... ran an indoor career-best 5:06.90 mile at the Husky Classic.

2006 Season (Freshman): 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: School-record holder in the javelin ... runner-up at the Washington state meet in the 1,600 meters in 2003, also finished third in 2004 ... also played soccer ... a three-year letterwinner who was a first-team all-league midfielder during her junior and senior seasons.

Cardinal Catalogue:

Human biology major ... earned second team Pac-10 All-Academic honors for cross country in 2008 ... USTFCCA Academic All-American and second team Pac-10 All-Academic for track in 2009 ... MPSF All-Academic for indoor track in 2009.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Elaine Patten

Freshman
High Jump
O'Fallon, IL
O'Fallon Township



High School: Led O'Fallon to the 2009 conference and sectional titles ... helped O'Fallon qualify to state from 2006-09 ... individually, three-time all-conference, all-section and all-state ... two-time state medalist ... 2008 and '09 Indoor Illinois State Champion in the high jump ... 2009 Illinois Outdoor State runner-up in the high jump ... 2008 Junior National Championships competitor in the high jump ... placed third at the 2009 Junior National Championships in the high jump ... holds the O'Fallon Township record in the high jump of 5-9.

Cardinal Catalogue: Major is undeclared, but anticipated major is psychology ... parents are Robert and Phyllis Patten ... siblings, Grace and Keith, ran track at Southern Illinois-Edwardsville.

Victoria Pennings

Sophomore
Distances
Warwick, NY
Warwick



2009 Season (Freshman): Redshirted

High School: OCIAA cross country champion during her senior year ... led team with a 14th-place finish at the Nike Team Nationals in cross country ... 2007-08 Warwick Valley High School Female Athlete of the Year ... three-time state champion in the 4x800 meters in track ... 2008 state runner-up in the 1,500 meters in a career best time of 4:33 ... three-time national champion as a member of the 4x800 meters, the DMR indoors, and the DMR outdoors ... Penn Relays American-record holder in the 1,200-meter leg (3:32) of the distance medley relay.

Cardinal Catalogue: Major is undeclared ... parents are Steve and Jill Pennings.

Kristin Reese

Sophomore
Distances
Holmes, NY
Carmel HS



Collegiate Career Bests:

1,500 Meters – 4:30.83
Mile – 4:55.48i

2009 Season (Freshman): Placed ninth in the mile at the MSPF Indoor Championships with a time of 4:55.48 ... placed fourth in 1,500 meters at the Big Meet with a season-best of 4:30.83.

High School: 2008 New York indoor state champion in the 1,000 meters ... 13-time All-State in cross country and track ... five-time All-American in indoor and outdoor track ... ran times of 4:35.90 in the 1,500 meters and 4:52.65 indoors, in the mile during the 2008 season ... her time of 2:52.06 in the indoor 1,000 meters during 2008, ranked fourth nationally for high schoolers ... holds a total of nine school records at Carmel High School with six individually from 600 to 3,200 meters and three relays.

Cardinal Catalogue: Major is undeclared ... Parents are James and Christine ... has two brothers, Kevin, who ran cross country and track for the University of New Haven, and Daniel, who plays rugby for Marist College ... was her high school valedictorian.





Katerina Stefanidi

Sophomore
Pole Vault
Pallini, Greece
First Pallini



Collegiate Career Bests:

Pole Vault – 14-1 ¼ (4.30m)



2009 Season (Freshman): Placed 15th at the Pac-10 Championships in the pole vault (12-7 ½) ... placed second at the Big Meet with a season-best vault of 13-6 ½ ... placed second at the MPSF Indoor Championships in the pole vault with a mark of 13-5 ¼.

High School: Former national record holder in the pole vault with a mark of 14-4 (4.37 meters) ... also former world youth record holder in the pole vault ... two-time Greek high school national champion ... World Youth Championships gold medalist in the pole vault in 2005 and silver medalist in 2004 ... bronze

medalist in the World Junior Championships in 2008 ... also has competed in the European junior and senior championships for Greece.

Cardinal Catalogue: Major is undeclared, but interested in management science and engineering ... father, George, was a former triple jumper for Greece ... mother, Zoi, competed in the 400 meters for Greece.

Kala Stepter

Freshman
Hurdles/Sprints
Oro Valley, AZ
Canyon del Oro



High School: The 2009 Arizona State Champion in the 100- and 300-meter hurdles ... was the regional champion in the 400 meters, the 100 and 300 hurdles and 4x400 meters from 2006-09 ... was 2007 and 2008 state runner-up in the 300 hurdles ... was the 2008 state runner-up in the 100 hurdles ... member of the 2009 state runner-up team in the 4x400 ... led Canyon del Oro to a state runner-up finish in 2009 and a state title in 2006 ... led Canyon del Oro to regional championships from 2006-08 ... holds the Canyon del Oro record in the 300 hurdles, the 400, the 4x400 and 4x800 ... is a six-time Junior Olympian (2001-2008) and placed sixth in 2008 in the 400 hurdles.

Cardinal Catalogue: Major is undeclared, but is interested in human biology and a career in physical therapy ... parents are Keith Stepter and LaTanya Sheffield ... mother ran at San Diego State and competed in the 1988 Olympics in the 400 hurdles where she is a former American Record Holder ... Kala also played varsity basketball where she helped Canyon del Oro to two regional championships and the 2009 Arizona state title.

Tiffany Tillett

Freshman
Multi-events
Humble, TX
Atascocita



High School: The second runner up at regionals in the high jump in 2009 ... a 2009 regional finalist in the 100-meter hurdles, the 300-meter hurdles, the high jump, and the long jump... was a regional qualifier from 2007-09 ... was district runner-up in 2008 and '09 in the 100 hurdles and the high jump) ... was AAU Junior Olympic qualifier from 2001-2009 ... placed second at the 2009 AAU Junior Olympics in the heptathlon and the high jump ... holds the Atascocita record in the 100 hurdles (15.21), the 300 hurdles (46.01), the long jump (17-7) and the high jump (5-4).

Cardinal Catalogue: Major is undeclared ... parents are Kimberly and Tracy Tillett Sr.

Hannah Varnell

Freshman
Distances
Gloucester, VA
Gloucester



High School: The Gloucester High School record holder at every distance from 400 meters through the mile ... AAU All-American in the 800 meters and the national champion in the 1,500 meters in 2007 ... all-state selection in cross country in 2008 ... best times include 2:14.94 in the 800 meters, 4:45.16 in the 1,500 meters and 18:19.00 in the 5k.

Cardinal Catalogue: Major is undeclared, but interested in international relations with a possible career as a diplomat ... mother, Kathleen Varnell, was a field hockey player at James Madison ... father, Lyle Varnell, played football at East Tennessee State and was the Whitewater Open National Canoe Racing Champion in 1995...has an older brother, Matthew.

Alyssa Wisdom

Freshman
Sprints
Coral Springs, FL
Coral Springs

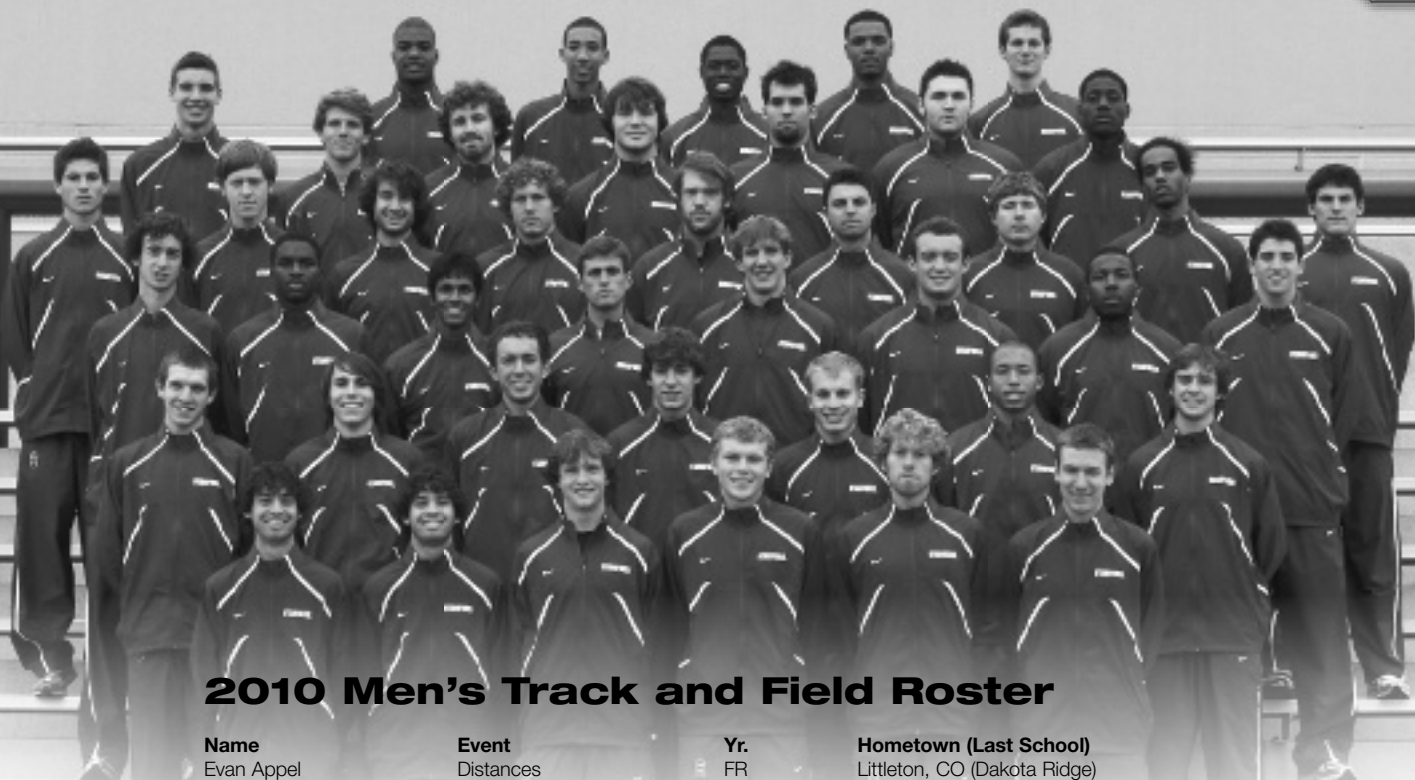


High School: Placed fourth in the 100 meters at the state championships in 2007 ... the Broward County Athletic Association 200-meter champion in 2008 and the BCAA 100-meter runner-up in 2008 ... led Coral Springs to the city championships from 2006-09 and district championships from 2006-09.

Cardinal Catalogue: Undeclared major, but is interested in psychology ... parents are George and Yvet Wisdom ... brother plays rugby at Florida Atlantic University.

2010 MEN'S ROSTER

2010 STANFORD TRACK AND FIELD



2010 Men's Track and Field Roster

Name	Event	Yr.	Hometown (Last School)
Evan Appel	Distances	FR	Littleton, CO (Dakota Ridge)
Darien Bailey	Multi-Events	FR	Menifee, CA (Temecula Preparatory)
Daniel Belch	Sprints	SR	San Diego, CA (Torrey Pines)
Andrew Berberick	Distances	FR	Littleton, CO (Mullen)
Kevin Cardey	Jumps/Sprints	FR	Napa, CA (Justin-Siena)
Spencer Castro	Middle Distances	JR	Groveland, CA (Sonora HS)
Zach Chandy	Sprints	SR	Laguna Beach, CA (Sage Hill)
Ramsey Chapin	Middle Distances	FR	North Bethesda, MD (Georgetown Prep)
Spencer Chase	Sprints	FR	Phoenix, AZ (Desert Vista)
Durell Coleman	Sprints/High Jumps	SR	Rockwall, TX (Rockwall)
Cody Cox	Throws	RS SO	Atlanta, GA (The Lovett School)
Quinn Dawson	Throws	FR	Saline, MI (Saline)
Chris Derrick	Distances	SO	Naperville, IL (Neuqua Valley)
Corey Dysick	Decathlon	JR	Phoenix, AZ (Brophy College Prep)
Dylan Ferris	Middle Distances	SO	Kernersville, NC (East Forsyth)
Ryan Fisicaro	Sprints	SR	Omaha, NE (Creighton Prep)
Brendan Gregg	Distances	JR	Davis, CA (Davis Senior)
Chris Hadley	Sprints/Middle Distances	SR	Birmingham, AL (Vestavia Hills)
Kevin Havel	Distances	SO	Arlington Heights, IL (John Hersey)
Elliott Heath	Distances	JR	Winona, MN (Winona Senior)
Colin Hester	High Jump/Sprints	FR	Indianapolis, IN (Ben Davis)
Robert Hintz	Javelin	FR	Bellevue, WA (Bellevue)
Benjamin Johnson	Distances	SO	Albuquerque, NM (Albuquerque Academy)
Aaron Konigsberg	Pole Vault	FR	Purchase, NY (Hackley)
Justin Marpole-Bird	Distances	SR	Vancouver, B.C., Canada (St. George's)
Tyrone McGraw	Sprints	RS SR	San Francisco, CA (Riordan HS)
Jonathan McMaster	Sprints	SO	Hanover, MD (Gilman School)
Amaechi Morton	Sprints/Hurdles	SO	Atlanta, GA (Riverwood)
Mark Mueller	Sprints	SR	Aurora, CO (Overland)
Thomas Porter	Distance	FR	Fredricksburg, VA (Mountain View)
Justin Reed	Middle Distances/Sprints	SR	Los Angeles, CA (Loyola)
Jake Riley	Distances	JR	Bellingham, WA (Sehome HS)
Casey Roche	Pole Vault	JR	Los Altos, CA (St. Francis HS)
Jules Sharpe	High Jump	FR	Woodland Hills, CA (Western Albermale)
Tyler Stutzman	Distances	FR	Charlottesville, VA (Western Albermale)
JT Sullivan	Middle Distance/Distance	JR	Rancho Santa Margarita, CA (Trabuco Hills)
Riley Sullivan	Distances	SO	Santa Margarita, CA (Trabuco Hills)
Geoffrey Tabor	Throws	SO	Ardmore, OK (Ardmore)
Miles Unterreiner	Distances	SO	Gig Harbor, WA (Gig Harbor)
Ryan Valdes	Distances	FR	San Juan Capistrano, CA (Dana Hills)
Tyler Valdes	Distances	FR	San Juan Capistrano, CA (Dana Hills)
Sean Wallace	Throws	FR	Owatonna, MN (Owatonna)
Carter Wells	Throws	RS JR	Dallas, TX (J.J. Pearce)



Zach Chandy

National Champion
All-American
 Senior • Sprints
 Laguna Beach, CA
 Sage Hill



Collegiate Career Bests:

60 Meters – 7.05i
 100 Meters – 10.72
 200 Meters – 21.34
 400 Meters – 47.97i
 800 Meters – 1:56.04i

At Stanford: A member of the 2007 national champion distance medley relay team ... should be a top contributor at 400 meters this season, but has expanded his range to the 100 and 200 as well.

2009 Season (Junior): Won the 200 meters in a personal best time of 21.34 at the Big Meet to clinch the team title for Stanford ... the time of 21.34 in the 200 tied Stanford legend Darrin Nelson for 10th all-time ... a regional qualifier at 200 meters in 2009 ... personal best time of 10.72 seconds in the 100 meters came at the Payton Jordan Cardinal Invitational ... competed in the prelims of both the 100 and 200 meters at the Pac-10 Championships ... ran the third leg of the 4x100-meter relay that placed fourth at the Pac-10 Championships to earn five points for the Cardinal ... also competed in the prelims of both the 60 and 200 meters at the MPSF Indoor Championships.

2008 Season (Sophomore): Finished 14th at the Pac-10 Championships in the 400 meters ... ran a career best time 48.11 in the 400 meters to finish third and help Stanford beat Cal in the Big Meet ... ran a career-best time of 21.50 in the 200 meters at the Payton Jordan Cardinal Invitational ... finished 18th at the MPSF Championships in the 400 meters during the indoor season ... recorded season best time indoors at the UW Invitational with a 400-meter time of 48.54.

2007 Season (Freshman): Earned All-America honors as a member of the national indoor champion distance medley relay team at the NCAA Indoor Championships ... placed third in the 400 meters with a career-best 47.97 and placed seventh in the 200-meter dash at the MPSF Indoor Championships ... ran indoor career-bests of 7.03 in the 60 meters and 21.59 in the 200 meters at the Hampton Inn Classic.

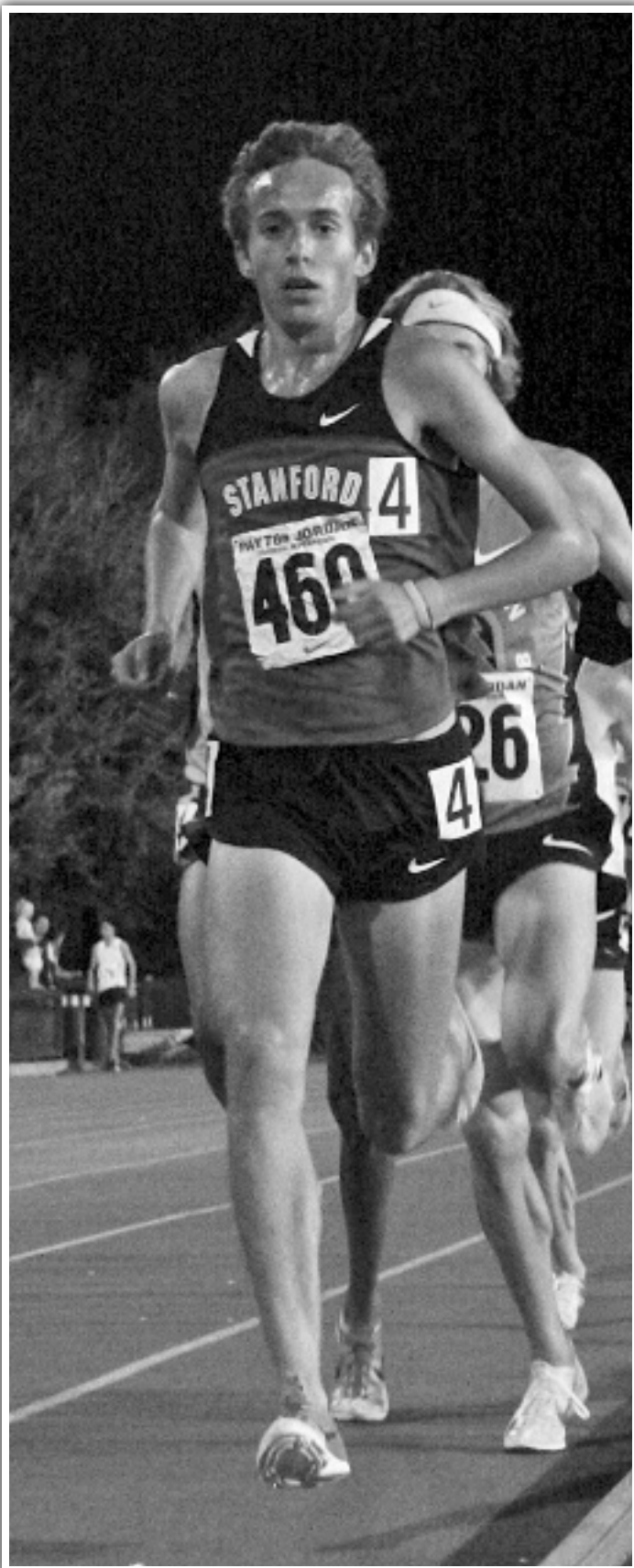
International Competition: Captained the USA team to the 2005 IAAF Youth World Championships in Morocco ... placed fourth in the 400 meters in a time of 47.29 ... also led his medley relay team to a first-place finish.

High School: 2006 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: Human biology major ... parents are George and Susan Chandy ... honorable mention Pac-10 All-Academic in 2009.

ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Chris Derrick

Five-Time All-American
Sophomore
Distances
Naperville, IL
Neuqua Valley



Collegiate Career Bests:

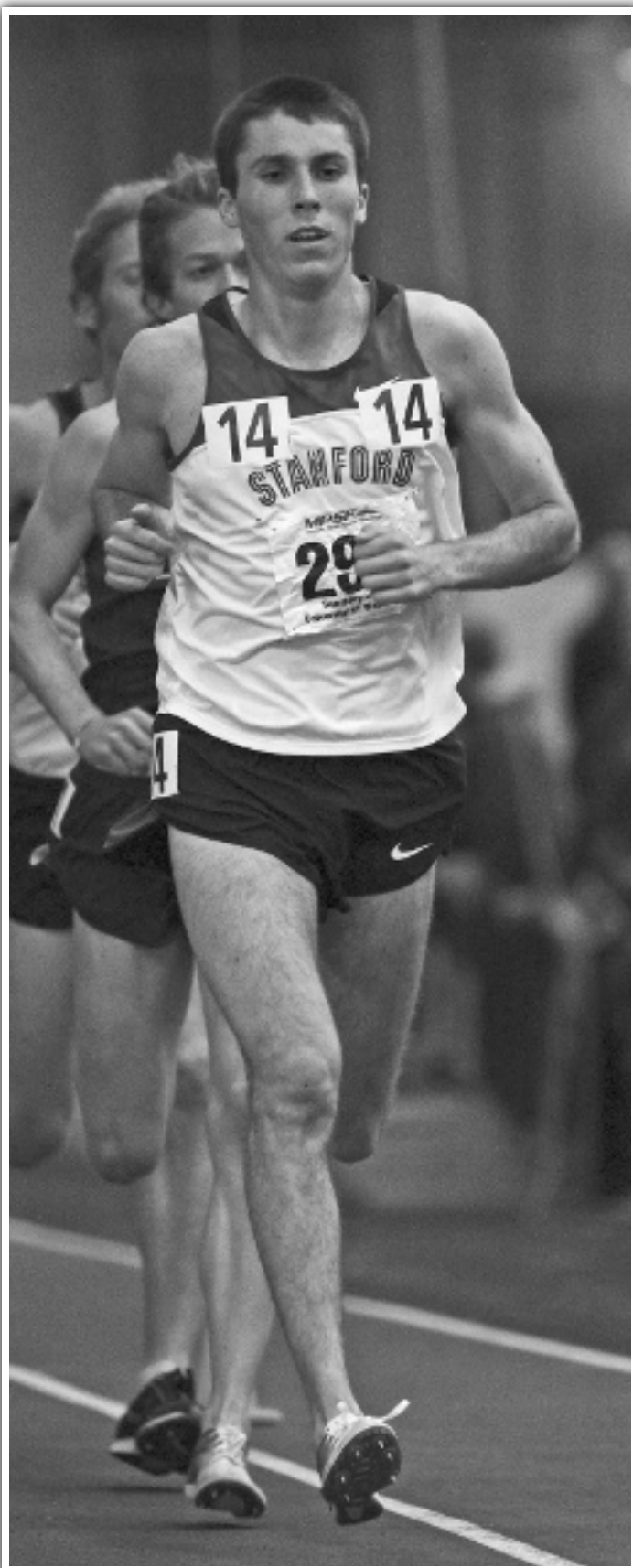
3,000 Meters – 7:56.31i
5,000 Meters – 13:29.98
10,000 Meters – 29:08.33

At Stanford: Already considered one of the top distance runners in the nation after earning five All-America honors in his first year and half as a collegian. Finished third at the NCAA Cross Country Championships and will be looking for his first NCAA individual title during the track season.

2009 Season (Freshman): Set the American Junior Record in the 5,000 meters with a time of 13:29.98 at the Payton Jordan Cardinal Invitational ... placed third at the NCAA Outdoor Championships in the 5,000 with a time of 14:07.34 to earn the fourth and final All-America honor of his freshman season ... also an All-American twice indoors after placing fourth in the 5,000 and fifth in the 3,000 meters at the NCAA Indoor Championships ... his time of 7:56.31 in the 3,000 also set an American Junior Record ... placed third in the both the 5,000 and the 10,000 meters at the Pac-10 Championships to score 12 team points for Stanford ... runner-up in the 3,000 at the MPSF Indoor Championships ... his 13:29.98 in the 5,000 meters is the Stanford freshman record and ranks sixth all-time in the event for the Cardinal.

High School: Ran 13:55.96 for 5,000 meters, the fastest time ever in an all-high school race ... as a junior ran 8:54.64 in the 3,200 meters - one of the fastest times ever by a high school junior ... as a senior improved his 3,200-meter time to 8:48.90 ... the 2007 Gatorade National Boys Cross Country Runner of the Year ... led Neuqua Valley to a national team championship with his first-place finish at the 2007 Nike Team Nationals ... finished second at the Foot Locker Cross Country Championships.

Cardinal Catalogue: Undeclared major with an interest in law ... parents are Richard and Janet ... 2009 USTFCCCA Academic All-American for track and field...first team Pac-10 All-Academic for cross country in 2009.



Elliott Heath

Three-Time All-American

Junior

Distances

Winona, MN

Winona Senior



Collegiate Career Bests:

1,500 Meters – 3:43.10

Mile – 4:01.92i

3,000 Meters – 7:53.64i

5,000 Meters – 13:42.59

At Stanford: Climbed to the elite group of college distance runners during his sophomore season, earning All-America honors during both the indoor and outdoor seasons. Should be a threat to compete for NCAA titles from 1,500 to 5,000 meters for the rest of his Stanford career.

2009 Season (Sophomore): Placed fifth at the NCAA Outdoor Championships in the 5,000 meters with a time of 14:08.56 ... ran a career-best time of 13:42.59 at the Stanford Invitational in the 5K, which ranks 10th all-time at Stanford ... also earned an All-America honor at the 2009 NCAA Indoor Championships after placing third in the 3,000 meters ... ranks third all-time at Stanford with an indoor 3,000-meter time of 7:53.64 ... placed seventh at the Pac-10 Championships in the 5,000 ... placed third in the mile at the MPSF Championships with a personal best time of 4:01.92 ... personal best in the 1,500 meters came at the Payton Jordan Cardinal Invitational with a time of 3:43.10.

2008 Season (Freshman): Ran a career best time of 13:59.12 in the 5,000 meters at the Payton Jordan Cardinal Invitational ... finished 11th at the NCAA West Regional and 19th at the Pac-10 Championships in the 5,000 meters.

International Competition: Finished second in the 5,000 meters at the Pan American Junior Games in Sao Paulo, Brazil.

High School: The 2007 U.S. junior Cross Country Champion ... the 2005 Minnesota state cross country champion for Winona Senior ... the 2006 and 2007 Minnesota state champion in the 3,200 meters ... holds the AA State Meet record in the 3,200 meters ... a 2006 FootLocker national cross country finalist ... finished third in the two mile at the 2007 Nike Outdoor Nationals with a personal best of 8:46.12 ... the fastest two-miler ever from the state of Minnesota ... the 11th fastest two-mile by a high school athlete since 1999 ... the 2007 U.S. junior 5,000-meter champion.

Cardinal Catalogue: Engineering major ... parents Bob and Linda Heath ... has one brother, Garrett, who was a nine-time All-American at Stanford and is now a volunteer assistant coach... 2008 Pac-10 All-Academic honorable mention selection in cross country...USTFCCA Academic All-American and Pac-10 All-Academic honorable mention selection for track in 2009...second team Pac-10 All-Academic for cross country in 2009... MPSF All-Academic for indoor track in 2009.

ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Jacob Riley

All-American
Junior
Distances
Bellingham, WA
Sehome



Collegiate Career Bests:

3,000 Meters – 8:02.73i
5,000 Meters – 13:52.87i
10,000 Meters – 28:46.84

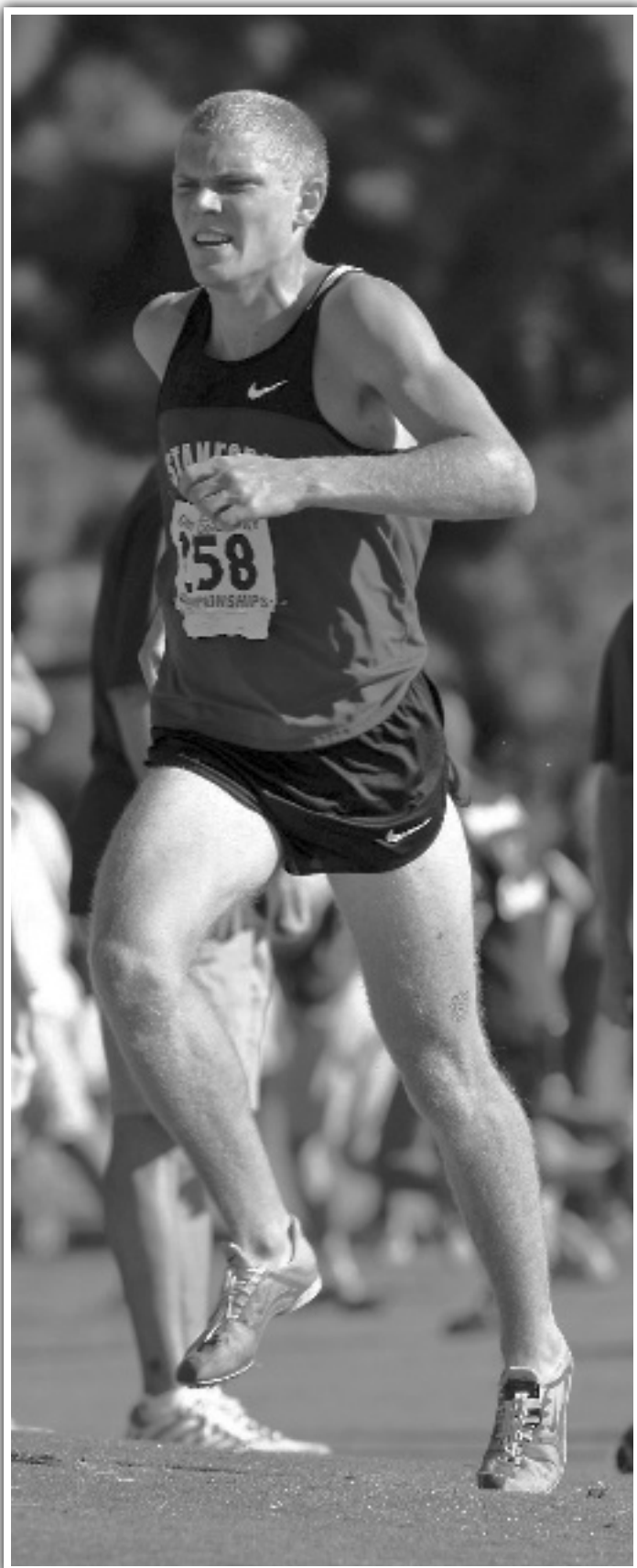
At Stanford: A long distance specialist who should be one of the top 10,000-meter runners in the nation in 2010.

2009 Season (Sophomore): Earned the first All-America honor of his career after finishing eighth at the NCAA Outdoor Championships in the 10,000 meters ... ran a personal best of 28:46.84 at the Payton Jordan Cardinal Invitational ... placed fifth in the 10,000 and 11th in the 5,000 meters at the Pac-10 Championships ... finished fourth in the 5,000 meters and 11th in the 3,000 meters at the MPSF Championships during the indoor season ... ran a personal-best time of 14:01.92 at the UW Invitational.

2008 Season (Freshman): Finished eighth at the Pac-10 Championships in the 10,000 meters with a collegiate-best time of 30:37.26 ... also finished 13th at Pac-10's in the 5,000 meters ... ran a season-best time of 14:27.34 in the 5,000 meters at the Payton Jordan Cardinal Invitational ... finished 13th in the 5,000 meters and 26th in the 3,000 meters at the MPSF Indoor Championships during the indoor season.

High School: Finished third at the Washington State 3A Cross Country State Championships in 2005 ... captured the individual title at the 2006 2A Cross Country State Championships ... won team title at the 2005 Washington State Cross Country Championships ... earned All-American honors with his 14th place finish at the 2006 Foot Locker National Championships ... finished fourth in the 1,600 and second in the 3,200 at the 2007 Washington State Track and Field Championships ... member of the 2007 Washington State Track and Field Championships team ... school-record holder in the 3,200 with his time of 9:00.50.

Cardinal Catalogue: Engineering major ... parents are Ralph Riley and Kathi Peacock ... 2008 Pac-10 All-Academic honorable mention in cross country...Pac-10 All-Academic honorable mention for track in 2009...MPSF All-Academic for indoor track in 2009...honorable mention Pac-10 All-Academic for cross country in 2009.





Evan Appel

Freshman
Distances
Littleton, CO
Dakota Ridge



High School: A three-time Foot Locker National Championships finalist, finishing 29th, 21st, and sixth place...selected as the Colorado Gatorade Cross Country Athlete of the Year in 2008...a four-time Colorado all-state first team selection and winner of both the 2007 and 2008 Class 5A Colorado State Cross Country Championship...the 2009 Colorado state champion in the 1,600 and 3,200 meters in track...also the 2008 state champ at 1,600 and 3,200 meters...holds both Dakota Ridge and Jefferson County League records for the 1,600 meters (4:15.81) and the 3,200 (9:07.82)...2008-09 Gatorade/ESPN Colorado Runner of the Year...2008-09 Jefferson Country Athlete of the Year.

Cardinal Catalogue: Major is undeclared, but considering management science and engineering...interested in pursuing a profession in law or business...parents are Scott and Ann Appel...has one younger brother, Austin.

Darien Bailey

Freshman
Multi-Events
Menifee, CA
Temecula Preparatory



High School: Holds the Temecula Prep record in the 100, 200, 400 and 110-meter hurdles...also the school record holder in the long jump, triple jump, high jump, shot put and discus...two-time team captain for Temecula.

Cardinal Catalogue: Undeclared major, but interested in mathematics and computational sciences... parents are Duane and Yolanda Tanner... considering the U.S. Navy post-college.

Daniel Belch

Senior
Sprints
San Diego, CA
Torrey Pines



Collegiate Career Bests:

60 Meters – 6.85i
100 Meters – 10.56
200 Meters – 21.61
200 Meters – 21.79i

2009 Season (Junior): Ran career bests in both the 100 meters (10.56) and the 200 meters (21.61) at the Payton Jordan Cardinal Invitational ... competed in the prelims of both the 100 and 200 at the Pac-10 Championships ... ran the leadoff leg of the 4x100-meter relay that placed fourth at the Pac-10 Championships to earn five points for the Cardinal ... placed 14th in the 60 meters and 17th in the 200 meters in the prelims of the MPSF Championships ... placed second in the 100 and third in the 200 to help Stanford to the Big Meet title.

2008 Season (Sophomore): Finished 15th at the Pac-10 Championships in the 100 meters ... member of the Stanford 4x100-meter relay team that finished third at the Pac-10 Championships ... ran a career best time of 22.02 for 200 meters at the Davis quad meet ... competed in the prelims of the MPSF Championships where he finished 23rd in the 100 meters and 18th in the 200 meters.

2007 Season (Freshman): Finished 17th in the 100-meter prelims and 15th in the 200-meter prelims at the Pac-10 Championships ... ran a career-best 10.79 in the 100 meters and career-best 22.30 in the 200 meters at the Big Meet ... finished ninth in the 60-meter prelims at MPSF Indoor Championships with a career-best 6.97 to move into ninth all-time at Stanford ... also ran a career-best 22.43 in the 200-meter finals.

High School: 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 relay 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 Union-Tribune All-Academic Team ... 2005 San Diego Union-Tribune All-Academic First Team.

Cardinal Catalogue: Economics major ... parents are Joe and Gayle Belch ... brother, Derek, kicked for the Stanford football team from 2003-07 ... 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 ... second team Pac-10 All-Academic in 2009 ... honorable mention Pac-10 All-Academic in 2007.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Andrew Berberick

Freshman
Distances
Littleton, CO
Mullen



High School: Finished 17th at the 2008 Foot Locker national cross country meet...all-state selection for Colorado in cross country in 2008... the only athlete at the 2009 Colorado state track meet to earn all-state in two events (800 meters and 1,600)...the 2008 state champion in the 800... ran a personal best in the 800 at the Nike Outdoor Nationals with a time 1:52.61...Colorado state record holder in the 3,000 meters (8:33.74)

Cardinal Catalogue: Undeclared major...parents are Dan and Tammy Berberick...has one brother, Matthew...also participated in soccer and football in high school.

Kevin Cardey

Freshman
Multi-Events
Napa, CA
Justin-Siena



High School: The 2008 Marin County Athletic League long-jump champion and 4x400-meter champion... won the 2008 North Coast Section-CIF 400 meters, placed second in long jump and second in the 4x400...placed third in the MCAL long-jump and was the NCS long-jump and high-jump champion in 2007... placed second in the long jump at the 2006 MCAL meet... was named MCAL first-team all-league in 2008 and NCS first-team all-league in 2007 and 2008...holds Justin-Siena records for the long-jump (22-6 1/2), high jump: (6-2), 400 meters (50.77) and javelin (152-4)...team placed second at the 2009 North Coast Section Meet.

Cardinal Catalogue: Undeclared major, interested in engineering and business...parents are Steven and Andrea Cardey...father played varsity golf at Vanderbilt University and freshman basketball...also ran cross country, played football and played basketball for Justin-Sierra.

Spencer Castro

Junior
Middle Distance
Groveland, CA
Sonora



Collegiate Career Bests:

400 Meters – 49.40i
800 Meters – 1:52.77i

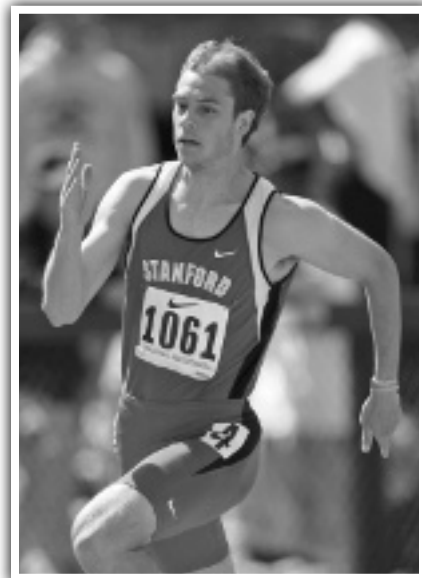
2009 Season (Sophomore): Placed 13th in the 800 meters at the MPSF Indoor Championships with a career-best run of 1:52.77 ... finished eighth at the Big Meet in the 800 ... finished eighth in his section (1:54.67) in the 800 at the Payton Jordan Cardinal Invitational.

2008 Season (Freshman): Finished 26th at the MPSF Championships

in the 400 meters ... ran a collegiate best time of 49.40 seconds in the 400 meters at the UW Invitational ... outdoors, ran season bests in the 200 meters (22.86) and the 400 meters (50.69) at the Davis quad meet.

High School: Captured the 2006 Sac-Joaquin Section titles in the 800 meters, 1,600 meters, and the 4x400 meter relay ... helped his team to second-place in the Division III section meet in cross country ... named the Gold Rush Elite Invite Athlete of the Meet.

Cardinal Catalogue: Science, technology and society major, interested in medicine ... parents are Charles and Colleen Castro.





Ramsey Chapin

Freshman
Distances
 North Bethesda, MD
 Georgetown Prep



High School: 11-time all-IAC Conference designation (2005-09)... MOCORunning.com top-20 athletes of the decade...won three consecutive IAC titles in the 800, 1,600 and 4x800 meters from 2007-09...3-time Washington Post All-Met honorable mention (2007-09)... selected to Maryland's All-State Cross Country team...has personal bests of 1:53.04 for 800 meters and 3:54.55 for 1,600 meters.

Cardinal Catalogue: Major is undeclared, but considering political science and international business...parents are Stephen and Julie Chapin...father, Stephen, ran for the U.S. Naval Academy...has two younger brothers, Joey and Archer.

Spencer Chase

Freshman
Sprints
 Phoenix, AZ
 Desert Vista



High School: The 2009 Arizona State Champion in the 400-meter hurdles ... a member of the 2007 and 2008 Desert Vista 4x400-meter state champion team ... led Desert Vista to the Nike Web Nationals in 2007 ... led Desert Vista to the 2008 Nike Web Nationals team championship ... led Desert Vista to the 2007-09 Arizona state titles ... holds the Arizona state record at 400 (46.47).

Cardinal Catalogue: Undeclared major but is interested in economics and sociology ... parents are Russell and Dawn Chase.

Durrell Coleman

Senior
Sprints/High Jump
 Rockwall, TX
 Rockwall



Collegiate Career Bests:

200 Meters – 22.26
400 Meters – 48.32
400-Meter Hurdles – 52.45
High Jump – 6-7 ½ (2.02m)

2009 Season (Junior): Ran a career-best time of 52.45 at the Payton Jordan Cardinal Invitational in the 400-meter hurdles to earn his first trip to the NCAA West Regional ... tied for second in the high jump and placed fourth in the 400 hurdles at the Big Meet ... ran the anchor of the 4x400-meter team that placed sixth at the Pac-10 Championships ... also competed in the prelims of the 400 hurdles at the Pac-10 Championships ... ran the anchor leg of the 4x400 relay team that placed fourth at the MPSF Indoor Championships.

2008 Season (Sophomore): Finished 16th at the Pac-10 Championships in the 400-meter hurdles ... ran a career-best time of 48.32 in the 400 meters at the Payton Jordan Cardinal Invitational ... indoors, finished 15th in the 400 meters and 21st in the 200 meters at the MPSF Championships.

2007 Season (Freshman): Finished 12th in the 400-meter dash at the Pac-10 Championships ... ran a career-best 22.69 in the 200 meters at the Stanford Invitational ... posted a collegiate career-best 48.35 in the 400 meters at the Big Meet, and was the high scorer of the meet as well ... notched a collegiate career-best mark of 6-7 (2.01m) in the high jump at the quad meet ... a provisional qualifier for the NCAA Championships as a member of the distance medley relay team ... placed fourth in the high jump with a career-best indoor mark of 6-7 ½ (2.02m) at the MPSF Indoor Championships ... finished ninth in the 400 meters at the MPSF Indoor Championships with a career best 49.03.

High School: Four-time TAAF state high jump champion ... finished fourth in the high jump at the Texas District 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 (47.9) and a member of the school-record mile relay ... also a three-year letterwinner in basketball ... honorable mention Pac-10 All-Academic in 2007.

Cardinal Catalogue: Mechanical engineering major ... parents are David and Annette Coleman ... honorable mention Pac-10 All-Academic in 2007.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Cody Cox

RS Sophomore
Throws
Atlanta, GA
The Lovett School



Collegiate Career Bests:
Hammer Throw – 170-3 (51.90m)
Weight Throw – 50-11 ½ (15.53m)

2009 Season (RS Freshman): Posted a career-best throw of 170-3 in the hammer at the Payton Jordan Cardinal Invitational ... placed third at the Big Meet in the hammer (168-9) to help Stanford to the team title.

2008 Season: Redshirted

High School: 2006 and 2007 shot put regional champion ... 2007 state runner-up in the shot put ... placed third in the shot put at the state meet in 2006 ... placed seventh in the hammer at the 2007 Nike Outdoor Nationals ... named the *Atlanta Journal Constitution* Male Student-Athlete of the Year.

Cardinal Catalogue: Classics major ... parents are Jim and Lori Cox ... second team Pac-10 All-Academic in 2009.

Quinn Dawson

Freshman
Throws
Saline, MI
Saline



High School: Led Saline to the 2006 Michigan State Championship and the 2007-09 conference titles ... was the Michigan state runner-up in the discus ... was the two-time field athlete of the year in Michigan ... honored as four-time All-American and three time all-state ... holds the Saline record in the discus and indoor shot put ... was also selected as all-conference in football.

Cardinal Catalogue: Undeclared major but is interested in political science and biotechnology ... parents are Bill and Mary Dawson.

Corey Dysick

Junior
Decathlon/Pole Vault
Phoenix, AZ
Brophy College Prep



Collegiate Career Bests:

Heptathlon – 4,848i points
Decathlon – 6,864 points
100 Meters – 11.35
400 Meters – 53.13
110-Meter Hurdles – 15.66
Long Jump – 21-3 ½ (6.49m)
High Jump – 6-0 (1.83m)
Pole Vault – 16-11 ½ (5.17m)
Shot Put – 36-7 ¾ (11.17m)
Javelin – 183-9 (56.00m)
Discus – 115-10 (35.32m)

2009 Season (Sophomore):

Placed fifth at the Pac-10 decathlon competition to score four team points for Stanford ... career-best score of 6,864 points in the decathlon came at the Pac-10 meet ... placed fourth at the MPSF Indoor Championships in the pole vault with a career-best mark of 16-11 ½.

2008 Season (Freshman):

Finished 11th in the decathlon at the Pac-10 Championships ... scored a season-best 6,345 points in the decathlon at the Cal Multis ... finished seventh at the MPSF Championships in the heptathlon with a season best total of 4,848 points.

High School: Captured the 2007 Arizona decathlon title ... finished third in the state in the pole vault in 2007.

Cardinal Catalogue:

Undeclared major ... parents are Terry Cusick and Deborah Dykema ... second team Pac-10 All-Academic in 2009.





Dylan Ferris

Junior
Sprints
Kernersville, NC
East Forsyth

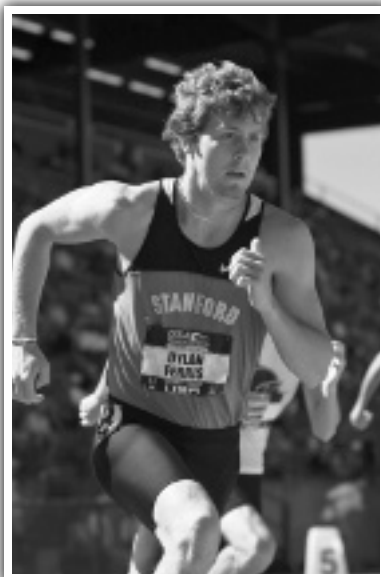


Collegiate Career Bests:

800 Meters – 1:48.67i
1,500 Meters – 3:48.46
Mile – 3:58.90i

2009 Season (Freshman): Ran a season-best time of 1:50.10 in the 800 meters at the indoor UW Husky Classic ... competed in the 800 at the

Pac-10 Championships where he finished fourth in his heat, but did not advance to the final ... ran a collegiate-best time of 3:48.46 in the 1,500 meters at the Payton Jordan Cardinal Invitational ... placed fifth at the Big Meet in the 800 ... ran the 800-meter leg of the distance medley relay that placed fifth and scored four team points for Stanford at the MPSF Championships.



High School: A middle-distance specialist with international experience, he was among the nation's best in both the 800 meters (1:49.27) and the 1,600 meters (4:06.58) ... he is the 2006, 2007, and 2008 North Carolina state 800-meter champion and the 2007 and

2008 North Carolina state champion in the 1,600 meters ... ran 1:49.48 for 800 meters in 2008, the fifth-fastest time in the nation.

International Competition: Competed in the 2009 Junior Pan-Am Games in the 800 meters where he finished fifth...represented the United States and qualified for the final at the 2007 World Youth Championships in Ostrava, Czech Republic.

Cardinal Catalogue: Interested in majoring in engineering at Stanford ... parents are Dennis and Robyn Ferris.

Ryan Fisicaro

Junior
Sprints
Omaha, NE
Creighton Prep



Collegiate Career Bests:

60 Meters – 6.82i
100 Meters – 10.56
200 Meters – 22.10i

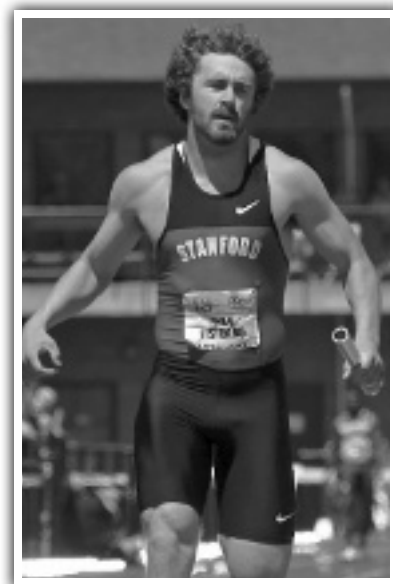
2009 Season (Junior): Set the Stanford record in the 60 meters with a time of 6.82 at the UW Indoor Invitational ... placed fifth in his heat of the 100 meters (10.56), but just missed qualifying for the final at the Pac-10 Championships ... ran the anchor leg of the 4x100-meter relay that placed fourth at the Pac-10 Championships to earn five points for the Cardinal ... placed 11th at the MPSF Championships in the 60 meters ... ran a career-best of 22.10 in the 200 meters at the New Mexico Cherry and Silver Invitational.

2008 Season (Sophomore): Ran a career-best time of 22.73 in the 200 meters at the Blue and Orange Classic.

2007 Season (Freshman): Ran a career-best 11.09 in the 100 meters at the Cal Collegiate Challenge ... Recorded a career-best 22.66 in the 200 meters at the Triton Invite ... Posted indoor career bests in the 60 meters (7.13) and 200 meters (23.29) at the Hampton Inn Classic.

High School: A 2006 graduate of Creighton Preparatory in Omaha, Neb. ... 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: Biology major, contemplating a profession as a neurosurgeon ... parents are Rodney and Terilynn Ruh ... 2009 honorable mention Pac-10 All-Academic recipient.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Brendan Gregg

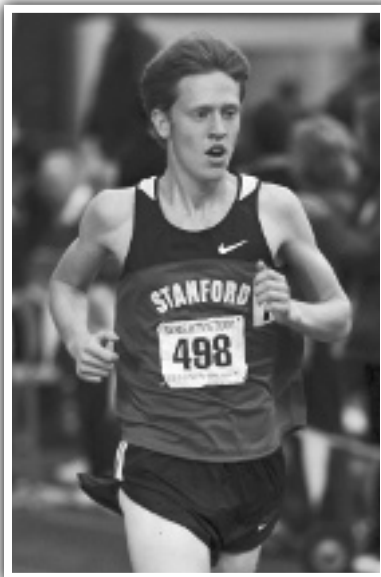


Junior
Distances
Davis, CA
Davis Senior

Collegiate Career Bests:

3,000 Meters – 8:08.02i
5,000 Meters – 14:07.45i
10,000 Meters – 29:44.88

2009 Season (Sophomore): Finished sixth at the MPSF Championships in the 5,000 meters with a career-best time of 14:07.45 ... placed third at the UW Indoor Invitational in the 5,000 meters with a time of 14:11.29 ... redshirted the outdoor season.



2008 Season (Freshman): Finished 11th in the 5,000 meters and 12th in the 10,000 meters at the Pac-10 Championships ... ran a 5,000-meter season best time of 14:26.20 at the Payton Jordan Cardinal Invitational.

High School: The 2006 Stanford Cross Country Invitational champion ... won the 3,000 meters at the 2007 Stanford Track and Field Invitational ... led his team to a third-place finish at the 2007 Division I California state cross country championships ... ran a personal best 9:02.34 two-mile for a third-place finish

at the 2007 Arcadia Invitational ... medalist at the California state meets in cross country and track.

Cardinal Catalogue: Human biology major ... parents are Bill and Carolee Gregg ... 2009 Pac-10 All-Academic honorable mention for cross country...2009 MPSF All-Academic in indoor track and field.

Chris Hadley



Senior
Sprints/Hurdles
Birmingham, AL
Vestavia Hills

Collegiate Career Bests:

200 Meters – 22.96
400 Meters – 49.76i
400-Meter Hurdles – 56.03

2009 Season (Junior): Ran a career-best time of 49.76 in the 400 meters to place 20th at the MPSF Championships ... career-best time of 56.03 in the 400-meter hurdles came at the Payton Jordan Cardinal Invitational ... sixth-place finisher in the 400-meter hurdles at the Big Meet.

2008 Season (Sophomore): Ran a career-best time of 50.10 in the 400 meters at the Stanford Invitational ... finished 29th in the 400 meters at the MPSF Championships.

2007 Season (Freshman): Ran a career-best 52.15 in the 400 meters at the Stanford Invite ... recorded a career-best 57.76 in the 400-meter hurdles at the Cal Collegiate Challenge ... ran an indoor career-best 51.83 in the 400 meters at the Hampton Inn Classic.



High School: A member of the 2006 4x400 relay State champions for Vestavia Hills ... finished eighth in the state in the open 400 meters in 2006.

Cardinal Catalogue: Psychology 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.



Kevin Havel

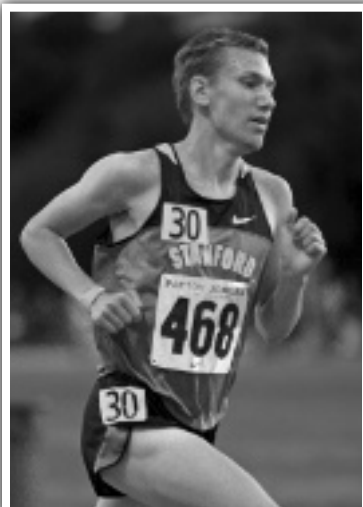
Sophomore
Distances
Arlington Heights, IL
John Hersey



Collegiate Career Bests:

5,000 Meters – 14:49.20

2009 Season (Freshman): Season-best in the 5,000 meters came at the Stanford Invitational with a time of 14:49.20 ... ran a time of 4:01.30 at the Sacramento State Open in the 1,500 meters ... placed seventh in the 3,000 meters with a time of 8:39.85 at the Big Meet.



High School: A distance specialist who was among the top-10 junior two-milers in the nation in 2007 ... ran 4:14.38 in the 1,600 meters and 8:59.20 in the 3,200 during the 2008 season ... in the 2007 cross country season, he finished seventh at the Foot Locker National Cross Country Championships to establish himself as a high school cross country All-American.

Cardinal Catalogue: Major is undeclared ... interested in biology and considering

a profession as a patent lawyer ... parents are Joe and Shirley Havel... honorable mention Pac-10 All-Academic for cross country in 2009.

Colin Hester

Freshman
High Jump/Sprints
Indianapolis, IN
Ben Davis



High School: Helped Ben Davis to the 2008 and 2009 indoor and outdoor Conference Championships...also helped the team to the 2009 Indoor State Championships and 2008 and 2009 Outdoor State Championships... individually, two time All State, and two time All American...was national champion in 4x100 meters...holds school freshman record in the high jump record (6-6)...owns the school record in the 4x100 (41.09), the 100 meters (10.8), the long jump (22-8 ½) and 200 meters (22-2).

Cardinal Catalogue: Undeclared but interested in chemistry...parents are Anthony and Cheryl Hester...played three years of varsity football, was named Academic All-State.

Robert Hintz

Freshman
Javelin
Bellevue, WA
Bellevue



High School: The 2009 district and Washington 3A State Champion in the javelin ... the 2008 King-Co Conference, district, and Washington 3A State Champion in the javelin ... holds the Bellevue school record and the state meet Record in the javelin of 211-0.

Cardinal Catalogue: Major is Undeclared but is interested in mechanical engineering ... parents are Albert and Sue Hintz ... aunt ran cross country for the University of Washington.

Benjamin Johnson

Sophomore
Distances
Albuquerque, NM
(Albuquerque Academy)



Collegiate Career Bests:

Mile – 4:11.04i
3,000 Meters – 8:04.54i
3,000-Meter Steeplechase – 9:05.93
5,000 Meters – 14:18.11i

2009 Season (Freshman): Placed seventh at the Pac-10 Championships in the steeplechase with a career-best time of 9:05.93 ... also competed in the 5,000 meters at the Pac-10 Championships, finishing 14th ... an NCAA West Regional qualifier in the steeplechase, placing 14th at the meet ... placed 19th at the MPSF Indoor Championships in the 3,000 meters (8:29.17).

High School: In 2008 ran 9:07.41 for the 3,000-meter steeplechase, the second-fastest high school time in the nation ... a high school cross country All-American who was the top junior at the 2006 Foot Locker National Cross Country Championships with his sixth-place finish ... led his team to a third-place national finish with a third-place individual finish at the 2007 Nike Team Nationals ... the 2007 New Mexico state cross country champion and the 2007 Gatorade New Mexico State Boys Cross Country Runner of the Year.

Cardinal Catalogue: Major is undeclared, but interested in engineering ... parents are William and Pamela Johnson... 2009 USTFCCA Academic All-American in track and field...honorable mention Pac-10 All-Academic for cross country in 2009.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Aaron Konigsberg

Freshman
Pole Vault
Purchase, NY
Hackley



High School: The three-time New York State javelin champion (2007-09) ... the 2008 New York State decathlon champion ... All-County in the pole vault during the winter of 2007-09 and the spring of 2007-09 ... All-County in the javelin in the spring of 2007-09 ... Empire State Games javelin champion in 2007 ... four-time conference champion in the pole vault (2007-09) ... three-time conference javelin champion 2007-09 ... the 2009 conference champion indoors in the 60-meter hurdles, the long jump, the high jump and the 4x200-meter relay ... the 2009 conference champion outdoors in the pole vault, the 110-meter hurdles, the javelin and the 4x400 ... led Hackley to the 2009 Indoor County Championships, the Ivy League Championships and the NYSAIS outdoor title ... was a 2009 Academic All-American for Indoor track and field ... set New York state javelin record for sophomores in 2007 with a mark of 194-8 ... set New York State javelin record for seniors in 2009 with a mark of 198-10 ... holds the Hackley record in pole vault with a mark of 14-10, the javelin with a mark of 199-10 and the decathlon with a score of 5,348 points.

Cardinal Catalogue: Undeclared major but is interested in product design and mechanical engineering ... parents are Kip and Kathy ... great-grandfather, Aaron Berger, played football for John Heisman at Rice University and was a two-time winner (1925 and '26) of the Heisman Medal (the Heisman Medal later became the Heisman Trophy).

Justin Marpole-Bird

Senior
Distances
Vancouver, B.C., Canada
St. George's



Collegiate Career Bests:

1,500 Meters – 3:44.53
Mile – 3:58.76i
3,000 Meter – 7:57.15i

2009 Season (Junior): Ran a season-best time of 4:01.13 at the UW Last Chance Meet ... placed fifth in the mile (4:03.43) and 10th in the 3,000 meters at the 8:13.17 at the MPSF Indoor Championships ... redshirted the outdoor season.

2008 Season (Sophomore): Made the final that NCAA West Regional Championships in the 1,500 meters where he finished seventh with a time of 3:45.82 ... placed 14th in the 1,500 and 18th in the 800 meters at the Pac-10 Championships ... finished 14th at the MPSF Championships in the indoor mile.



2007 Season (Freshman):

Took 14th with a time of 3:52.08 in the 1,500 meter prelims at the Pac-10 Championships ... ran a 1:55.05 in the 800 meters at the Stanford Invite ... ran an indoor career-best 4:14.06 mile at the Husky Classic ... recorded an indoor career-best indoor 8:30.73 in the 3,000 meters at the UW Invitational.

International Competition:

Competed in the 1,500 meters as a member of the 2006 Canadian junior team at the World Junior Track & Field Championships in Beijing, China.

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: International relations major ... parents are John Bird and Monica Marpole ... 2009 Pac-10 All-Academic honorable mention in cross country...2009 USTFCCA Academic All-American in track and field... second team Pac-10 All-Academic for cross country in 2009...2008 Pac-10 All-Academic honorable mention for outdoor track...2008 and 2009 MPSF All-Academic for indoor track.



Tyrone McGraw

Senior
Sprints
San Francisco, CA
Riordan



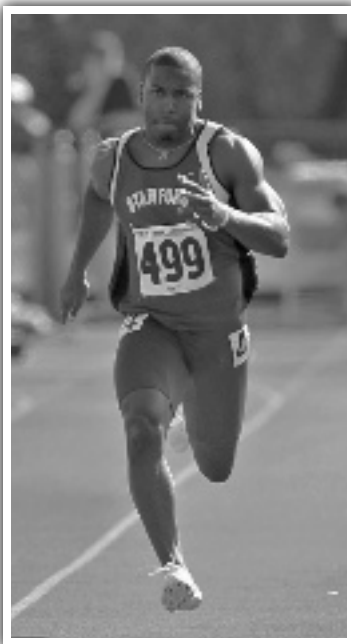
Collegiate Career Bests:

60 Meters – 6.80i
100 Meters – 10.67
200 Meters – 21.98
200 Meters – 22.00i

2009 Season (Sophomore): Ran a season-best time of 10.67 in the 100 meters in the prelims of the Pac-10 Championships ... ran the second leg of the 4x100-meter relay that placed fourth at the Pac-10 Championships to earn five points for the Cardinal ... top time of the season in the 200 meters (22.97) came at the UW Invitational during the indoor season.

2008 Season (Freshman): Finished 11th in the 100 meters and 17th in the 200 meters at the Pac-10 Championships ... member of the Stanford 4x100-meter relay team that finished third at the Pac-10 Championships.

High School: Qualified for the U.S. Junior Olympics in 2005 in the 4x100 ... Central Coast Section 200-meter champion (21.85) and runner-up in the 100 meters (10.79) as a junior ... at the 2005 CIF State meet, he ran a 48.3 split in the 4x400 relay ... during the summer of 2004, he placed third in the 200 meters Intermediate Boys Division at the U.S. Olympic Trials and was fourth in the 100 meters at the USA Junior Olympics ... class valedictorian ... named Scholar-Athlete of the Bay Area by the San Francisco Olympic Club following his senior year ... starred at Riordan High School in San Francisco ... in 10 games as a senior, he rushed for 1,519 yards while setting a school record ... named first-team All-West Catholic Athletic League as well as the league's Running Back of the Year ... selected second-team All-WCAL as a junior.



Cardinal Catalogue: American studies major ... member of the Stanford football team in 2006-07 ... member of the National Honor Society and California Scholarship Federation ... Northern California National Football Foundation and College Hall of Fame Scholar-Athlete ... worked at the University of California Medical Center in San Francisco for several summers as a work-study intern in the Pediatric Intensive Care Unit and for a General Surgery Physician ... honorable mention Pac-10 All-Academic selection in 2007.

Jonathon McMaster

Sophomore
Sprints
Hanover, MD
Gilma School



Collegiate Career Bests:

60 Meters – 7.01i
100 Meters – 11.08
200 Meters – 22.35

2009 Season (Freshman):

Ran a season-best time of 11.08 in the 100 meters at the Stanford Invitational ... finished 23rd at the MPSF Championships in the 200 meters with a season-best time of 22.35.

High School: Led Gilma to three consecutive league championships in track and field (2005-07) ... three-time all-conference in the sprints (2005-07) ... all-metro in 2007 ... member of the indoor league and championship record holding 4x400 team at Gilma ... captained the outdoor team during his junior and senior seasons and the indoor team during his senior year ... also played football and was all-conference during his junior season ... helped Gilma to a No. 12 national ranking in football in 2005.

Cardinal Catalogue: Political science major, also interested in modern languages (Arabic/Spanish) ... parents are Owen and Ingrid McMaster... honorable mention Pac-10 All-Academic in 2009.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Amaechi Morton

Sophomore
Sprints/Hurdles
Atlanta, GA
Riverwood

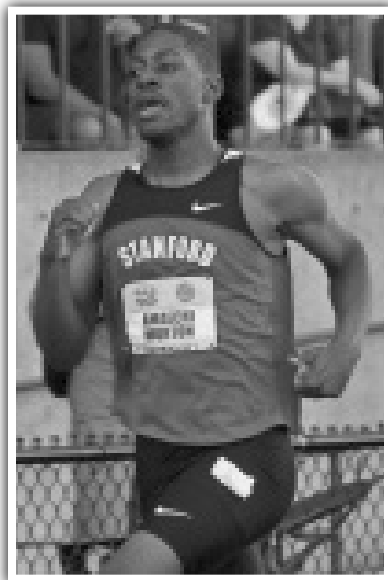


Collegiate Career Bests:

200 Meters – 21.79
400 Meters – 46.71i
400-Meter Hurdles – 50.11

2009 Season (Freshman): Set the Stanford record of 50.11 in the 400-meter hurdles to win the Big Meet ... the time broke the 28-year-old record of Randy White in the event ... placed third at the Pac-10 Championships in the 400 hurdles (50.44) ... placed second in the 400 hurdles at the NCAA West Regional to automatically qualify for the NCAA Championships ... advanced to the semifinals of the 400 hurdles, but fell short of the final at the NCAA Outdoor Championships ... earned an NCAA provisional standard of 46.88 at the UW Husky Classic during the indoor season ... placed fourth at the MPSF Indoor Championships in the 400 meters with a time of 47.08 ... helped Stanford to fourth place at the MPSF Championships in the 4x400-meter team.

High School: Two-time state champion in the 300-meter hurdles and a two time runner-up in the 400 meters ... three-time Fulton County champion in the 400 meters and two-time champion in the 300-meter hurdles ... holds his high school record in the 400 meters, the 400-meter hurdles and as a member of the 4x400-meter relay ... 2008 runner-up in the 400-meter hurdles at the USATF Junior Nationals ... member of the champion 4x400-meter relay at the USATF Junior Nationals ... helped team to a fourth place finish at the Georgia AAA State Championships in 2006 and 2007.



International Competition:

Competed at the 2009 World Track and Field Championships in Berlin, Germany, helping his native Nigeria reach the final of the 4x400-meter relay.

Cardinal Catalogue: Major is undeclared, but considering Spanish with a minor in urban studies ... parents are Marvin Lee Morton and Nkem Sabena Obiekwe.

Mark Mueller

Senior
Sprints
Aurora, CO
Overland



Collegiate Bests

60 Meters: 6.96i
100 Meters: 10.82
200 Meters: 21.80

2009 Season (RS Sophomore): Did not compete.

2008 Season (RS Freshman): Ran a collegiate personal-best time of 10.82 seconds in the 100 meters at the Brutus Hamilton Invitational ... also clocked a season-best time of 21.92 in the 200 meters at the Big Meet against California ... ran a season-best indoor time of 6.96 seconds in the 60m at the Washington Invitational.

2007 Track & Field Season (Freshman): Redshirted.

High School: Earned first-team All-State honors during his junior season ... Captured the regional championship in the 100 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.

Cardinal Catalogue: Major is classics ... Parents are Greta and Peter Mueller ... Brother, Luke, played football at Colorado State.

Thomas Porter

Freshman
Distances
Fredericksburg, VA
Mountain View



High School: Three-time Foot Locker national finalist, with a top finish of third in 2008...the 2008 Virginia AAA state cross country champion...placed 15th at the 2009 USA junior cross country championships...12-time all-state runner in cross country and track and field for Mountain View...nine-time Commonwealth District and Northwest Region champion in track and field...the 2008 Virginia Gatorade Cross Country Player of the Year...placed third at the 2007 Nike Outdoor Nationals in the 5,000-meter run...seventh-place finisher at the 2009 USA Junior Track and Field Championships in the 5,000 meters...2009 Virginia AAA state champ in the indoor 3,200 meters and the outdoor 1,600 meters...holds personal bests of 4:10.03 for the 1,600 meters, 8:59.08 for the two mile and 15:01 for the 5,000, all school records.

Cardinal Catalogue: Major is undeclared, but considering physics with a concentration in astrophysics...parents are Michael and Debra Porter... Michael is a former runner at the U.S. Naval Academy, while Debra was an All-American in the indoor 3,000 at Maryland...has three older siblings, Michael, Christina and Daniel.



Justin Reed

Senior
Middle Distances/Sprints
Los Angeles, CA
Loyola



Collegiate Career Bests:

400 Meters – 50.01i
800 Meters – 1:50.83

2009 Season (Junior): Ran a career-best time of 1:51.81 at the Sacramento State Open in the 800 meters ... placed sixth in his heat at the Pac-10 Championships in the prelims of the 800 ... helped Stanford to a sixth-place finish in the 4x400-meter relay at the Pac-10 Championships ... placed 18th at the MPSF Championships in the 800.

2008 Season (Sophomore): Ran a career-best indoors in the 800 meters at the UW Invitational when he clocked a time of 1:53.56 ... season-best outdoors in the 800 meters came at Brutus Hamilton Invitational with a time of 1:58.47.

2007 Season (Freshman):

Placed 17th in the 800-meter prelims with a time of 1:54.26 at the Pac-10 Championships ... placed 14th in the 800 meters at the MPSF Indoor Championships ... ran an indoor career-best 50.01 in the 400 meters at the Hampton Inn Classic ... posted an indoor career-best 1:53.79 in the 800 meters at the UW Invitational.

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 ... in 2005, helped his distance medley relay team to the Mt. SAC Invitational championship and a national best time ...

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 ... recorded high school personal bests of 1:52.4 in the 800 meters and 47.9 in the 4x400 meter relay.

Cardinal Catalogue: African and African-American studies major ... parents are Michael and Miko Reed ... father, Michael, was a starting running back for the University of Northern Iowa ... uncle Curt Flood won six Gold 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 ... 2009 first-team Pac-10 All-Academic award winner ... 2008 second-team Pac-10 All-Academic and MPSF All-Academic...first team Pac-10 All-Academic for cross country in 2009.



Casey Roche

Junior
Pole Vault
Los Altos, CA
Saint Francis



Collegiate Career Bests:

Pole Vault – 17-3 (5.26m)

2009 Season (Sophomore):

Set a new career best with a vault of 17-1 at the UW Indoor Preview to move to third on the Stanford all-time indoor list ... placed sixth at the Pac-10 Championships in the pole vault with a mark of 17-0 ¾ ... moved to fourth all-time on the outdoor pole vault list with the vault from the Pac-10 meet ... placed seventh at the MPSF Indoor Championships in the pole vault ... earned a trip to the NCAA West Regional in the pole vault where he finished 10th.

2008 Season (Freshman):

Regional qualifier in the pole vault after obtaining a mark of 16-6 ¾ at the Davis quad meet ... finished 19th at the NCAA West Regional ... posted a collegiate best indoors at the Husky Invitational with a mark of 16-7 ¾.

High School: One of the top high school pole vaulters in the U.S. with a personal best of 17-5 (5.31m) ... won the Junior Olympic National Championships three times, breaking the meet record twice ... 2007 Stanford Invitational winner/meet-record holder; also won the Arcadia Invitational and Mt. SAC Championships ... garnered medals at Nike Indoor Nationals, Simplot Games, National Scholastic Championships, Golden West, twice at CIF Championships, and Nike Outdoor Nationals ... 2006 CCS champion ... three-time WCAL champion ... also, an accomplished long jumper with a personal best of 22-8 (6.91m) ... Member of the National Honor Society.

Cardinal Catalogue: Management science and engineering major ... parents are Debra Deutsch and E. Casey Roche ... mother was a champion hurdler at Rutgers University; father was a longtime Stanford volunteer pole vault coach ... uncle, Mike Roche, was an Olympic distance runner, and grandfather, Gene Roche, ran hurdles and triple jumped for UCLA.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Jules Sharpe

Freshman
High Jump
Woodland Hills, CA
Oaks Christian



High School: A 2009 All-American in the high jump ... earned all-league, all-county, and all-state in both 2008 and '09 ... holds the Oaks Christian records in the high jump (7-1) and the triple jump (46-5).

Cardinal Catalogue: Major is undeclared, but interested in mechanical engineering ... parents are Bill and Elga Sharpe... also played varsity basketball in high school.

Tyler Stutzman

Freshman
Distances
Charlottesville, VA
Western Albemarle



High School: Three-time all-state performer in cross country (2006-08)... led Western Albemarle to a runner-up finish at the 2007 Virginia state championships...won four state titles during the 2009 season in track, including two indoors (1,000 and 1,600 meters) and two outdoors (800 and 3,200 meters)...five-time All-American in track and field...four-time state runner-up in 2008, competing in the 1,600 and 3,200 meters both indoors and outdoors...the Gatorade Virginia State Track and Field Athlete of the Year in 2009...Milestat.com Indoor Distance Athlete of the Year for 2009... Milestat.com All Decade Team (2000-09)...personal bests of 1:52 for 800 meters, 4:07 for 1,600 and 9:03 for 3,200.

Cardinal Catalogue: Major is undeclared, but interested in biology... contemplated profession is a dentist...parents are Martin and Carol Stutzman...two younger siblings, Trevor and Jenna.

Riley Sullivan

Sophomore
Distances
Rancho Santa Margarita, CA
Trabuco Hills



2009 Season (Freshman): Redshirted.

High School: Ran a time of 8:56.09 for 3,200 meters at the Arcadia Invitational ... ran 4:12.72 for 1,600 meters to the win the Orange County Championships ... finished 20th at the 2007 Foot Locker National Championships in cross country ... finished second at the 2007 Division I California State Cross Country Meet and was a member of the 2006 Trabuco Hills state championship team.

Cardinal Catalogue: Undeclared major ... parents are John and Lisa Sullivan ... older brother, J.T., runs for Stanford.

J.T. Sullivan

Junior
Middle Distance/Distance
Rancho Santa Margarita, CA
Trabuco Hills



Collegiate Career Bests:

1,500 Meters – 3:47.93

Mile – 4:00.02i

3,000 Meters – 8:01.61i

3,000-Meter Steeplechase – 8:51.74

5,000 Meters – 14:36.02

2009 Season (Sophomore): Placed third at the Pac-10 Championships in the 3,000-meter steeplechase ... a NCAA West Regional qualifier after running a personal best of 8:51.74 at the Payton Jordan Cardinal Invitational ... placed ninth in the steeplechase at the West Regional ... placed 10th at the MPSF Championships in the mile ... ran a personal best of 3:47.93 in the 1,500 meters at the Drake Relays ...

2008 Season (Freshman):

2008 NCAA West Regional qualifier in the 3,000-meter steeplechase where he finished 13th with a career-best time of 9:01.40 ... finished 10th at the 2008 Pac-10 Championships in the steeple ... indoors, finished 15th at the MPSF Championships ... ran a season best in the 3,000 meters with a time of 8:16.80 at the UW Invitational.

High School: Earned All-America honors in outdoor track after leading his team to the California state cross country championship and to an all-time California team-time record ... second-place at the state meet in cross country ... finished second in the two-mile at the 2007 Arcadia Invitational with a personal best of 9:01.32 ... the California state leader in 3,200 meters during the 2007 track season ... two-time all-state in both cross country and track ... personal bests of 4:12.53 in the 1,600 meters, and 8:58.68 in the 3,200 meters.

Cardinal Catalogue: Science technology and society major ... parents are John and Lisa Sullivan ... younger brother, Riley, is a freshman on the track team...honorable mention Pac-10 All-Academic for cross country in 2009.





Geoffrey Tabor

Sophomore
Throws
Ardmore, OK
Ardmore



Collegiate Career Bests:

Shot Put – 58-5 ¼ (17.81m)
Discus – 186-8 (56.99m)

2009 Season (Sophomore): Scored six team points for Stanford at the Pac-10 Championships after placing fifth in the shot put and seventh in the discus ... placed second in the shot put and third in the discus at the Big Meet to help Stanford capture the team title ... NCAA West Regional qualifier in both the shot put and the discus ... earned personal bests in both the shot put (55-9) and the discus (186-8) at the NCAA West Regional.

High School: The 2008 junior national champion in the discus ... four-time Oklahoma 5A state champ in both the shot put and the discus ... Oklahoma 5A state record holder in the discus ... led Ardmore to back to back state championships in 2006 and 2007 ... four-year team captain for track and field ... competed in the 2008 World Junior Championships in Bydgoszcz, Poland.

Cardinal Catalogue: Undeclared major ... parents are Phil and Susie Tabor ... father played on a national championship team in football at Oklahoma (1975) and then four years with the New York Giants of the NFL ... uncle Paul Tabor also played football at Oklahoma and in the NFL for the Chicago Bears ... one brother, Phil Jr., played football and track at Wheaton College.



Miles Unterreiner

Sophomore
Distances
Gig Harbor, WA
Gig Harbor



Collegiate Career Bests:

Mile – 4:03.21i
3,000 Meters – 8:05.41i
5,000 Meters – 14:06.37i

2009 Season (Sophomore): Placed ninth in the mile (4:07.44) and 18th in the 3,000 meters (8:17.02) at the MPSF Indoor Championships, both personal best times ... ran a collegiate best of 14:51.38 in the 5,000 meters at the Payton Jordan Cardinal Invitational ... placed sixth in the 1,500 meters and eighth in the 3,000 meters at the Big Meet.

High School: A 2007 Foot Locker national finalist ... the Gatorade Washington State Boys Cross Country Runner of the Year ... 2007 Washington state champion and the winner of the Washington vs. Oregon Border Clash in cross country ... finished fifth at the Foot Locker West Regional to qualify for the Foot Locker National Championships ... 2008 Washington 4A State champion in the 1,600 and 3,200 meters ... 2008 Gatorade Washington State Boys Track Athlete of the Year ... in 2007 won the prestigious Golden West Invitational and has a mile best of 4:13.20 ... personal best for 3,200 meters is 9:02.68.

Cardinal Catalogue: Major is undeclared ... parents are John and Alison ... mother, Alison competed in the first U.S. Olympic women's marathon trials in 1984 ... first team Pac-10 All-Academic for cross country in 2009.



ATHLETE PROFILES

2010 STANFORD TRACK AND FIELD



Ryan Valdes

Freshman
Distances
San Juan Capistrano, CA
Dana Hills



High School: Finished 14th in Division I at the 2008 California State Cross Country Championships, helping his team win the state title. Along with his brother Tyler, the Valdes twins provided a strong 1-2 punch for Dana Hills... personal bests on the track are 1:53 in the 800 meters, 4:12 in the 1,600 and 9:50 in the 3,200 meters...also a member of the school record-holding distance medley, 4xmile and 4x800-meter relays.

Cardinal Catalogue: Major is undeclared...parents are B.T. and Tammy Valdes...twin brother, Tyler, is also an incoming freshmen cross country team member.

Tyler Valdes

Freshman
Distances
San Juan Capistrano
Dana Hills



High School: The individual Division I state champion at the 2008 California state cross country meet to lead Dana Hills to the team title...earned all-state honors as a junior and senior at the California State Track and Field Championships, where he finished sixth in the 1,600 meters in both 2008 and 2009...personal bests include 1:54 for the 800 meters, 4:09 for the 1,600 meters and 9:14 for the 3,200 meters.

Cardinal Catalogue: Major is undeclared...parents are B.T. and Tammy Valdes...twin brother, Ryan, is also an incoming freshmen cross country team member.

Sean Wallace

Freshman
Throws
Owatonna, MN
Owatonna



High School: The 2009 Minnesota state runner-up in the shot put and eighth in the discus ... placed fourth at the 2008 state meet in the shot put and fifth in the discus holds the Owatonna records in the shot put (62-7) and the discus (167-0) ... also competed as a Varsity wrestler and played Varsity football ... led the Owatonna football team to back-to-back conference titles.

Cardinal Catalogue: Major is undeclared ... parents are Brad and Teri Wallace.

Carter Wells

RS Junior
Throws
Richardson, TX
J.J. Pearce



Collegiate Career Bests:

Discus Throw – 160-2 (48.82m)
Hammer Throw – 188-4 (57.40m)
Weight Throw – 62-11 ½ (19.19m)

2009 Season (Junior): Earned a trip to the NCAA West Regional with a toss of 188-4 in the hammer at the Sacramento State Open ... placed 21st a the West Regional in the hammer ... placed 16th in the discus at the Pac-10 Championships and also competed in the hammer ... placed second in the hammer and fifth in the discus at the Big Meet ... earned a career-best toss of 60-3 ¾ in the weight throw at the MPSF Championships to claim eighth place.

2008 Season (Sophomore): Posted a career best in the hammer throw at the Stanford Invitational with a toss of 186-4 to narrowly miss the regional standard ... season best in the discus came at the Cal Poly Invitational with a throw of 160-2.

2007 Season (Freshman): Finished seventh in the discus with a career-best throw of 139-9 (42.61m) at the Payton Jordan Cardinal Invitational ... threw the discus 132-5 (40.37m) at the Stanford Invite.

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

Cardinal Catalogue: Chemical engineering major ... parents are Philip and Sheri Wells ... uncle played for the Dallas Cowboys from 1976-80...2009 honorable mention Pac-10 All-Academic.





Stanford's All-Americans (Left to Right) Jacob Riley, Whitney Liehr, Zach Chandy, Alex Gits, Chris Derrick, Maria Lattanzi, Elliott Heath

Stanford Women Win MPSF Championships

Despite competing against three higher ranked teams, the Stanford women captured the MPSF Championship. The Cardinal entered the meet ranked No. 25 in the nation, but got four individual titles on their way to the conference title. Stanford distance runners led the way with three of the titles as Lauren Centrowitz won the mile, Laurynne Chetelat captured the 3,000 meters and Kate Niehaus took home the 5,000-meter title. In addition, Arantxa King captured the title in the triple jump. The Cardinal totaled 115 points, besting second-place Oregon who finished with 91.5 points.

The men's team was led by Myles Bradley who captured the individual MPSF title in the 60-meter hurdles. The men finished seventh overall with 68 points. They were tightly bunched with six other teams trailing the MPSF champ, UCLA with 83.5. The Cardinal distance runners came through, scoring 30 of the teams points. Chris Derrick placed second in the 3,000 meters, while Elliott Heath was third in the mile and Jake Riley was fourth in the 5,000.

The NCAA Indoor Championships

The Cardinal competed the 2009 indoor season at the NCAA Indoor Championships, where the men finished 11th and the women 12th. Every Stanford athlete that qualified to compete at the national meet earned All-America honors. Senior Lauren Centrowitz who finished third in the 3,000 meters and anchored the distance medley relay that finished fourth, led the women. Alicia Follmar was also a two-time All-America in the 3,000 where she finished eighth and as a member of the DMR. Idara Otu and Maria Lattanzi also earned All-America honors in the DMR, while Laurynne Chetelat captured her first All-America honor in the 3,000 meters as well. The other Stanford All-American for the women was Whitney Liehr who finished 10th in the heptathlon.

The men were led by freshman Chris Derrick who placed fourth in the 5,000 meters and fifth in the 3,000 meters in his first NCAA track meet. Elliott Heath also competed in the 3k where he finished third to earn the first All-America honor of his career. In addition, first-time All-American Myles Bradley finished fifth in the 110-meter hurdles.

The Stanford Invitational

Stanford was led by Laurynne Chetelat in the 5,000 meters as she ran the second-fastest time ever by an American junior. Only Molly Huddle of Notre Dame who ran 15:36.95 in 2003 has run faster for someone who will not turn 19 in that calendar year. Chetelat's time of 15:43.31 also placed her fourth in an elite field, including second amongst collegiate runners. The time was the sixth-fastest all-time at Stanford and the second-fastest all-time for a freshman. It was also easily a regional standard for Chetelat. Three other Cardinal runners established the regional standard in the 5,000 meters as well. Georgia Griffin led the trio running in the second heat with a time of 16:30.81. In addition, Emilie Amaro and Stephanie Marcy finished in a near dead heat with times of 16:36.40 and 16:36.43, respectively.

The men were led by an entertaining race by the Heath brothers with Garrett edging his brother Elliott. Garrett's time of 13:42.27 was personal best for the eight-time All-American. Elliott also set a personal best with a time of 13:42.59. The times also placed the Heath brothers eighth and ninth on the Stanford all-time list. Also with a big race in the distances was Jacob Riley in the 10,000 meters. Riley finished with a huge personal best to achieve the provisional standard with a time of 29:15.53.



Griffin Matthew

The Big Meet

For a third consecutive year the Stanford track and field teams swept the Big Meet. The Stanford women cruised to a 92-71 win, taking an early lead to leave no doubt who the eventual winner would be. The men's meet was much closer with Stanford winning 83-80. The meet was not clinched until the 3,000 meters, the second to last event of the meet. Myles Bradley highlighted the day for Stanford winning three events and breaking his own school record in the 110-meter hurdles. Bradley's time of 13.61 was also a new Big Meet record. Bradley also captured the long jump and the triple jump, achieving personal bests in both events. His marks of 24-9 $\frac{3}{4}$ in the long jump and 49-7 in the triple jump were both regional standards. Also breaking a school record for Stanford was Amaechi Morton in the 400-meter hurdles. Morton ran a time of 50.11 to take the Big Meet title. The Stanford freshman broke the record of 50.4 set by Randy White in 1971.



Kyle Davis-Hammerquist

The women were led by Arantxa King who won both the long jump and triple jump. King achieved regional standards of 21-2 $\frac{3}{4}$ in the long jump and 42-3 $\frac{1}{4}$ in the triple jump. Both marks were collegiate bests for the Stanford sophomore and moved her to third on both the Stanford all-time long jump and triple jump lists. Katerina Stefanidi also starred for Stanford, setting the school record in the pole vault with a mark of 13-6 $\frac{1}{2}$. Stefanidi fell short of the Big Meet title in an exciting jump off with reigning NCAA champion, Katie Morgan of Cal.

The Payton Jordan Cardinal Invitational

Chris Derrick highlighted the meet by shattering the American Junior Record in the 5,000 meters with a time of 13:29.98. Derrick battled with Oklahoma State freshman German Fernandez before pushing the pace over the final three laps to create the necessary gap. Fernandez also ran under the old record of 13:37.91 set by 2008 U.S. Olympian Galen Rupp. Both Derrick and Fernandez are still considered juniors because they did not turn 20 in 2009. The time for Derrick was also the sixth fastest in school history with four of the five ahead of him on the all-time list being former Olympians for the Cardinal. It was the third-fastest time in the NCAA in '09 and a Stanford freshman record. Garrett Heath also set a big personal best in the 1,500 meters with a time of 3:37.57. Heath finished fifth with two collegiate runners ahead of him. The three collegiate times were the fastest in the NCAA in 2009. Heath who ended his career as a three-time All-American in the 1,500 meters, moved up to fifth all-time on the Stanford list.

On the women's side Stanford was led by Lauren Centrowitz who tied the Stanford school record in the 1,500 meters with a time of 4:10.42. Centrowitz tied the record of Malindi Elmore set back in 2003, which she would break later in the summer when she ran 4:10.23. In a field with mostly professionals, Centrowitz hung with the main pack throughout the race and finished just behind former Texas Tech star and nine-time NCAA Champion Sally Kipyego. The time by Centrowitz was also the second fastest in the NCAA in 2009.

The 2009 Pac-10 Championships

The Cardinal earned a pair of top three finishes at the 2009 Pac-10 Championships from Eugene, Ore. The Stanford women finished as the conference runner-up with 138 points, while the men placed third with 93. The Cardinal had a pair of individual champions, including Daniel Schaerer in the discus and Lauren Centrowitz in the 5,000 meters. Other top finishers for the Stanford women were Alicia Follmar who was second in the 1,500 meters, Laurynne Chetelat who was third in the 5,000 meters, Kate Niehaus and Georgia Griffin who were second and third in the 10,000 meters, Emilie Amaro who was third in the steeplechase, Arantxa King who was second in the long jump and third in the triple jump, Whitney Liehr who was second in the triple jump Michaela Wallerstedt who was second in the shot put and Jaynie Goodbody who was third in the hammer throw.

The men's top finishes included Chris Derrick who was third in both the 5,000 and 10,000 meters, Myles Bradley who was third in the 110-meter hurdles,



Myles Bradley at the Pac-10 Championships



Amaechi Morton who was third in the 400-meter hurdles and Chris Mocko and JT Sullivan who were second and third in the steeplechase.

At the Pac-10 Multis, Stanford got their first points of the 2009 Pac-10 Championships. Corey Dysick placed fifth in the decathlon to score four points for the Cardinal men, while Whitney Liehr placed sixth in the heptathlon for three team points for the Stanford women.

The NCAA West Regional

The Cardinal had seven women in eight events and six men qualify for the NCAA Outdoor Championships by placing in the top five at the NCAA West Regional. Stanford was led by Myles Bradley who took the regional title in the 110-meter hurdles. He was joined in the hurdles by Amaechi Morton who placed second in the 400-meter hurdles. Also excelling on the track were Garrett Heath who placed third in the 1,500 meters and Chris Derrick who placed fourth. In the field events, the throwers led the way with Daniel Schaefer placing second in the discus and Kyle Davis-Hammerquist placing fifth in the hammer to advance.

The women were led by Michaela Wallerstedt who was the only Stanford athlete to qualify in two events. Wallerstedt placed fourth in both the shot put and the discus to advance in both events. Jaynie Goodbody was also strong in the throws, placing fourth in the hammer. The other field athlete to qualify automatically was Whitney Liehr in the triple jump. On the track, Stanford was led by Lauren Centrowitz and Alicia Follmar who placed second and fourth in the 1,500 meters. Also advancing were Emilie Amaro who was third in the 3,000-meter steeplechase.

NCAA Outdoor Championships

The Cardinal men led the way at the NCAA Championships, placing seventh overall with 30 points. Nine men competed for Stanford with six earning All-America honors. The Cardinal were led by Garrett Heath, who finished as the NCAA runner-up in the 1,500 meters to compete his illustrious career as a nine-time All-American. Also earning All-America honors in the distances were Chris Derrick and Elliott Heath who placed third and fifth, respectively in the 5,000 meters and Jake Riley who placed eighth in the 10,000 meters. In addition, Daniel Schaefer placed third in the discus and Myles Bradley placed fourth in the 110-meter hurdles to earn All-America status. Kyle Davis-Hammerquist (hammer), Chris Mocko (3,000-meter steeplechase) and Amaechi Morton (400-meter hurdles) completed the Stanford national squad, each competing in his first NCAA meet.

On the women's side, Lauren Centrowitz led the way, finishing third in the 1,500 meters. Centrowitz finished her Stanford career with her eighth All-America honor. The other All-American for the Stanford women was Whitney Liehr, who placed 11th in the triple jump. Also competing for the Stanford women were



Zach Chandy at the Big Meet

Emilie Amaro (3,000-meter steeplechase), Alicia Follmar (1,500 meters), Jaynie Goodbody (hammer), Arantxa King (long jump), Griffin Matthew (100 Meters), Kate Niehaus (5,000 meters) and Michaela Wallerstedt (shot put and discus).

NCAA Cross Country Championships

The Stanford men entered the meet ranked No. 1 in the country, fresh off Pac-10 and West Regional titles. Chris Derrick had also been the Pac-10 and West Region's individual champion. The day was not to be for Stanford, however, as the Cardinal finished 10th overall. Chris Derrick eared the fifth All-America honor of his career for his third-place finish, while Elliott Heath placed 37th to earn the third All-America honor of his career.

The Stanford women placed 16th overall with Stephanie Marcy leading the way, finishing 53rd. Freshmen Kathy Kroeger and Alex Dunne also impressed, finishing 63rd and 73rd, respectively. Both teams are extremely young with the men returning all seven runners from 2009 and the women returning five of the seven.



Stephanie Marcy



Daniel Schaefer



Emilie Amaro

2009 IN REVIEW

2010 STANFORD TRACK AND FIELD



2009 Men's Leaders

Outdoor Season

100 Meters	Daniel Belch	10.56
	Ryan Fisicaro	10.56
200 Meters	Zach Chandy	21.34
400 Meters	Amaechi Morton	46.88
800 Meters	Jacob Evans	1:50.35
1,500 Meters	Garrett Heath	3:37.57
5,000 Meters	Chris Derrick	13:29.58
10,000 Meters	Jake Riley	28:46.84
110-Meter Hurdles	Myles Bradley	13.61
400-Meter Hurdles	Amaechi Morton	50.11
3,000-Meter Steeple	Chris Mocko	8:50.30
4x100-Meter Relay	Stanford	40.27
4x400-Meter Relay	Stanford	3:11.94
High Jump	Durrell Coleman	6-4 ¾ (1.95m)
	Oluwadare Kolawole	6-4 ¾ (1.95m)
	Casey Roche	17-0 ¾ (5.20m)
Pole Vault	Myles Bradley	24-9 ¾ (7.56m)
Long Jump	Myles Bradley	49-7 (15.11m)
Triple Jump	Geoffrey Tabor	55-9 (16.99m)
Shot Put	Daniel Schaeerer	208-6 (63.55m)
Discus	Kyle Davis-Hammerquist	206-11 (63.08m)
Hammer	Corey Dysick	183-9 (56.00m)
Javelin	Corey Dysick	6,684 points
Decathlon	Corey Dysick	6,684 points

Indoor Season

60 Meters	Ryan Fisicaro	6.82
200 Meters	Zach Chandy	22.09
400 Meters	Amaechi Morton	46.88
800 Meters	Dylan Ferris	1:50.10
Mile	Justin Marpole-Bird	4:01.13
3,000 Meters	Elliott Heath	7:53.64
5,000 Meters	Chris Derrick	13:44.02
60-Meter Hurdles	Myles Bradley	7.73
4x400-Meter Relay	Stanford	3:13.00
Distance Medley Relay	Stanford	9:49.49
High Jump	Oluwadare Kolawole	6-6 ¾ (2.00m)
Pole Vault	Casey Roche	17-1 (5.21m)
Long Jump	Myles Bradley	24-7 ¼ (7.50m)
Weight Throw	Kyle Davis Hammerquist	62-0 ½ (18.91m)

2009 Women's Leaders

Outdoor Season

100 Meters	Griffin Matthew	11.45
200 Meters	Griffin Matthew	23.59
400 Meters	Ashley Menzies	56.18
800 Meters	Lauren Centrowitz	2:07.81
1,500 Meters	Lauren Centrowitz	4:10.42
5,000 Meters	Lauryne Chetelat	15:43.31
10,000 Meters	Kate Niehaus	35:14.24
100-Meter Hurdles	Whitney Liehr	13.86
400-Meter Hurdles	Idara Otu	59.00
3,000-Meter Steeple	Emilie Amaro	10:11.68
4x100-Meter Relay	Stanford	45.11
4x400-Meter Relay	Stanford	3:41.22
High Jump	Kara Bennett	5-7 ¾ (1.72m)
Pole Vault	Katerina Stefanidi	13-6 ½ (4.13m)
Long Jump	Aranxa King	21-2 ¾ (6.47m)
Triple Jump	Whitney Liehr	43-8 ½ (13.32m)
Shot Put	Michaela Wallerstedt	52-8 (16.05m)
Discus	Michaela Wallerstedt	166-7 (50.78m)
Hammer	Jaynie Goodbody	192-10 (58.78m)
Javelin	Elizabeth Minoofar	138-6 (42.23m)
Heptathlon	Whitney Liehr	5,459 points

Indoor Season

60 Meters	Griffin Matthew	7.54
200 Meters	Griffin Matthew	24.64
400 Meters	Idara Otu	55.00
800 Meters	Maria Lattanzi	2:08.51
Mile	Lauren Centrowitz	4:37.07
3,000 Meters	Lauryne Chetelat	9:08.15
5,000 Meters	Kate Niehaus	16:22.34
60-Meter Hurdles	Whitney Liehr	8.60
4x400-Meter Relay	Stanford	3:45.21
Distance Medley Relay	Stanford	10:58.49
High Jump	Whitney Liehr	5-10 (1.78m)
Pole Vault	Katerina Stefanidi	13-5 ¼ (4.10m)
Long Jump	Aranxa King	20-3 ¾ (6.19m)
Triple Jump	Aranxa King	42-4 (12.90m)
Shot Put	Michaela Wallerstedt	51-7 ¾ (15.74m)
Pentathlon	Whitney Liehr	4,063 points



Chris Derrick at the NCAA Cross Country Championships



Lauren Centrowitz leads the pack at the Pac-10 Championships



INDIVIDUAL CHAMPIONS

2010 STANFORD TRACK AND FIELD

Men's NCAA Champions

Year	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	5,000 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	DMR	9:30.01	2001	Fayetteville, Ark
Brad Hauser	5,000 Meters (i)	13:58.50	1998	Indianapolis, In
	10,000 Meters	28:31.30	1998	Buffalo, NY
	5,000 Meters (i)	13:52.79	1999	Indianapolis, In
	5,000 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 (i)	3:59.46	2000	Fayetteville, Ark
	DMR	9:28.83	2000	Fayetteville, Ark
	1,500 Meters	3:37.76	2000	Durham, NC
	DMR	9:30.01	2001	Fayetteville, Ark
Clyde Jeffrey	220 Yards	21.1	1939	Los Angeles, Ca
Evan Kely	DMR	9:28.83	2000	Fayetteville, Ark
Robert King	High Jump	6-6 3/8	1928	Chicago, Il
Sam Klopstock	120 Yard hurdles	14.4	1934	Los Angeles, Ca
Eric Krenz	Discus	149-2	1928	Chicago, Il
Henri Laborde	Discus	163-3 3/4	1933	Chicago, Il
James Lofton	Long Jump	26-11 3/4	1978	Eugene, Or
Leo Long	Javelin	226-8 3/4	1954	Ann Arbor, Mi
Ray Malott	440-Yards	46.8	1938	Minneapolis, Mn
August Meier	120 Yard Hurdles	14.2	1933	Chicago, Il
Nathan Nutter	10,000 Meters	29:11.96	1999	Boise, Id
Larry Questad	100 Yards	9.7	1963	Albuquerque, NM
James Reynolds	Shot Put	50-5 1/4	1936	Chicago, Il
Jonathon Riley	DMR	9:28.83	2000	Durham, NC
	DMR	9:30.01	2001	Fayetteville, Ark
	5,000 Meters	13:42.51	2001	Eugene, Or
Michael Robertson	Discus	201-0 (61.26m)	2005	Sacramento, Ca
Grant Robison	1,500 Meters	3:40.39	2003	Sacramento, Ca
Harlow Rothert	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
Donald Sage	1,500 Meters	3:42.65	2002	Baton Rouge, La
	DMR	9:30.01	2001	Fayetteville, Ark
Bud Spencer	440 Yards	47.7	1928	Chicago, Il
Michael Stember	DMR	9:28.83	2000	Fayetteville, Ark
Jon Stevens	DMR	9:30.01	2001	Fayetteville, Ark
Toby Stevenson	Pole Vault	18-2 1/2	1998	Buffalo, NY
Bob Stoecker	Discus	183-7 1/4	1965	Berkeley, Ca
Dave Weill	Discus	188-1	1962	Eugene, Or
	Discus	181-2 1/4	1963	Albuquerque, NM
Peter Zagar	Discus	156-3	1937	Berkeley, Ca
	Discus	162-3 1/4	1939	Los Angeles, Ca
	Discus	164-0 1/4	1940	Minneapolis, Mn

Women's NCAA Champions

Lisa Bernhagen	High Jump (i)	6-5 1/2	1987	Oklahoma City, Ok
Carol Cady	Shot Put	56-0	1983	Houston, Tx
	Discus	198-5	1984	Eugene, Or
Monal Chokshi	3,000 Meters	9:20.18	1998	Buffalo, NY
Alicia Craig	10,000 Meters	32:40.03	2003	Sacramento, Ca
	10,000 Meters	33:58.27	2004	Austin, Tx
Pam Dukes	Shot Put (i)	57-1	1987	Oklahoma City, Ok
Jackie Edwards	Long Jump (i)	21-7 1/2	1992	Indianapolis, In
	Long Jump	21-8	1992	Austin, Tx
Lauren Fleshman	DMR	11:01.66	2000	Fayetteville, Ark
	5,000 Meters	15:52.21	2001	Eugene, Or
	3,000 Meters (i)	9:07.45	2002	Fayetteville, Ark
	5,000 Meters	15:53.91	2002	Baton Rouge, La
	5,000 Meters	15:24.06	2003	Sacramento, Ca
Chryste Gaines	55m (i)	6.87	1992	Indianapolis, In
	100 Meters	11.05w	1992	Austin, Tx
Sally Glynn	DMR	11:01.66	2000	Fayetteville, Ark

Ceci Hopp	3,000 Meters	8:57.0	1982	Provo, Ut
Lindsay Hyatt	DMR	11:01.66	2000	Fayetteville, Ark
Tracye Lawyer	Heptathlon	5,855 pts	1999	Boise, Id
McLain	Triple Jump	47-11	2008	Des Moines, Iowa
PattiSue Plumer	2-Mile (i)	9:45.54	1983	Pontiac, Mi
	5,000 Meters	15:39.38	1984	Eugene, Or
Kim Schnurpfeil	10,000 Meters	32:36.51	1982	Provo, Ut
Jayna Smith	DMR	11:01.66	2000	Fayetteville, Ark
Alison Wiley	3,000 Meters	9:03.51	1983	Houston, Tx

Men's NCAA West Regional Outdoor Champions

Myles Bradley	110-Meter Hurdles	13.53 (w)	2009	Eugene, Ore.
Garrett Heath	1,500 Meters	3:42.17	2008	Northridge, Ca
Louis Luchini	5,000 Meters	13:45.36	2003	Stanford, Ca
Michael Robertson	Discus	201-0 (61.26m)	2005	Eugene, Or
Grant Robison	1,500 Meters	3:45.63	2003	Stanford, Ca
Nick Welihozkiy	Hammer	212-0 (64.62m)	2003	Stanford, Ca
Stanford	1,600 Meter Relay	3:07.23	2003	Stanford, Ca
Milton Little, Gerren Crochet, Curtis Goehring, Nick Sebes				

Women's NCAA West Regional Outdoor Champions

Sara Bei	5,000 Meters	16:22.41	2005	Eugene, Or
	5,000 Meters	16:12.86	2004	Northridge, Ca
	5,000 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
Arianna Lambie	1,500 Meters	4:14.05	2007	Eugene, Or
Erica McLain	Long Jump	20-9 1/4	2008	Northridge, Ca
	Triple Jump	44-8 (13.61m)	2006	Provo, Ut
	Triple Jump	44-8 (13.61m)	2007	Eugene, Or
	Triple Jump	43-2 1/2	2008	Northridge, Ca
Teresa McWalters	5,000 Meters	16:04.92	2007	Eugene, Or
Stanford	1,600 Meter Relay	3:34.73	2005	Eugene, Or
Chinny Offor, Ashley Freeman, Nashonne Johnson, Janice Davis				

Men's Pacific-10 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)
Russell Brown	1,500 Meters	3:46.89	2007	Stanford, Ca
Rick Buss	Hammer	211-5 (64.66m)	1980	Seattle, Wa
Travis Clark	Decathlon	6,982 points	1994	Pullman, Wa
Bill Crowley	1,500 Meters	3:47.79	1990	Seattle, Wa
Ian Dobson	3,000m Steeplechase	8:50.83	2003	Los Angeles, Ca (USC)
Jim Eshelman	Pole Vault	16-0 3/4 (4.90m)	1965	Pullman, Wa
Brad Hauser	5,000 Meters	13:56.40	2000	Eugene, Or
Brent Hauser	10,000 Meters	29:27.90	2000	Eugene, Or
Garrett Heath	1,500 Meters	3:42.02	2008	Tempe, Az
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	1,500 Meters	3:42.86	2000	Eugene, Or
	1,500 Meters	3:43.30	2001	Berkeley, Ca
	1,500 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	5,000 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
Wapamo Osaisai	100 Meters	10.47	2008	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

INDIVIDUAL CHAMPIONS

2010 STANFORD TRACK AND FIELD



Jonathon Riley	5,000 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	1,500 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
Daniel Schaerer	Discus	208-6 (63.55m)	2009	Eugene, Ore.
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 ¼ (5.72m)	2000	Eugene, Or
Bob Stoecker	Discus	183-10 ½ (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	3,000m Steeplechase	8:51.48	2001	Berkeley, Ca
Dave Thomson	Hammer	209-8 (63.90m)	1981	Stanford, Or
Rick Tipton	120 Yard Hurdles	13.9	1969	Corvallis, Or
Bud Walsh	Long Jump	24-6 ½ (7.48m)	1967	Eugene, Or
Dave Weill	Discus	179-2 ½ (54.64m)	1961	Stanford, Ca
	Discus	187-7 (57.19m)	1962	Los Angeles, Ca (USC)
	Discus	179-8 ½ (54.78m)	1963	Berkeley, Ca

Women's Pacific-10 Champions

Undine Becker	400 Meter Hurdles	58.59	2005	Los Angeles, Ca
Chauntae Bayne-Hackett	400 Meters	52.35	2006	Eugene, Or
Sara Bei	5,000 Meters	16:35.39	2004	Tucson, Az
	5,000 Meters	16:47.57	2005	Los Angeles, Ca
Melanie Bloch	1,500 Meters	4:24.2	1990	Seattle, Wa
Jill Camarena	Shot Put	54-10 ¼ (16.72m)	2002	Pullman, Wa
	Shot Put	57-10 ¼ (17.63m)	2004	Tucson, Az
Lauren Centrowitz	5,000 Meters	16:15.86	2009	Eugene, Ore.
Monal Chokshi	3,000 Meters	9:38.16	1995	Tucson, Az
	3,000 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 ¼ (6.61m)	1992	Eugene, Or
	Triple Jump	41-8 ½ (12.71m)	1991	Tempe, Az
Melissa Feinstein	Pole Vault	12-5 ½ (3.80m)	1998	Stanford, Ca
Lauren Fleshman	5,000 Meters	16:47.24	2002	Pullman, Wa
	5,000 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
Alex Gits	10,000 Meters	36:50	2008	Tempe, Az
Sally Glynn	1,500 Meters	4:16.98	2001	Berkeley, Ca
	3,000 Meters	9:22.11	2000	Eugene, Or
Carol Gray	10,000 Meters	33:41.8	1988	Los Angeles, Ca (UCLA)
Arianna Lambie	1,500 Meters	4:15.65	2006	Eugene, Or
	1,500 Meters	4:19.12	2007	Stanford, Ca
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 ½ (6.46m)	2005	Los Angeles, Ca (UCLA)
	Long Jump	21-5 ¼ (6.53m)	2006	Eugene, Or
	Long Jump	21-4	2008	Tempe, Az
	Triple Jump	45-2 ½ (13.78m)	2005	Los Angeles, Ca (UCLA)
	Triple Jump	44-2 ½ (13.47m)	2006	Eugene, Or
	Triple Jump	46-5 ¼ (14.15m)	2007	Stanford, Ca
	Triple Jump	44-6 ¾	2008	Tempe, Az
Teresa McWalters	10,000 Meters	35:10.62	2007	Stanford, Ca
	Triple Jump	44-2 ¼ (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	1,600 Meter Relay	3:35.10	2004	Tucson, Az
Stanford	1,600 Meter Relay	3:32.69	2006	Eugene, Or
	Nashonme Johnson, Ashley Freeman, Janice Davis, Chauntae Bayne-Hackett			

Men's NCAA Indoor Champions

Stanford	DMR 9:33.64	2007	Fayetteville, Ark
	Garrett Heath, Zach Chandy, Michael Garcia, Russell Brown		

Women's NCAA Indoor Champions

Erica McLain	Triple Jump	45-7 ¾ (13.91m)	2007	Fayetteville, Ark
	Triple Jump	46-7 ¼	2008	Fayetteville, Ark

Men's MPSF Indoor Champions

Myles Bradley	60-Meter Hurdles	7.77	2009	Seattle, Wa.
Russell Brown	Mile	4:02.54	2006	Seattle, Wa
Ian Dobson	5,000 Meters	13:45.54	2005	Seattle, Wa
Jacob Gomez	3,000 Meters	7:55.26	2006	Seattle, Wa
Garrett Heath	Mile	4:07.39	2008	Seattle, Wa
Seth Hejny	Mile	4:05.29	2003	Boise, Id
Josh Hustedt	Heptathlon	5,784 points	2008	Seattle, Wa
Graeme Hoste	Pole Vault	18-4 ¾	2008	Seattle, Wa
Louis Luchini	3,000 Meters	8:12.21	2003	Boise, Id
	5,000 Meters	14:13.13	2003	Boise, Id
Daniel Parris	5,000 Meters	15:13.52	2002	Flagstaff, Az
Stanford	DMR 9:38.87	2006	Seattle, Wa	
	Russell Brown, Michael Garcia, Joaquin Chapa, Garrett Heath			
Stanford	DMR 9:31.52	2008	Seattle, Wa	
	Hakon DeVries, Andrew Dargie, Jacob Evans, Garrett Heath			

Women's MPSF Indoor Champions

Chauntae Bayne-Hackett	60 Meters	7.31	2006	Seattle, Wa
Sara Bei	3,000 Meters	9:13.86	2005	Seattle, Wa
Jill Camarena	Shot Put	55-6 ½ (16.93m)	2003	Boise, Id
	Shot Put	55-2 ¼ (16.82m)	2002	Flagstaff, Az
Lauren Centrowitz	Mile	4:39.00	2009	Seattle, Wa.
Laurynne Chetelat	3,000 Meters	9:08.15	2009	Seattle, Wa.
Alicia Craig	3,000 Meters	9:26.67	2004	Seattle, Wa
	5,000 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
	Mile	4:42.0	2003	Boise, Id
Ashley Freeman	400 Meters	54.16	2004	Seattle, Wa
Alex Gits	5,000 Meters	16:29.14	2008	Seattle, Wa
Jeanne Goff	3,000 Meters	9:40.40	2003	Boise, Id
Nashonme Johnson	400 Meters	54.61	2005	Seattle, Wa
Aranbka King	Triple Jump	42-4 (12.90m)	2009	Seattle, Wa.
Arianna Lambie	Mile	4:39.01	2005	Seattle, Wa
	Mile	4:44.27	2006	Seattle, Wa
	3,000 Meters	9:09.58	2006	Seattle, Wa
	3,000 Meters	9:20.91	2008	Seattle, Wa
	5,000 Meters	15:50.65	2007	Seattle, Wa
Sarah (Griffin) Matthew	Long Jump	20-6 ½ (6.26m)	2007	Seattle, Wa
Erica McLain	Long Jump	20-7 (6.27m)	2005	Seattle, Wa
	Long Jump	20-10 ¾ (6.37m)	2006	Seattle, Wa
	Triple Jump	45-7 ¼ (13.90m)	2005	Seattle, Wa
	Triple Jump	43-9 ¾ (13.35m)	2006	Seattle, Wa
	Triple Jump	44-4 (13.51m)	2007	Seattle, Wa
	Triple Jump	44-2	2008	Seattle, Wa
Kate Niehaus	5,000 Meters	16:22.34	2009	Seattle, Wa.
Anita Siraki	5,000 Meters	16:58.74	2004	Seattle, Wa
Lauren Stewart	Pentathlon	3,924 points	2008	Seattle, Wa
Stanford	1,600 Meter Relay	3:43.37	2003	Boise, Id
	Nashonme Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella			
Stanford	1,600 Meter Relay	3:40.19	2004	Seattle, Wa
	Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman			
Stanford	1,600 Meter Relay	3:38.51	2005	Seattle, Wa
	Chinny Offor, Christine Moshella, Nashonme Johnson, Ashley Freeman			
Stanford	1,600 Meter Relay	3:36.80	2006	Seattle, Wa
	Keisha Gaines, Nashonme Johnson, Chauntae Bayne-Hackett, Janice Davis			
Stanford	DMR	11:32.95	2003	Boise, Id
	Yfa Kretschmar, Lindsey Johnson, Lauren Fleshman, Alicia Craig			
Stanford	DMR	11:18.42	2004	Seattle, Wa
	Sara Bei, Chinny Offor, Katie Hotchkiss, Alicia Craig			
Stanford	DMR	11:24.54	2005	Seattle, Wa
	Amanda Trotter, Nashonme Johnson, Lindsay Allen, Anita Siraki			
Stanford	DMR	11:11.46	2006	Seattle, Wa
	Amanda Trotter, Ashley Freeman, Arianna Lambie, Katy Trotter			
Stanford	DMR	11:08.56	2008	Seattle, Wa
	Lauren Centrowitz, Idara Otu, Alicia Follmar, Arianna Lambie			



1982 Women's Cross Country Championship Team

NCAA Championships

Men - Track & Field (Outdoors)

Year	Place	Points	Site
2009	Seventh	30	Fayetteville, Ark.
2005	Seventh	28	Sacramento, Ca
2003 (tie)	Seventh	30	Sacramento, Ca
2002	Eighth	26	Baton Rouge, La
2001	Fourth	36	Eugene, Or
2000	NCAA Champions	72	Durham, NC
1999	Second	52	Boise, Id
1998	Second	51	Buffalo, NY
1977 (tie)	Tenth	16	Champaign, Il
1968 (tie)	Tenth	14	Berkeley, Ca
1963	Second	42	Albuquerque, NM
1962	Fifth	24 3/4	Eugene, Or
1960 (tie)	Sixth	20	Berkeley, Ca
1957	Fifth	21	Austin, Tx
1954	Eighth	15	Ann Arbor, Mi
1953 (tie)	Third	22	Lincoln, Ne
1952 (tie)	Fourth	24	Berkeley, Ca
1950	Second	28	Minneapolis, Mn
1949	Third	30	Los Angeles, Ca
1948	Eighth	17 3/4	Minneapolis, Mn
1940	Second	28 3/4	Minneapolis, Mn
1939	Second	44 3/4	Los Angeles, Ca
1938	Second Place	38	Minneapolis, Mn
1937	Second	50	Berkeley, Ca
1936	Fourth	32	Chicago, Il
1935 (tie)	Third	20	Berkeley, Ca
1934	NCAA Champions	63	Los Angeles, Ca
1933	Fourth	26 3/4	Chicago, Il
1930	Fifth	28	Chicago, Il
1929	Fifth	28	Chicago, Il
1928	NCAA Champions	72	Chicago, Il
1925	NCAA Champions	26	Chicago, Il
1923	Fourth	13.5	Chicago, Il

Men - Track & Field (Indoors)

2008	Seventh	23	Fayetteville, Ark
2007	Fourth	28	Fayetteville, Ark
2003 (tie)	Ninth	18	Fayetteville, Ark
2001	Fifth	28.5	Fayetteville, Ark
2000	Second	52	Fayetteville, Ark
1999	Second	42.5	Indianapolis, In
1998	Second	36.5	Indianapolis, In

Men - Cross Country

2009	Tenth	354	Terre Haute, Ind.
2008	Third	227	Terre Haute, Ind.
2006	Fourth	195	Terre Haute, Ind.
2005	Sixth	231	Terre Haute, Ind.
2004	Sixth	269	Terre Haute, Ind.
2003	NCAA Champions	24	Waterloo, Ia
2002	NCAA Champions	47	Terre Haute, In
2001	Second	91	Greenville, SC
2000	Fourth	149	Ames, Ia

1999	Fourth	223	Bloomington, In
1998	Second	114	Lawrence, Ks
1997	NCAA Champions	53	Greenville, SC
1996	NCAA Champions	46	Tucson, Az
1995	Fifth Place	209	Ames, Ia
1994	Sixth	208	Fayetteville, Ar
1968	Second	100	Wheaton, Il

Women - Track & Field (Outdoors)

2008	Sixth	31	Des Moines, Iowa
2005	Fifth	29	Sacramento, Ca
2004	Sixth	27	Austin, Tx
2003	Ninth	27	Sacramento, Ca
2002	Seventh	25	Baton Rouge, La
2001	Eighth	27	Eugene, Or
1998	Ninth	25.5	Buffalo, NY
1992	Fourth	28	Austin, Tx
1988	Eighth	26 1/3	Eugene, Or
1986	Sixth	29	Indianapolis, In
1984	Third	71	Eugene, Or
1983	Sixth	60	Houston, Tx
1982	Fifth	78	Provo, Ut

Women - Track & Field (Indoors)

2008	Fifth	32	Fayetteville, Ark
2007	Sixth	24	Fayetteville, Ark
2006	Second	36	Fayetteville, Ark
2005	Eighth	24	Fayetteville, Ark
2004 (tie)	Seventh	30	Fayetteville, Ark
2003	Sixth	32	Fayetteville, Ark
2002 (tie)	Fifth	25	Fayetteville, Ark
1992	Second	26	Indianapolis, In
1983	Third	28	Pontiac, Mi

Women - Cross Country

2008	Eighth	299	Terre Haute, In
2007	NCAA Champions	144	Terre Haute, In
2006	NCAA Champions	195	Terre Haute, In
2005	NCAA Champions	146	Terre Haute, In
2004	Fifth	269	Terre Haute, In
2003	NCAA Champions	120	Waterloo, Ia
2002	Second	113	Terre Haute, In
2001	Fifth	206	Greenville, SC
2000	Third	198	Ames, Ia
1999	Third	127	Bloomington, In
1998	Third	111	Lawrence, Ks
1997	Second	102	Greenville, SC
1996	NCAA Champions	101	Tucson, Az
1995	Ninth	235	Ames, Ia
1994	Seventh	198	Fayetteville, Ark
1984	Second	89	University Park, Pa
1983	Second	98	Bethlehem, Pa
1982	Second	91	Bloomington, In
1981	Third	105	Wichita, Ks

NCAA West Regionals

Men - (Outdoors)

2009	Fifth	52	Eugene, Ore.
2008	Ninth (tie)	39	Northridge, Ca
2007	Seventh	43.5	Eugene, Or
2006	Ninth	28	Provo, Ut
2005	Sixth	61	Eugene, Or
2004	Sixth	48	Northridge, Ca
2003	Fourth	69	Stanford, Ca

Women - (Outdoors)

Year	Place	Points	Site
2009	Fifth	54	Eugene, Ore.
2008	Fourth	74	Northridge, Ca
2007	Fourth	60	Eugene, Or
2006	First Place (tie)	94	Provo, Ut
2005	First	110.5	Eugene, Or
2004	Third	74	Northridge, Ca
2003	Second	77	Stanford, Ca

Pac-10 Championships

Men - (Outdoors)

2009	Third	93	Eugene, Ore.
2008	Fifth	79	Tempe, Az
2003	Second	130	Los Angeles, Ca (USC)
2002	First	151	Pullman, Wa
2001	First	142	Berkeley, Ca
2000	Second	122.5	Eugene, Or
1999	Third	105.5	Tempe, Az
1994	Fifth	51.5	Pullman, Wa
1966	Fourth	32	Stanford, Ca
1965	Fifth	34	Pullman, Wa
1964	Fourth	37	Los Angeles, Ca (USC)
1963	Second	64	Berkeley, Ca
1962	Third	50	Los Angeles, Ca (USC)
1961	Fourth	28.5	Stanford, Ca
1960	Fifth	26.5	Seattle, Wa

Women - (Outdoors)

2009	Second	138	Eugene, Ore.
2008	Second	117	Tempe, Az
2007	Second	134.33	Stanford, Ca
2006	Second	151.5	Eugene, Or
2005	First	173	Los Angeles, Ca (UCLA)
2004	Second	153	Tucson, Az
2003	Second	140	Los Angeles, Ca (USC)
2002	Third	121	Pullman, Wa
2001	Third	120.5	Berkeley, Ca
2000	Third	114	Eugene, Or
1999	Fourth	122.5	Tempe, Az
1998	Second	136	Stanford, Ca
1997	Third	110	Seattle, Wa
1991	Fourth	54	Tempe, Az

MPSF Championships

Men - (Indoors)

2009	Seventh	68	Seattle, Wa.
2008	Third	83	Seattle, Wa
2007	Fourth	79.5	Seattle, Wa
2006	Second	100	Seattle, Wa
2005	Second	93.5	Seattle, Wa
2004	Third	82.5	Seattle, Wa
2003	Second	99	Boise, Id
2002	Fifth	57	Flagstaff, Az

Women - (Indoors)

2009	First	115	Seattle, Wa.
2008	Second	141	Seattle, Wa
2007	Second	96	Seattle, Wa
2006	First	161	Seattle, Wa
2005	First	180.5	Seattle, Wa
2004	First	148	Seattle, Wa
2003	First	171	Boise, Id
2002	Sixth	57	Flagstaff, Az



1996 Men's Cross Country Champions

MEN'S ALL-AMERICANS

2010 STANFORD TRACK AND FIELD



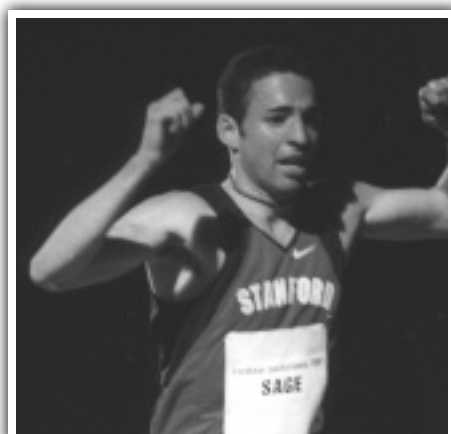
Men's All-Americans

Albritton, Terry	Shot Put	1977
Allen, Jeff	DMR	1998, '99
Araia, Neftalem	Cross Country	2004, '05, '06, '07
Atkinson, Jeff	1500 Meters	1985, '86
Balkman, Jason	Cross Country	1997
	5000 Meters (I)	1998, '99, '00
	5000 Meters	1999
	10,000 Meters	1999, '00
Batchelder, Art	Javelin	1962
Boggess, Brian	Shot Put	1989
Boyce, Peter	High Jump	1968
Bradley, Myles	60-M Hurdles(I)	2009
	110-Meter Hurdles	2009
Brock, Greg	Cross Country	2008, '09
Brown, Russell	Cross Country	2007
	DMR	2005, '07
	Mile (I)	2006, '07
	1500 Meters	2006, '07
Buss, Rick	Hammer	1980
Carrigan, Casey	Pole Vault	1970
Chandy, Zach	DMR	2007
Chapa, Joaquin	DMR	2005, '06
Colby, Tom	Javelin	1968
Connolly, Adam	35-pound Weight Hammer	1998, '99
		1996, '98, '99
Cortwright, Steve	120Yd Hurdles	1963
Crowley, Bill	800 Meters	1990
Cunliffe, Ernie	880 Yards	1959, '60
Dargie, Andrew	DMR	2008
Derrick, Chris	Cross Country	2008, '09
	3,000 Meters (I)	2009
	5,000 Meters (I)	2009
	5,000 Meters	2009
DeVries, Hakon	DMR	2008
	5,000 Meters	2006
Dobson, Ian	Cross Country	2001, '02, '03
	5000 Meters (I)	2003, '04, '05
	10,000 Meters	2003
	3000 Meters (I)	2004
	3000M Steeplechase	2004
	5000 Meters	2005
Emme, Chris	3000 Meters (I)	2002, '04
Evans, Jacob	DMR	2008
Fadil, Mark	DMR	1996
Fox, Evan	DMR	2003
	Mile (I)	2005
Frische, Eric	440-Yard Relay	1965
Garcia, Michael	DMR	2005, '06, '07
Goehring, Curtis	DMR	2002
Gomez, Jacob	3000 Meters (I)	2006
Gotcher, Brett	10,000 Meters	2006
Hall, Ryan	Cross Country	2002, '03, '04
	5000 Meters	2005
Hassell, Mark	DMR	1999, '01, '02



Ryan Hall

Hauser, Brad	Cross Country	1996, '97, '98
	3000 Meters (I)	1999
	5000 Meters (I)	1998, '99
	5000 Meters	1998, '99, 2900
	10,000 Meters	1997, '98, '00
Hauser, Brent	Cross Country	1996, '97, '98
	3000 Meters (I)	2000
	5000 Meters (I)	1998, '99, '00
	5000 Meters	1997, '98, '99, '00
	10,000 Meters	1998, '99, '00
Heath, Elliott	Cross Country	2009
	3,000 Meters (I)	2009
	5,000 Meters	2009
Heath, Garrett	Cross Country	2008
	DMR	2006, '07, '08
	Mile (I)	2007, '08, '09
	1500 Meters	2007, '08
Heath, Tad	DMR	1996
Hejny, Seth	3000 Meters (I)	2001, '02, '03
	5000 Meters	2001, '02, '03, '04
	DMR	2003
Hertel, Ed	120 Yard Hurdles	1942
Hickerson, Marcus	Long Jump	1991
Hoste, Graeme	Pole Vault (I)	2007, '08
	Pole Vault	2007
Hustedt, Josh	Heptathlon (I)	2007, '08
Inan, Omer	Discus	2001, '02, '03
Jennings, Gabe	DMR	1998, '00, '01
	Mile (I)	2000, '01
	1500 Meters	1998, '00, '01
	3000 Meters (I)	1998, '00
Jimmerson, Greg	Cross Country	1994, '95, '96
	10,000 Meters	1996
Johnson, Jimmie	DMR	1996
Kardong, Don	Cross Country	1970
	Three Miles	1970
	DMR	2000
Kelty, Evan	Triple Jump	1959, '60
Kelly, John	10,000 Meters	1978
Kissin, Roy	Long Jump	1976, '77, '78
Lofton, James	Cross Country	2001, '02, '03
Luchini, Louis	3000 Meters (I)	2003
	5000 Meters (I)	2001, '02, '03
	5000 Meters	2002, '03, '04
	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, '88
Mastalir, Eric	1500 Meters	1990
Mastalir, Mark	1500 Meters	1991
McCalla, Harry	Cross Country	1962
McIntyre, Bob	440-Yard Relay	1965
Mix, Hari	5000 Meters	2007
Murley, Thomas	Cross Country	1999, '00
Norwood, Toby	Hammer	1995
Nutter, Nathan	Cross Country	1995, '96, '97
	10,000 Meters	1997, '98, '99
	1500 Meters	1988
Olesen, Marc	Hammer	1984
Pickering, Shaun	3000M Steeplechase	2006
Pierce, Jonathan	High Jump (I)	2001
Ponikvar, Michael	High Jump	2001, '02
Popejoy, David	35-Pound Weight Hammer	1995
		1994, '95
Questad, Larry	100 Yards	1963
	200 Yards	1963
	440 Yard Relay	1965
Reeder, Rob	5000 Meters (I)	1997
	10,000 Meters	1997



Donald Sage

Riley, Jacob	10,000 Meters	2009
Riley, Jonathon	Cross Country	1997, '98, '99, '00
	Mile (I)	1998, '99
	3000 Meters (I)	1999, '00, '01
	5000 Meters (I)	2001
	5000 Meters	2000, '01, '02
	DMR	1999, '00
Robertson, Michael	Discus	2005
Robison, Grant	Cross Country	2001, '02, '03
	3000 Meters (I)	2002, '03
	1500 Meters	2002, '03
	5000 Meters	2001
	DMR	2002, '03
Rodriguez, Rene	400 Meters (I)	1994
Rubin, Dale	440 Yard Relay	1965
Sage, Donald	Cross Country	2001, '02, '03
	1500 Meters	2001, '02, '04
	Mile (I)	2002
	DMR	2001, '02
	3000 Meters (I)	2004
Schaerer, Daniel	Discus	2009
Schneider, Glenn	Discus	1988
Scudamore, Dave	10,000 Meters	1992, '93
Sebes, Nick	DMR	2003, '05
Steier, Rolf	1500 Meters	2006
Stember, Michael	800 Meters	2000, '01
	1500 Meters	1997, '00, '01
	Mile (I)	1999, '00
	DMR	1998, '99, '00
Stevens, Jon	DMR	2001
Stevenson, Toby	Pole Vault (I)	1998, '99, '00
	Pole Vault	1998, '99, '00
Stoecker, Bob	Discus	1965, '66
Stolz, Gary	Cross Country	1992
	5000 Meters (I)	1993
Strand, Justin	Hammer	1996, '97, '98
Strang, David	800 Meters	1990, '91
Swanson, Pete	35-Pound Weight Shot Put (I)	1995
		1995
Tenforde, Adam	Cross Country	2002, '03
	5000 Meters (I)	2003
	10,000 Meters	2002, '03
Thomas, Brook	Cross Country	1968
Thomas, Jesse	3000M Steeplechase	2002
Thomson, Dave	Hammer	1980
Thorson, Jay	Decathlon	1986
Weill, Dave	Discus	1961, '62, '63
Welihozkiy, Nick	Hammer	2003
	35-lb Weight (I)	2003
White, J.J.	Cross Country	1996
	3000 Meters (I)	1997
Winters, Jerry	Shot Put	1960



WOMEN'S ALL-AMERICANS

2010 STANFORD TRACK AND FIELD

Women's All-Americans

Allen, Lindsay	3000M Steeplechase	2008
Annis, Caroline	Cross Country	1998
Beatty, Allison	Javelin	1999
Bayne-Hackett, Chauntae	60 Meters (I)	2006
	200 Meters (I)	2006
Bei, Sara	Cross Country	2003
	DMR	2004, '05
	3000 Meters (I)	2004
	5000 Meters	2004, '05
Bernhagen, Lisa	High Jump	1986, '87, '88
Bush, Lillian	Heptathlon	2003
Cady, Carol	Discus	1982, '83, '84
	Shot Put	1983, '84
Camarena, Jill	Shot Put (I)	2002, '03, '04
	Shot Put	2002, '03, '04
	Discus	2003
Carlucci, Maurica	1500 Meters	2002
	DMR	2002
Chokshi, Monal	Cross Country	1996
	3000 Meters	1995, '96, '98
	DMR	1995, '96, '98
Centrowitz, Lauren	DMR	2008, '09
	Cross Country	2005, '07
	1500 Meters	2007, '09
	3,000 Meters (I)	2008, '09
Chetelat, Laurynne	3,000 Meters	2009
Cobb, Mary	Cross Country	1995, '96, '97, '98
	DMR	1996
	3000 Meters	1996
	5000 Meters (I)	1996
	5000 Meters	1997, '99
Couper, Ashley	1500 Meters	2001
Craig, Alicia	Cross Country	2001, '02, '03, '04
	3000 Meters (I)	2003
	5000 Meters (I)	2003, '04, '05
	10,000 Meters	2003, '04
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, '96
Donoghue, Kathleen	Pole Vault	2001, '02
Dukes, Pam	Shot Put	1985, '86



Jackie Edwards

Dunscombe, Kortney	Cross Country	1994
	5000 Meters (I)	1995, '98
	5000 Meters	1995
	10,000 Meters	1997
Edwards, Jackie	Long Jump (I)	1991, '92
	Long Jump	1991, '92
	Triple Jump (I)	1991, '92
	Triple Jump	1991, '92
Elmore, Malindi	Mile (I)	2002, '03
	Cross Country	2002
	1500 Meters	2003
	DMR	2003
Feinstein, Melissa	Pole Vault (I)	1998
	Pole Vault	1998
Flacks, Lindsay	Cross Country	2005
Fleshman, Lauren	Cross Country	1999, '00, '01, '02
	1500 Meters	2000
	Mile (I)	2001
	3000 Meters (I)	2000, '02, '03
	5000 Meters (I)	2003
	5000 Meters	2001, '02, '03
	DMR	2000, '02
Follmar, Alicia	DMR	2008, '09
	Mile (I)	2008
	3,000 Meters (I)	2009
Freeman, Ashley	DMR	2004, '06
	4 x 400 Meter Relay	2005
	800 Meters	2006
Fry, Jessica	Cross Country	1996
Gaines, Chryste	55 Meters (I)	1991, '92
	100 Meters	1991, '92
	200 Meters (I)	1991, '92
	200 Meters	1991, '92
	DMR	2006
Gaines, Keisha	Heptathlon	1986
Gaztambide, Denise	10,000 Meters	2008
Gits, Alex	Cross Country	1997, '98
Glynn, Sally	1500 Meters	2001
	Mile (I)	1999
	3000 Meters	1998, '99, '00
	5000 Meters	2001
	DMR	1998, '99, '00
Goff, Jeane	DMR	2003
Gray, Carol	10,000 Meters	1988
Harrington, Katie	Cross Country	2007
Holt, Tyra	DMR	1995, '96
Hopp, Ceci	3000 Meters	1982
Hotchkiss, Katie	DMR	2003
Hyatt, Lindsay	800 Meters (I)	2000
	DMR	2000, '02
Jacobs, Regina	Cross Country	1982, '83, '84, '85
	800 Meters	1982
	1500 Meters	1983, '85
Johnson, Nashonme	4 x 100 Meter Relay	2004
	4 x 400 Meter Relay	2005
Lambie, Arianna	Cross Country	2003, '05, '06, '07
	1500 Meters	2005, '07
	Mile (I)	2006
	3000 Meters (I)	2006, '07, '08
	5000 Meters (I)	2007
	DMR	2006, '08
Lattanzi, Maria	DMR	2009
Lawyer, Tracye	Heptathlon	1997, '98, '99
	High Jump (I)	1997
	High Jump	1998
Liehr, Whitney	Pentathlon(I)	2009
	Triple Jump	2009
Locke, Ann	10,000 Meters	1982
Lyons, Ellen	Cross Country	1984
Maier, Danielle	Javelin	2008
Malueg, Debbie	Discus	1991
Mason, Michelle	5000 Meters	1982
McLain, Erica	Triple Jump (I)	2005, '06, '07, '08
	Long Jump (I)	2005, '06, '08
	Triple Jump	2005, '06, '07, '08
	Long Jump	2006, '07, '08



Katie Harrington

McCormick, Jen	Javelin	1993, '94
McWalters, Teresa	Cross Country	2006
	5000 Meters	2005, '07, '08
	3000 Meters (I)	2006
Miller, Heather	DMR	1998
Moore, Sara	1500 Meters	1997
	DMR	1998
Moschella, Christine	DMR	2002, '03, '05
	4 x 100 Meter Relay	2004
	4 x 400 Meter Relay	2005
Nickerson, Karen	Discus	1985, '86
Odita, Peggy	Heptathlon	1990
Offor, Chinnny	DMR	2004, '05
Osborne, Mary	Javelin	1983
Otu, Idara	DMR	2008, '09
Plumer, PattiSue	3000 Meters	1982, '83, '84
	5000 Meters	1984
Purnell, Ashley	4 x 100 Meter Relay	2004
Purpur, Patty	Discus	1986, '88, '89
	Shot Put	1987, '88, '89
Renfro, Sarna	Cross Country	1994, '97
	3000 Meters	1995
	5000 Meters	1996, '97
	5000 Meters (I)	1998
	DMR	1995
Schnurpfeil, Kim	Cross Country	1981
	10,000 Meters	1982
Smith, Jayna	DMR	2000
Stamps, Julia	Cross Country	1997, '98, '99
	3000 Meters (I)	1998, '99
	3000 Meters	1999
Sullivan, Erin	Cross Country	1999, '00
Trotter, Amanda	3000 Meters (I)	2006
	DMR	2006
Trotter, Katy	Cross Country	2003, '04, '05
	DMR	2004, '05
	3000 Meters	2005, '06
	5000 Meters	2006
Turner, Laura	3000M Steeplechase	2002
Watson, Louise	5000 Meters (I)	1994
	10,000 Meters	1994
Wheeler, Erica	Javelin	1987, '88
Wiley, Alison	Cross Country	1982, '83, '84
	3000 Meters	1983, '84
	5000 Meters	1984, '86

OUTDOOR RECORDS

2010 STANFORD TRACK AND FIELD



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, Jack Weiershauser	23.2	1934 1937
440 Yard IM Hurdles	Randy White	50.7	1971
440 Yard Relay	Eric Frische, Dale Rubin, Bob McIntyre, Larry Questad	39.7	1965
880 Yard Relay	Marvin Holmes, James Lofton, Gordon Banks, Alan Sheats	1:23.7	1977
Mile Relay	Alan Sheats, Tom Shellworth, Gordon Banks, James Lofton	3:08.5	1977
Two-Mile Relay	Bob Miltz, Bill Pratt, Harlan Andrews, Harry McCalla	7:23.5	1964
Distance Medley Relay	James Cramton (440), Bill Crowley (880), Dave Strang (1320), Marc Olesen (Mile)	9:32.85	1988
4 x Mile Relay	Seth Hejny, Donald Sage, Jonathon Riley, Michael Stember	16:15.70	2001

Meters	Name	Time	Year
100 Meters	Wopamo Osaisai	10.39	2005
200 Meters	Larry Questad	20.74	1963
	James Lofton	20.74	1978
400 Meters	Rene Rodriguez	45.85	1994
800 Meters	Michael Stember	1:46.20	2000
1,500 Meters	Michael Stember	3:35.11	2000
3,000 Meter Steeplechase	Ian Dobson	8:32.09	2004
5,000 Meters	Ian Dobson	13:15.33	2005
10,000 Meters	Ian Dobson	27:59.72	2005
110 Meter Hurdles	Myles Bradley	13.61	2009
400 Meter Hurdles	Amaechi Morton	50.11	2009
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 1,500 Meter Relay	Brad Hauser, Michael Stember, Brent Hauser, Jason Lunn	15:08.95	1997

Field Events	Name	Time	Year
Discus	Michael Robertson	210-01 (64.04m)	2007
Hammer	David Popejoy	240-10 (73.40m)	1995
High Jump	Brian Marshall	7-5 ¾ (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 ¾ (8.22m)	1978
Pole Vault	Toby Stevenson	18-9 ¼ (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



Michael Stember, Gabe Jennings and Jonathon Riley



James Lofton



Chryste Gaines

Women's Records

Yards	Name	Time	Year
Mile	Ceci Hopp	4:36.50	1982
Two Mile	Kim Schnurpeil	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
1,500 Meters	Lauren Centrowitz	4:10.23	2009
3,000 Meters	PattiSue Plumer	8:53.1	1983
3,000 Meter Steeplechase	Lindsay Allen	10:01.53	2007
5,000 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, Nashonme Johnson, Christine Moschella, Ashley Purnell	44.18	2004
4 x 400 Meter Relay	Christine Moschella, Janice Davis, Ashley Freeman, Nashonme Johnson	3:29.39	2005
Sprint Medley Relay	Pam Donald, Andrea Cheeck, 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 1,500 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 ¾ (6.70m)	1991
Pole Vault	Katerina Stefanidi	13-6 1/2 (4.13m)	2009
Shot Put	Jill Camarena	59-6 ¾ (18.15m)	2004
Triple Jump	Erica McLain	46-05 ¼ (14.15m)	2007
Heptathlon	Tracye Lawyer	5,855 points	1999



INDOOR AND FRESHMAN RECORDS

2010 STANFORD TRACK AND FIELD

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
1,000 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, Matt Hogsett, John Anderson	1:27.4	1973
Mile Relay	Matt Hogsett, John Kessel, Dave Bagshaw, John Anderson	3:17.2	1973
Sprint Medley	(110, 110, 220, 440) Ken Curl, John Kessel, John Anderson, Dave Bagshaw	1:32.5	1973

Meters	Name	Time	Year
55 Meters	Leroy Sims	6.40	2000
60 Meters	Tyrone McGraw	6.80	2010
200 Meters	Jimmie Johnson	21.17	1997
400 Meters	Amaechi Morton	46.71	2010
500 Meters	Terry Parks	63.4	1983
800 Meters	Michael Stember	1:47.7	2000
1,500 Meters	Brian Pettingill	3:49.7	1983
3,000 Meters	Jonathon Riley	7:46.84	2002
5,000 Meters	Brad Hauser	13:42.00	1998
55 Meter Hurdles	Jay Thorson	7.38	1986
60 Meter Hurdles	Myles Bradley	7.73	2009
	Josh Hustedt	8.03	2007
4 x 400 Meter Relay	Stanford	3:10.40	2003
4 x 800 Meter Relay	Christian Skoog, Brian Pettingill, Brian Connolly, Jeff Atkinson	7:33.2	1986
Distance Medley Relay	(1200, 400, 800, 1600) Gabe Jennings, Evan Kelty, Michael Stember, Jonathon Riley	9:28.83	2000

Field Events	Name	Time	Year
High Jump	Brian Marshall	7-3 ½ (2.22m)	1986
Long Jump	James Lofton	25-7 ¼ (7.80m)	1977
Pole Vault	Graeme Hoste	18-4 ¾ (5.61m)	2009
Shot Put	Terry Albritton	70-6 ½ (21.50m)	1977
Triple Jump	Phil Cannon	50-2 (15.29m)	1986
35-lb. Weight	Adam Connolly	71-7 ¼ (21.82m)	1999
Heptathlon	Josh Hustedt	5,837 pts	2007

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, Regina Jacobs, Pam Board, Terri Givens	3:54.0	1983

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
1,500 Meters	PattiSue Plumer	4:23.5	1983
3,000 Meters	PattiSue Plumer	8:53.1	1983
5,000 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, Janice Davis, Ashley Freeman, Ashley Purnell	3:34.92	2005
Distance Medley Relay	(1200, 400, 800, 1600) Alicia Follmar, Idara Otu, Maria Lattanzi, Lauren Centrowitz	10:58.49	2009

Field Events	Name	Time	Year
High Jump	Lisa Bernhagen	6-5 ½ (1.97m)	1987
Long Jump	Jackie Edwards	21-8 ¾ (6.62m)	1992
Pole Vault	Katerina Stefanidi	14-1 ¼ (4.30m)	2010
Shot Put	Jill Camarena	57-2 ¾ (17.44m)	2004
Triple Jump	Erica McLain	46-7 ¼ (14.10m)	2008
20-lb Weight	Jessica Pluth	61-11 (18.87m)	2003
Pentathlon	Whitney Liehr	4,063 pts	2009

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
1,500 Meters	Donald Sage	3:39.27	2001
3,000 Meters	Gabe Jennings	7:58.40	1998
3,000 Meter Steeplechase	Jonathan Pierce	9:00.35	2004
5,000 Meters	Chris Derrick	13:29.98	2009
10,000 Meters	Brent Hauser	28:46.35	1997
110 Meter Hurdles	Myles Bradley	14.36	2006
400 Meter Hurdles	Amaechi Morton	50.11	2009

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 ¾ (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 ½ (7.81m)	1978
Pole Vault	Toby Stevenson	17-9 (5.41m)	1997
Shot Put	Terry Albritton	61-6 ½ (18.76m)	1973
Triple Jump	Solomon Welch	50-9 ½ (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	Nashonme Johnson	23.61	2003
400 Meters	Keisha Gaines	53.83	2004
800 Meters	Regina Jacobs	2:04.38	1982
1,500 Meters	Arianna Lambie	4:13.14	2004
3,000 Meters	Ceci Hopp	8:57.27	1982
3,000 Meter Steeplechase	Katy Trotter	10:07.55	2004
5,000 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)	Dani Meier	150-2 (45.78m)	2005
Long Jump	Erica McLain	21-2 ½ (6.46m)	2005
Pole Vault	Katerina Stefanidi	13-6 ½ (4.13m)	2009
Shot Put	Jillian Camarena	53-9 (16.38m)	2001
Triple Jump	Erica McLain	45-11 ½ (14.01m)	2005
Heptathlon	Whitney Liehr	5,186 points	2008

MEN'S ALL-TIME OUTDOOR RECORDS

2010 STANFORD TRACK AND FIELD



Sprints

100 Meters

	Year	Time
World Record		
Usain Bolt (Jamaica)	2008	9.69
American Record		
Tyson Gay (USA)	2008	9.77
Collegiate Record		
Ato Boldon (UCLA)	1996	9.90
Pac-10 Record		
Ato Boldon (UCLA)	1996	9.90
Cobb Track & Angell Field		
Maurice Greene (Nike)	2002	9.99
Stanford Record		
1. Wopamo Osaisai	2005	10.39
2. Gordon Banks	1977	10.40
3. Larry Questad	1964	10.44
4. Jimmie Johnson	1997	10.46
4. Stanley Wilson	2004	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

	Year	Time
World Record		
Usain Bolt (Jamaica)	2008	19.30
American Record		
Michael Johnson (USA)	1996	19.32
Collegiate Record		
Xavier Carter (LSU)	2006	19.63
Pac-10 Record		
Alto Boldon (UCLA)	1996	19.80
Cobb Track & Angell Field		
Darvis Patton (adidas)	2002	20.15
Stanford Record		
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
8. Andrew Dargie	2008	21.31
10. Darrin Nelson	1980	21.34
10. Zach Chandy	2009	21.34

400 Meters

	Year	Time
World Record		
Michael Johnson (USA)	1999	43.18
American Record		
Michael Johnson (USA)	1999	43.18
Collegiate Record		
Quincy Watts (USC)	1992	44.00
Pac-10 Record		
Quincy Watts (USC)	1992	43.50
Cobb Track & Angell Field		
Tyree Washington (Nike)	2003	44.33
Stanford Record		
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. Andrew Dargie	2008	46.53
6. James Lofton	1977	46.54
6. Ben Eastman	1932	46.54
8. James Cramton	1991	46.71
9. Evan Kelty	2002	46.86
10. Ray Malott	1937	47.04

Mid-Distance/Distance

800 Meters

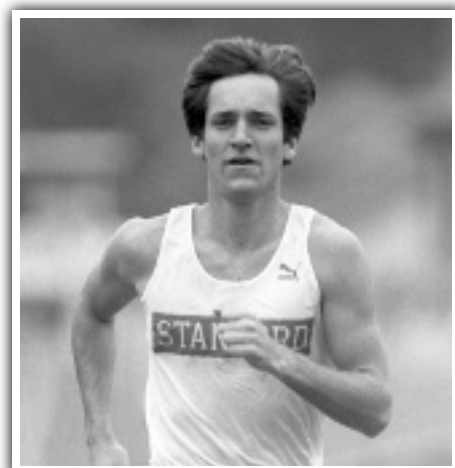
	Year	Time
World Record		
Wilson Kipketer (Den)	1997	1:41.11
American Record		
Johnny Gray (SMTC)	1985	1:42.60
Collegiate Record		
Joaquim Cruz (Oregon)	1984	1:41.77
Pac-10 Record		
Joaquim Cruz (Oregon)	1984	1:41.77
Cobb Track & Angell Field		
David Krummenacher (USA)	2005	1:45.19
Stanford Record		
1. 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
6. Russell Brown	2007	1:47.96
7. Bill Crowley	1990	1:48.20
9. John Schaer	1979	1:48.30
10. Ryan Carroll	2001	1:48.42

1,500 Meters

	Year	Time
World Record		
Hicham El Guerrouj (Morocco)	1998	3:26.00
American Record		
Bernard Lagat (Nike)	2005	3:29.30
Collegiate Record		
Bernard Lagat (WSU)	1999	3:30.56
Pac-10 Record		
Bernard Lagat (WSU)	1998	3:34.48
Cobb Track & Angell Field		
Rachid Ramzi (Bahrain)	2005	3:34.74
Stanford Record		
1. Michael Stember	2000	3:35.11
2. Gabe Jennings	2000	3:35.21
3. Grant Robison	2003	3:35.75
4. Russell Brown	2007	3:37.56
5. Garrett Heath	2009	3:37.57
6. Jonathon Riley	2000	3:38.90
7. Marc Olesen	1988	3:39.26
8. Donald Sage	2001	3:39.27
9. Andrew Powell	2000	3:40.65
10. Mark Mastalir	1991	3:41.30

Mile

	Year	Time
World Record		
Hicham El Guerrouj (Morocco)	1999	3:43.13
American Record		
Alan Webb (Nike)	2007	3:46.91
Collegiate Record		
Todd Harbour (Baylor)	1981	3:50.34
Pac-10 Record		
Joaquim Cruz (Oregon)	1984	3:53.00
Cobb Track & Angell Field		
William Chirchir (Kenya)	2001	3:52.86
Stanford Record		
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



Jeff Atkinson holds the Stanford record in the mile.

3,000 Meter Steeple

	Year	Time
World Record		
Saif Saaeed Shaheen (Qatar)	2004	7:53.51
American Record		
Daniel Lincoln (Nike)	2006	8:08.82
Collegiate Record		
Henry Rono (WSU)	1978	8:05.4
Pac-10 Record		
Henry Rono (WSU)	1978	8:05.4
Cobb Track & Angell Field		
Raymond Yator (Kenya)	2001	8:11.76
Stanford Record		
1. Ian Dobson	2004	8:32.09
2. Jesse Thomas	2002	8:35.83
3. David Frank	1984	8:38.19
4. Jonathon 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. Chris Mocko	2009	8:50.30
9. Mark Fadil	1996	8:50.82
10. J.T. Sullivan	2009	8:51.74

5,000 Meters

	Year	Time
World Record		
Kenenisa Bekele (Ethopia)	2004	12:37.35
American Record		
Bob Kennedy (Nike)	1996	12:58.21
Collegiate Record		
Henry Rono (WSU)	1978	13:08.4
Pac-10 Record		
Henry Rono (WSU)	1978	13:08.4
Cobb Track & Angell Field		
Marcos Geneti (Ethiopia)	2005	13:08.59
Stanford Record		
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. Chris Derrick	2009	13:29.98
7. Brent Hauser	1997	13:39.75
8. Grant Robison	2002	13:40.30
9. Garrett Heath	2009	13:42.27
10. Elliott Heath	2009	13:42.59



MEN'S ALL-TIME OUTDOOR RECORDS

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10,000 Meters

World Record	Year	Time
Kenenisa Bekele (Ethiopia)	2005	26:17.53
American Record		
Meb Keflezighi (USA)	2001	27:13.98
Collegiate Record		
Henry Rono (WSU)	1982	27:22.47
Pac-10 Record		
Henry Rono (WSU)	1978	27:22.47
Cobb Track & Angell Field		
Abraham Chebii (Puma)	2001	27:04.20
Stanford Record		
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		
Dominique Arnold (Nike)	2006	12.90
Collegiate Record		
Renaldo Nehemiah (Maryland)	1979	13.00
Pac-10 Record		
Greg Foster (UCLA)	1978	13.22
Cobb Track & Angell Field		
Allen Johnson (Nike)	2002	13.08
Stanford Record		
1. Myles Bradley	2009	13.61
2. John Foster	1976	13.94
3. Bob Mathias	1953	14.04
4. Chuck Cobb	1958	14.10
4. Justin Williams	2003	14.10
6. J.J. Jackson	2009	14.12
7. Rick Tipton	1969	14.14
8. Peter Kolotouros	1989	14.15
9. Michael Harte	1999	14.19
10. Jay Thorson	1986	14.22

400 Meter Hurdles

World Record	Year	Time
Kevin Young (USA)	1992	46.78
American Record		
Kevin Young (USA)	1992	46.78
Collegiate Record		
Samuel Matete (Auburn)	1991	47.10
Pac-10 Record		
Kevin Young (UCLA)	1988	47.72
Cobb Track & Angell Field		
James Carter (Nike)	2002	48.12
Stanford Record		
1. Amaechi Morton	2009	50.11
2. Randy White	1971	50.4
3. Jeff Allen	1998	50.98
4. Tom Shellworth	1977	51.2
5. Matt Hogsett	1974	51.3
6. Garry Shumway	1981	51.71
7. Shaughn Ryan	1986	51.73
8. Garry Shumway	1980	52.0
9. Tim Collins	1988	52.15
10. Durrell Coleman	2009	52.45

Relays

4x100 Meter Relay

World Record	Year	Time
Jamaica	2008	37.10
American Record		
National Team	1992	37.40
Collegiate Record		
Texas Christian	1998	38.04
Pac-10 Record		
USC	1967	38.44 (38.6y)
Cobb Track & Angell Field		
HSI	1998	38.78
Stanford Record		
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>		
4. Stanford	2008	40.24
<i>Daniel Belch, Andrew Dargie, Tyrone McGraw, Wopamo Osaisai</i>		
6. Stanford	2002	40.26
<i>Curtis Goehring, Nick Sebes, Evan Kelly, Stanley Wilson</i>		
7. Stanford	2009	40.27
<i>Daniel Belch, Tyrone McGraw, Zach Chandy, Ryan Fiscaro</i>		
8. Stanford	2003	40.39
<i>Milton Little, Nick Sebes, Curtis Goehring, Stanley Wilson</i>		
9. Stanford	1995	40.51
<i>Anthony Bookman, Branyon Davis, Jamie Webb, Jimmie Johnson</i>		
10. Stanford	2008	40.59
<i>Danny Belch, Mark Mueller, Zach Chandy, Wapamo Osaisai</i>		

4x400 Meter Relay

World Record	Year	Time
United States	1998	2:54.20
American Record		
United States	1998	2:54.20
Collegiate Record		
UCLA	1988	2:59.91
Pac-10 Record		
LSU	2005	2:59.59
Cobb Track & Angell Field		
Washington	1998	3:06.49

1,600 Meter Relay

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, Jauron Pigg, Jimmie Johnson</i>		
7. Stanford	2008	3:09.50
<i>Durrell Coleman, Zach Chandy, Michael Garcia, Andrew Dargie</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>		

Field

High Jump

World Record	Year	Mark
Javier Sotomayor (Cuba)	1993	8-0½ (2.45m)
American Record		
Charles Austin (Unatt)	1991	7-10½ (2.40m)
Collegiate Record		
Hollis Conway (SWnLa)	1989	7-10 (2.39m)
Pac-10 Record		
Del Davis (UCLA)	1982	7-7¼ (2.32m)
Jesse Williams (USC)	2005	7-7¼ (2.32m)
Cobb Track & Angell Field		
Nathan Leeper (Nike)	2002	7-7¼ (2.32m)
Stanford Record		
1. Brian Marshall	1988	7-5¾ (2.28m)
2. Michael Ponikvar	'99/01/02	7-4½ (2.25m)
3. Peter Boyce	1968	7-3 (2.21m)
3. Travis Clark	1993	7-3 (2.21m)
5. John Hopkins	1989	7-1½ (2.17m)
6. Todd Beyerlein	1998	7-0¼ (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	6-9¾ (2.08m)

Long Jump

World Record	Year	Mark
Mike Powell (USA)	1991	29-4½ (8.95m)
American Record		
Mike Powell (FLAC)	1991	29-4½ (8.95m)
Collegiate Record		
Erick Walder (Arkansas)	1994	28-8¼ (8.74m)
Pac-10 Record		
Randy Williams (USC)	1972	27-4½ (8.34m)
Cobb Track & Angell Field		
Savante Stringfellow (Nike)	2002	27-11½ (8.52m)
Stanford Record		
1. James Lofton	1978	26-11¾ (8.22m)
2. Marcus Hickerson	1990	26-0¾ (7.94m)
3. Milton Little	2003	25-11 (7.90m)
4. Dan Moore	1962	25-9½ (7.86m)
5. Darrin Nelson	1978	25-7½ (7.81m)
6. Gay Bryan	1949	25-4¾ (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	24-11½ (7.61m)



James Lofton holds the school record in the long jump with a leap of 26-11¾ (8.22m).

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Pole Vault

	Year	Mark
World Record		
Sergey Bubka (Ukr)	1994	20-1¾ (6.14m)
American Record		
Jeff Hartwig (Nike)	2000	19-9¼ (6.03m)
Collegiate Record		
Lawrence Johnson (Tenn)	1996	19-7½ (5.98m)
Pac-10 Record		
Brad Walker (Washington)	2003	19-0¼ (5.80m)
Tommy Skipper (Oregon)	2007	19-0¼ (5.80m)
Cobb Track & Angell Field		
Toby Stevenson	2004	19-2¼ (5.85m)
Stanford Record		
1. Toby Stevenson	2000	18-9¼ (5.72m)
2. Graeme Hoste	2006	18-1 (5.51m)
3. John Gash	1987	17-8½ (5.40m)
4. Jamie Marek	1993	17-0¾ (5.20m)
4. Casey Roche	2009	17-0¾ (5.20m)
6. Jim Eshelman	1967	16-11¼ (5.17m)
7. Josh Hustedt	2008	16-10¾ (5.15m)
8. Chris Buddin	1995	16-9¼ (5.11m)
9. Adam Fusco	1998	16-8¾ (5.10m)
10. Casey Carrigan	1971	16-7¼ (5.06m)
10. Corey Dysick	2009	16-7¼ (5.06m)
10. Donell Hill	2006	16-7¼ (5.06m)

Shot Put

	Year	Mark
World Record		
Randy Barnes (USA)	1990	75-10¼ (23.12m)
American Record		
Randy Barnes (USA)	1990	75-10¼ (23.12m)
Collegiate Record		
John Godina (UCLA)	1995	72-2¼ (22.00m)
Pac-10 Record		
John Godina (UCLA)	1995	72-2¼ (22.00m)
Cobb Track & Angell Field		
Adam Nelson (Nike)	2002	72-11 (22.22m)
Stanford Record		
1. Terry Albritton	1977	70-7 (21.51m)
2. Garin Veris	1982	64-10¾ (19.78m)
3. Pete Swanson	1995	60-7¼ (18.46m)
4. Brian Boggess	1989	60-1 (18.31m)
5. Jerry Winters	1960	59-11¼ (18.27m)
6. Andy Papatthanassiou	1989	58-8½ (17.89m)
7. T.C. Jones	1969	58-5½ (17.82m)
8. Michael Macellari	2008	58-1¼ (17.71m)
9. Otis Chandler	1950	57-4¾ (17.49m)
10. Chris Sprague	2000	57-0¼ (17.38m)

Triple Jump

	Year	Mark
World Record		
Jonathan Edwards (GB)	1995	60-0¼ (18.29m)
American Record		
Kenny Harrison (Nike)	1996	59-4¼ (18.09m)
Collegiate Record		
James Beckford (Blinn JC)	1995	58-9½ (17.92m)
Pac-10 Record		
Joseph Taiwo (WSU)	2003	56-7½ (17.26m)
Cobb Track & Angell Field		
Walter Davis (LSU)	2002	57-8½ (17.59m)
Stanford Record		
1. Allen Meredith	1970	52-3 (15.93m)
2. Solomon Welch	2005	51-9 (15.77m)
3. Ian Arnold	1968	51-8½ (15.76m)
4. Feranmi Okanlami	2006	51-4½ (15.66m)
5. Tom Massey	1969	51-1½ (15.58m)
6. Jami Webb	1994	51-0 (15.54m)
7. Brian Manning	1994	50-7 (15.42m)
8. Rod Utley	1973	50-4½ (15.35m)
9. Phil Cannon	1986	50-0 (15.24m)
9. Henry Green	1989	50-0 (15.24m)
9. Richard Sherman	2007	50-00 (15.24m)



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

Discus

	Year	Mark
World Record		
Jurgen Schult (East Germany)	1986	243-0 (74.08m)
American Record		
Ben Plucknett (SCS)	1981	237-4 (72.34m)
Collegiate Record		
Kamy Keshmiri (Nevada)	1981	232-4 (70.84m)
Pac-10 Record		
Dean Crouser (Oregon)	1983	216-2 (65.88m)
Cobb Track & Angell Field		
Jason Tunks (Canada)	2001	221-1 (67.70m)
Stanford Record		
1. Michael Robertson	2007	210-01 (64.04m)
2. Daniel Schaerer	2009	208-6 (63.55m)
3. Omer Inan	2002	198-7 (60.53m)
4. Glenn Schneider	1988	196-1 (59.76m)
5. Dave Weill	1963	193-2 (58.88m)
6. Dave Thomson	1981	190-3 (58.00m)
7. Bob Stoecker	1966	189-1 (57.64m)
8. Mark Ganek	1999	187-2 (57.04m)
9. Geoffrey Tabor	2009	186-8 (56.89m)
10. Steve Davis	1969	182-6 (55.62m)

Hammer

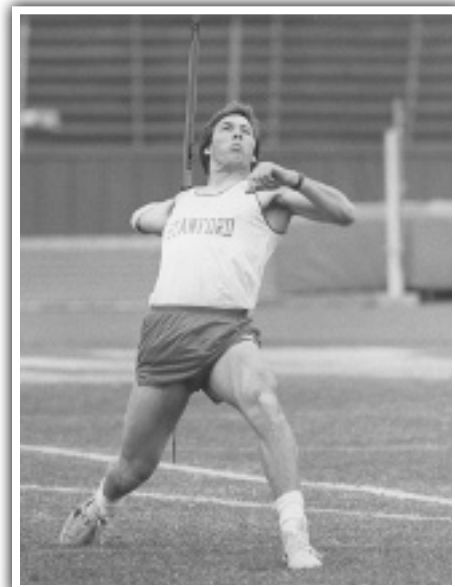
	Year	Mark
World Record		
Yuriy Syedikh (SU)	1986	284-7 (86.74m)
American Record		
Lance Deal (NYAC)	1996	270-9 (82.52m)
Collegiate Record		
Balazs Kiss (USC)	1995	268-10 (81.94m)
Pac-10 Record		
Balazs Kiss (USC)	1995	270-10 (82.56m)
Cobb Track & Angell Field		
Lance Deal (Nike)	2002	244-5 (74.50m)
Stanford Record		
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 Wellihozkiy	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)

Javelin

	Year	Mark
World Record		
Jan Zelezny (Cze)	1996	323-1 (98.48m)
American Record		
Beaux Greer (Adidas)	2007	299-6 (91.29m)
Collegiate Record		
Patrik Boden (Texas)	1990	292-4 (89.10m)
Pac-10 Record		
Esko Mikkola (Arizona)	1998	268-7 (81.86m)
Cobb Track & Angell Field		
Breaux Greer (adidas)	2002	268-4 (81.78m)
Stanford Record		
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 Kostohryz	1991	198-5 (60.48m)
6. John Roldan	1995	191-7 (58.40m)
7. Bryan Kelley	2005	191-2 (58.26m)
8. Nick Rosen	1988	189-5 (57.74m)
9. Daniel Haddock	2008	185-3 (57.58m)
10. Justin Strand	1997	187-3 (57.08m)

Decathlon

	Year	Points
World Record		
Roman Sebrle (Czech Rep)	2001	9,026
American Record		
Dan O'Brien (Reebok)	1992	8,891
Collegiate Record		
Trey Hardee (Texas)	2006	8,465
Pac-10 Record		
Mike Ramos (Washington)	1986	8,322
Cobb Track & Angell Field		
Tom Pappas (Nike)	2003	8,714
Stanford Record		
1. Bob Mathias	1952	7,887
2. Jay Thorson	1986	7,529
3. Josh Hustedt	2008	7,465
4. Jason Goff	2001	7,428
5. Travis Clark	1995	7,287
6. Michael Heise	1982	7,228
7. D.D. Harris	1989	7,084
8. Timi Wusu	2003	7,016
9. Josh Gleason	1996	7,013
10. Corey Dysick	2009	6,864



Dave Pickett threw the javelin 233-11 (71.30m) in 1988.



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Chauntae Bayne-Hackett holds the Stanford record in the 100 meters, 200 meters and 400 meters.

Sprints

100 Meters

World Record	Year	Time
Florence Griffith-Joyner (USA)	1988	10.49
American Record		
Florence Griffith-Joyner (USA)	1988	10.49
Collegiate Record		
Dawn Sowell (LSU)	1989	10.78
Pac-10 Record		
Gail Devers (UCLA)	1987	10.97
Cobb Track & Angell Field		
Chryste Gaines (Nike)	2002	10.96
Stanford Record		
1. Chauntae Bayne-Hackett	2006	11.15a
2. Chryste Gaines	1992	11.16
3. Janice Davis	2006	11.24a
4. Jakki Bailey	2007	11.45a
4. Griffin Matthew	2008	11.45
6. Nashonme Johnson	2003	11.64
7. Shataya Hendricks	2009	11.65
8. Wilsa Charles	2000	11.68
8. Ashley Purnell	2005	11.68
10. Heather Miller	1997	11.71

200 Meters

World Record	Year	Time
Florence Griffith-Joyner (USA)	1988	21.34
American Record		
Florence Griffith-Joyner (USA)	1988	21.34
Collegiate Record		
Dawn Sowell (LSU)	1989	22.04
Pac-10 Record		
Carol Rodriguez (USC)	2006	22.23
Cobb Track & Angell Field		
Marion Jones (Nike)	2002	22.35
Stanford Record		
1. Chauntae Bayne-Hackett	2006	22.78a
2. Chryste Gaines	1992	23.00
3. Janice Davis	2006	23.09
4. Ashley Purnell	2005	23.43
5. Griffin Matthew	2009	23.59
6. Nashonme Johnson	2003	23.61
7. Jakki Bailey	2007	23.66
8. Christine Moschella	2004	23.77
9. Heather Miller	1996	23.78
10. Wilsa Charles	1999	23.80

400 Meters

World Record	Year	Time
Marita Koch (EG)	1985	47.60
American Record		
Sanya Richards (Nike)	2006	48.70
Collegiate Record		
Marita Payne-Wiggins (Florida State)	1984	49.91
Pac-10 Record		
Monique Henderson (UCLA)	2005	49.96
Cobb Track & Angell Field		
Jearl Miles Clark (Nike)	2002	50.54
Stanford Record		
1. Chauntae Bayne-Hackett	2006	52.35
2. Nashonme 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. Chiny Offor	2004	54.43
10. Marcia Martin	1983	54.94

Mid-Distance/Distance

800 Meters

World Record	Year	Time
Jarmila Kratochvilova (Cze)	1983	1:53.28
American Record		
Jearl Miles-Clark (Reebok)	1999	1:56.40
Collegiate Record		
Claudette Groenendaal (Oregon)	1985	1:58.33
Pac-10 Record		
Bridita Langerholc (USC)	2000	1:58.51
Cobb Track & Angell Field		
Nicole Teter (Nike)	2002	1:58.83
Stanford Record		
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. Chiny 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		
Mary Slaney (AW)	1983	3:57.12
Collegiate Record		
Lindsey Gallo (Michigan)	2005	4:05.75
Pac-10 Record		
Leena Nilsson (UCLA)	2003	4:07.69
Cobb Track & Angell Field		
Regina Jacobs (Nike)	2003	4:01.63
Stanford Record		
1. Lauren Centrowitz	2009	4:10.23
2. Malindi Elmore	2003	4:10.42
3. Arianna Lambie	2007	4:12.29
4. Regina Jacobs	1982	4:12.3
5. Sally Glynn	2000	4:12.56
6. Lauren Fleshman	2003	4:14.68
7. Sara Bei	2005	4:16.14
8. Dena Dey	1996	4:16.30
9. Maurica Carlucci	2002	4:16.51
10. Ceci Hopp	1983	4:17.02

3,000 Meter Steeple

World Record	Year	Time
Galina Samitova (Russia)	2004	9:01.58
American Record		
Lisa Galaviz (Nike)	2007	9:28.75
Collegiate Record		
Brianna Shook (Toledo)	2004	9:29.32
Pac-10 Record		
Lisa Aguilera (ASU)	2003	9:46.43
Cobb Track & Angell Field		
Brianna Shook (Toledo)	2003	9:44.71
Stanford Record		
1. Lindsay Allen	2007	10:01.53
2. Katy Trotter	2004	10:07.55
3. Laura Turner	2002	10:07.77
4. Emilie Amaro	2009	10:11.68
5. Jeane Goff	2005	10:17.51
6. Katie Harrington	2007	10:28.28
7. Maddie O'Meara	2007	10:30.87
8. Amanda Trotter	2005	10:36.73
9. Emma Miller-Bedell	2009	10:59.07
10. Claire Collison	2009	11:04.89

5,000 Meters

World Record	Year	Time
Meseret Defar (Ethiopia)	2007	14:16.63
American Record		
Shalane Flanagan (Nike)	2007	14:44.80
Collegiate Record		
Cathy Easker (Wisconsin)	1985	15:07.56
Pac-10 Record		
Lauren Fleshman (Stanford)	2003	15:12.71
Cobb Track & Angell Field		
Sonia O'Sullivan (Melbourne TC)	2004	14:58.43
Stanford Record		
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
5. Arianna Lambie	2007	15:31.34
5. Alison Wiley	1983	15:41.0
7. Lauryne Chetelat	2009	15:43.31
8. Teresa McWalters	2008	15:50.18
9. Sally Glynn	2001	15:58.29
10. Mary Cobb	1997	16:04.20



Lauren Fleshman holds the Pac-10 Record in the 5,000.

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Alicia Craig holds the Pac-10 record in the 10,000 Meters.

10,000 Meters	Year	Time
World Record		
Wang Junxia (Chn)	1993	29:31.78
American Record		
Shalane Flanagan (Nike)	2008	30:34.49
Collegiate Record		
Alicia Craig, Stanford	2004	32:19.97
Pac-10 Record		
Alicia Craig, Stanford	2004	32:19.97
Cobb Track & Angell Field		
Werknesh Kidane (Ethiopia)	2005	30:19.38
Stanford Record		
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. Alex Gits	2008	33:19.42
6. Anita Siraki	2005	33:37.04
7. Sara Bei	2003	33:58.06
8. Ann Locke	1982	34:07.6
9. Caroline Annis	2002	34:09.40
10. Erin Sullivan	2002	34:10.32
100 Meter Hurdles	Year	Time
World Record		
Yordanka Donkova (Bul)	1988	12.21
American Record		
Gail Devers (Nike)	2000	12.33
Collegiate Record		
Virginia Powell (USC)	2006	12.48
Pac-10 Record		
Virginia Powell (USC)	2006	12.48
Cobb Track & Angell Field		
Gail Devers (Nike)	2002	12.51
Stanford Record		
1. Lindsey Johnson	2003	13.48
2. Whitney Liehr	2009	13.73
3. Bernadette Armand	1997,'98	13.79
3. Deborah Akinniyi	2008	13.79
5. Lillian Bush	2003	13.83
6. Robyn Woolfolk	1999	13.86
6. Tracye Lawyer	1999	13.86
8. Undine Becker	2003	14.00
8. Lauren Stewart	2007	14.00
10. Nora Miller	2007	14.04

400 Meter Hurdles	Year	Time
World Record		
Yuliya Pechonkina (2003)	2003	52.34
American Record		
Kim Batten (Reebok)	1995	52.61
Collegiate Record		
Sheena Johnson (UCLA)	2004	52.95
Pac-10 Record		
Janeene Vickers (UCLA)	1991	53.47
Cobb Track & Angell Field		
Sandra Glover (Nike)	2003	54.75
Stanford Record		
1. Pam Board	1987	58.31
2. Undine Becker	2005	58.59
3. Lindsey Johnson	2003	58.84
4. Idara Otu	2009	59.00
5. Danielle Spurlock	2001	59.98
6. Christy Boyd	1994	60.09
7. Margaret Demorest	1982	61.04
8. Jennifer McMillan	1998	61.14
9. Amy Henderson	1996	61.40
10. Tyra Holt	1996	61.69

Relays

4x100 Meter Relay	Year	Time
World Record		
East Germany	1985	41.37
American Record		
National Team	1997	41.47
Collegiate Record		
LSU	1989	42.50
Pac-10 Record		
USC	2006	42.96
Cobb Track & Angell Field		
USC	1999	43.35
Stanford Record		
1. Stanford	2004	44.18
Janice Davis, Nashonme Johnson, Christine Moschella, Ashley Purnell		
2. Stanford	2005	44.28
Nashonme Johnson, Janice Davis, Christine Moschella, Ashley Purnell		
3. Stanford	2006	44.32
Janice Davis, Chauntae Bayne-Hackett, Jakki Bailey, Nashonme Johnson		
4. Stanford	2006	44.39
Janice Davis, Nashonme Johnson, Jakki Bailey, Alana Walker		
5. Stanford	2005	44.49
Jakki Bailey, Janice Davis, Nashonme Johnson, Ashley Purnell		
6. Stanford	2005	44.57
Jakki Bailey, Janice Davis, Christine Moschella, Ashley Purnell		
7. Stanford	2007	44.78
Janice Davis, Jakki Bailey, Nora Miller, Sarah Matthew		
8. Stanford	2005	45.06
Undine Becker, Ashley Purnell, Nashonme Johnson, Jakki Bailey		
9. Stanford	2009	45.11
Whitney Liehr, Arantxa King, Brittini Dixon-Smith, Griffin Matthew		
10. Stanford	2003	45.22
Undine Becker, Chauntae Bayne, Christine Moschella, Nashonme Johnson		

4x400 Meter Relay	Year	Time
World Record		
Soviet Union	1988	3:15.17
American Record		
National Team	1988	3:15.51
Collegiate Record		
Texas	2004	3:23.75
Pac-10 Record		
UCLA	2003	3:27.57
Cobb Track & Angell Field		
UCLA	2003	3:31.62
Stanford Record		
1. Stanford	2005	3:29.39
Christine Moschella, Janice Davis, Ashley Freeman, Nashonme Johnson		
2. Stanford	2005	3:32.23
Christine Moschella, Ashley Purnell, Nashonme Johnson, Janice Davis		
3. Stanford	2006	3:32.69
Nashonme Johnson, Ashley Freeman, Janice Davis, Chauntae Bayne-Hackett		
4. Stanford	2004	3:33.09
Chinny Ofor, Christine Moschella, Janice Davis, Nashonme Johnson		
5. Stanford	2006	3:33.23
Nashonme Johnson, Janice Davis, Chauntae Bayne-Hackett, Idara Otu		
6. Stanford	2005	3:34.73
Chinny Ofor, Ashley Freeman, Nashonme Johnson, Janice Davis		
7. Stanford	2004	3:33.81
Keisha Gaines, Nashonme Johnson, Janice Davis, Ashley Freeman		
8. Stanford	2003	3:34.82
Chinny Ofor, Christine Moschella, Lindsey Johnson, Nashonme Johnson		
9. Stanford	2003	3:35.10
Chinny Ofor, Chauntae Bayne, Nashonme Johnson, Christine Moschella		
10. Stanford	2003	3:36.22
Chinny Ofor, Christine Moschella, Undine Becker, Nashonme Johnson		

Field

High Jump	Year	Mark
World Record		
Stefka Kostadinova (Bul)	1987	6-10¼ (2.09m)
American Record		
Louise Ritter (Mazda)	1988	6-7¾ (2.03m)
Collegiate Record		
Amy Acuff (UCLA)	1995	6-6 (1.98m)
Pac-10 Record		
Amy Acuff (UCLA)	1995	6-6 (1.98m)
Cobb Track & Angell Field		
Amy Acuff (USA)	2003	6-5½ (1.97m)
Stanford Record		
1. Lisa Bernhagen	1987	6-2 (1.88m)
2. Tracye Lawyer	1997,'98	6-0 (1.83m)
3. Denise Gaztambide	1984	5-11½ (1.82m)
3. Kimberly Stone	2003	5-11½ (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)
5. Lauren Stewart	2007	5-10 (1.78m)
9. Wendy Allen	1989	5-8¾ (1.75m)
10. Cheryl Burdick	2000	5-8½ (1.74m)



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Lisa Bernhagen holds the Stanford record in the high jump.

Long Jump

	Year	Mark
World Record		
Galina Chistyakova (SU)	1988	24-8¼ (7.52m)
American Record		
Jackie Joyner-Kersey (Nike)	1994	24-7 (7.49m)
Collegiate Record		
Jackie Joyner (UCLA)	1985	22-1¼ (6.99m)
Pac-10 Record		
Rhonda Watkins (UCLA)	2007	22-10 (6.96m)
Cobb Track & Angell Field		
Jackie Edwards (Mizuno)	2001	22-3 (6.78m)
Stanford Record		
1. Jackie Edwards	1991	21-11¾ (6.70m)
2. Erica McLain	2008	21-6¼ (6.56m)
3. Arantxa King	2009	21-3¼ (6.47m)
4. Pam Donald	1981	20-10 (6.35m)
5. Undine Becker	2003	20-5 (6.22m)
6. Griffin Mathew	2008	20-5 (6.22m)
7. Whitney Liehr	2009	20-3 (6.17m)
8. Lillian Bush	2003	19-11¾ (6.09m)
9. Brittni Dixon-Smith	2009	19-11½ (6.08m)
10. Venessa Henlon	1990	19-11 (6.07m)
11. Alysia Hubbard	1991	19-11 (6.07m)

Pole Vault

	Year	Mark
World Record		
Yelena Isinbayeva (Russia)	2005	16-5¼ (5.01m)
American Record		
Jenn Stuczynski (USA)	2007	16-0¼ (4.88m)
Collegiate Record		
Chelsea Janson (UCLA)	2006	15-1 (4.60m)
Pac-10 Record		
Chelsea Johnson (UCLA)	2006	15-1 (4.60m)
Cobb Track & Angell Field		
Stacy Dragila (USA)	2001	15-9¼ (4.81m)
Stanford Record		
1. Katerina Stefanidi	2009	13-6½ (4.13m)
2. Kathleen Donoghue	2002	13-5¼ (4.10m)
3. Samantha Shepard	2003	13-2¼ (4.02m)
4. Melissa Feinstein	1999	13-0¼ (3.97m)
5. Leila Ben-Youssef	2003	12-11¾ (3.96m)
6. Anna McFarlane	2005/06	12-11¾ (3.96m)
7. Caitlin Hewitt	2008	12-7½ (3.85m)
8. Alicia Warlick	1998	12-1½ (3.70m)
9. Christy Von der Ahe	2002	11-11¾ (3.65m)
10. Tyra Holt	1997	11-8¼ (3.58m)

Shot Put

	Year	Mark
World Record		
Natalya Lisovskaya (SU)	1987	74-3 (22.63m)
American Record		
Ramona Pagel (Mazda)	1988	66-2½ (20.18m)
Collegiate Record		
Meg Ritchie (Arizona)	1983	62-3¼ (18.99m)

Pac-10 Record

Valeyta Althouse (UCLA)	1995	61-10¼ (18.85m)
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Cobb Track & Angell Field

Teri Steer (Nike)	2002	63-0 (19.20m)
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Stanford Record

1. Jillian Camarena	2004	59-6¾ (18.15m)
2. Carol Cady	1984	57-1 (17.40m)
3. Melissa Yunghans	2008	53-10¼ (16.41m)
4. Patty Purpur	1989	53-0 (16.15m)
5. Michaela Wallerstedt	2009	52-8 (16.05m)
6. Pam Dukes	1985	51-7½ (15.74m)
7. Debbie Malueg	1991	49-0¼ (14.94m)
8. Cassie Romuld	2000	47-11¼ (14.61m)
9. Katrinka Jackson	1997	47-6¼ (14.48m)
10. Erin Delaney	2007	46-9 (14.25m)

Triple Jump

	Year	Mark
World Record		
Inessa Kravets (Ukr)	1995	50-10¼ (15.50m)

American Record

Tiombre Hurd (Nike)	2004	47-5 (14.45m)
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Collegiate Record

Trecia Smith (Pittsburgh)	1997	46-8 (14.22m)
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Pac-10 Record

Erica McLain (Stanford)	2008	46-7¼ (14.20)
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Cobb Track & Angell Field

Yuliana Perez (Unat)	2003	46-8¼ (14.23m)
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Stanford Record

1. Erica McLain	2007	46-5¼ (14.15m)
2. Whitney Liehr	2009	43-8½ (13.32m)
3. Jackie Edwards	1992	43-4½ (13.22m)
4. Arantxa King	2009	42-3¼ (12.88m)
5. Lauren Stewart	2006	42-1½ (12.84m)
6. Deborah Akkinniyi	2006	41-7¾ (12.69m)
7. Sabrina Nettey	2008	41-5 (12.62m)
8. Florence Adu	1994	41-3 (12.57m)
9. Jordan Merback	2009	41-1¾ (12.54)
10. Undine Becker	2004	41-0½ (12.51m)

Discus

	Year	Mark
World Record		
Gabriele Reinsch (EG)	1988	252-0 (76.80m)

American Record

Suzy Powell-Roos (Nike)	2007	222-0 (67.67m)
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Collegiate Record

Meg Ritchie (Arizona)	1981	221-5 (67.48m)
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Pac-10 Record

Aretha Hill (JW)	1998	215-5 (65.62m)
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Cobb Track & Angell Field

Kris Kuehl (Nike)	2002	211-5 (64.44m)
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Stanford Record

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

	Year	Mark
World Record		
Tatyana Lysenko (Russia)	2006	255-3 (77.80m)

American Record

Erin Gilreath	2005	242-4 (73.87m)
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Collegiate Record

Jenny Dahlgren (Georgia)	2006	236-3 (72.01m)
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Pac-10 Record

Eva Orban (USC)	2008	230-3 (70.18m)
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Cobb Track & Angell Field

Anna Mahon (Unat)	2002	230-6 (70.27m)
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Stanford Record

1. Sarah Hopping	2006	219-8 (66.96m)
2. Jaynie Goodbody	2008	199-4 (60.75m)
3. Jessica Pluth	2002	196-2 (59.79m)
4. Maureen Onyeagbako	2001	192-11 (58.81m)
5. Carol Cady	1984	188-8 (57.50m)
6. Katy Elsbury	2005	186-8 (56.91m)
7. Donielle Colich	2004	185-8 (56.60m)
8. Melissa Yunghans	2008	184-11 (56.37m)
9. Maggie Isaac	1999	174-0 (53.04m)
10. Gina Heads	1998	170-0 (51.82m)

Javelin (New Imp.)

	Year	Mark
World Record		
Osleidys Menedez (Cuba)	2005	235-3 (71.70m)

American Record

Kim Kreiner (USA)	2007	210-7 (64.19m)
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Collegiate Record

Irina Kharun (Indiana)	2003	202-10 (61.82m)
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Pac-10 Record

Rachel Yurkovich (Oregon)	2008	191-1 (58.25m)
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Cobb Track & Angell Field

Serene Ross (Purdue)	2002	197-0 (60.06m)
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Stanford Record

1. Danielle Maier	2008	174-00 (53.04m)
2. Allison Beatty	1999	158-7 (48.35m)
3. Erin Merriman	2005	158-3 (48.23m)
4. Whitney Drumright	2001	144-10 (44.16m)
5. Jennifer Lee	2003	142-4 (43.39m)
6. Kara Bennett	2008	141-8 (43.18m)
7. Joy Goff	2000	140-3 (42.76m)
8. Jaynie Goodbody	2007	140-00 (42.67m)
9. Liz Minofofar	2009	138-6 (42.23m)
10. Tracye Lawyer	1999	132-0 (40.23m)

Javelin (Old Imp.)

	Year	Mark
Stanford Record		
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)

Heptathlon

	Year	Points
World Record		
Jackie Joyner-Kersey (USA)	1988	7,291

American Record

Jackie Joyner-Kersey (USA)	1988	7,291
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Collegiate Record

Jackie Joyner-Kersey (UCLA)	1985	6,718
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Pac-10 Record

Diana Pickler (WSU)	2007	6,205
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Cobb Track & Angell Field

Sheila Burrell (Nike)	2003	6,159
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Stanford Record

1. Tracye Lawyer	1999	5,855
2. Lillian Bush	2003	5,519
3. Whitney Liehr	2009	5,459
4. Lauren Stewart	2008	5,440
5. Peggy Odita	1989	5,439
6. Julie Tinker	2001	5,432
7. Denise Gaztambide	1986	5,392
8. Joy Goff	2000	5,133
9. Katrinka Jackson	1997	5,023
10. Ahimsa Hodari	2003	5,021

MEN'S INDOOR RECORDS

2010 STANFORD TRACK AND FIELD



Sprints

60 Meters

Year	Time
2009	6.82
2009	6.82
2005	6.83
2003	6.88
2003	6.89
2010	6.90
1998	6.90
2002	6.90
2002	6.93
2003	6.94

55 Meters

Year	Time
2000	6.40
1997	6.44
1998	6.44
2002	6.45
1995	6.47
1995	6.50
1993	6.51
1995	6.53
1998	6.57
2001	6.61

60 Meter Hurdles

Year	Time
2009	7.73
2009	7.97
2003	8.03
2007	8.03
2000	8.23
2005	8.40

55 Meter Hurdles

Year	Time
1986	7.38
1994	7.40
1982	7.54
2000	7.62
1997	7.72
2001	7.89
2001	7.96
1993	8.15
1999	8.51

200 Meters

Year	Time
1997	21.17
2003	21.58
2007	21.59
2006	21.60
2003	21.72
2010	21.79
2008	21.87
2003	21.91
2009	21.92
1997	21.92

300 Meters

Year	Time
2008	36.04
2008	36.04
2008	36.85
2008	36.86

400 Meters

Year	Time
2005	46.88
2009	46.88
2008	46.95
2005	47.04
1994	47.06
2007	47.97
1991	48.21
1997	48.23
1999	48.32
2005	48.44

500 Meters

Year	Time
1983	63.4

Mid-Distance/Distance

800 Meters

Year	Time
2000	1:47.78
2010	1:48.67
2007	1:49.23
2005	1:49.61
2000	1:50.09
1988	1:50.10
2005	1:50.38
2003	1:50.39
2001	1:50.54
2006	1:50.89

1,500 Meters

Year	Time
1983	3:49.7

Mile

Year	Time
2000	3:58.40
2001	3:58.54
2008	3:58.71
2000	3:58.72
2010	3:58.76
2010	3:58.90
2003	3:58.95
2007	3:59.29
2002	3:59.49
2010	4:00.02

3,000 Meters

Year	Time
2001	7:48.79
2004	7:51.80
1999	7:51.95
2009	7:53.64
2004	7:54.65
2004	7:54.75
2006	7:55.26
2003	7:56.01
2006	7:56.11
1999	7:56.30

5,000 Meters

Year	Time
2004	13:40.91
1999	13:42.00
2009	13:44.02
1999	13:44.12
2003	13:48.78
1999	13:50.84
1993	13:50.85
2001	13:51.68
2006	13:52.81
2009	13:52.87

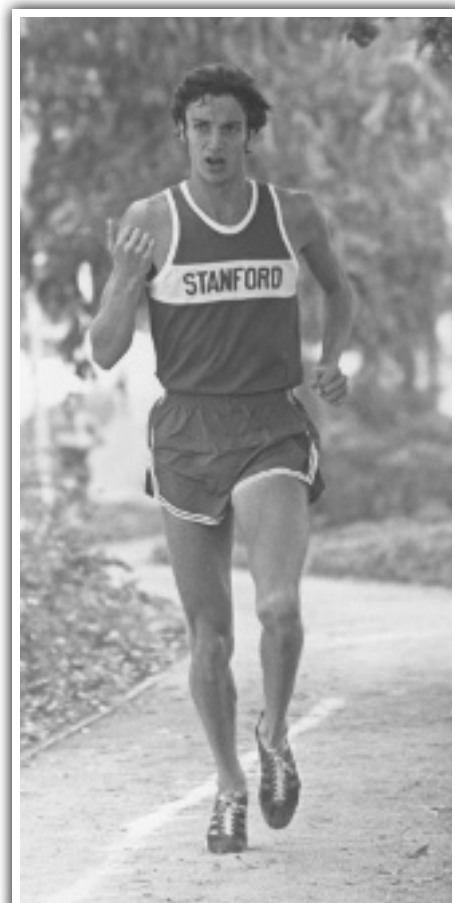
Two Mile

Year	Time
1976	8:52.6
1971	8:57.0

Relays

1,600 Meter Relay

Year	Time
2003	3:10.40
2002	3:10.97
2005	3:11.03
2005	3:12.21
2010	3:12.71
2009	3:13.00
2008	3:13.20
2009	3:13.65
2007	3:13.87
2010	3:14.14



Don Kardong



MEN'S INDOOR RECORDS

2010 STANFORD TRACK AND FIELD

Distance Medley

Relay	Year	Time
(1,200, 400, 800, 1,600)		
1. Stanford <i>Gabe Jennings, Even Kely, Michael Stember, Jonathon Riley</i>	2000	9:28.83
2. Stanford <i>Seth Hejny, Nick Sebes, Evan Fox, Grant Robison</i>	2003	9:29.69
3. Stanford <i>Donald Sage, Mark Hassell, Jonathan Stevens, Gabe Jennings</i>	2001	9:30.01
4. Stanford	2000	9:30.19
5. Stanford <i>J.T. Sullivan, Amaechi Morton, Dylan Ferris, Justin Marpole-Bird</i>	2010	9:30.25
6. Stanford <i>Hakon Devries, Andrew Dargie, Jacob Evans, Garrett Heath</i>	2008	9:31.52
7. Stanford <i>Russell Brown, Zachariah Chandy, Justin Marpole-Bird, Micahel Garcia</i>	2007	9:33.16
8. Stanford <i>Russell Brown, Nick Sebes, Michael Garcia, Joaquin Chapa</i>	2005	9:33.49
9. Stanford <i>Garrett Heath, Zachariah Chandy, Michael Garcia, Russell Brown</i>	2007	9:33.64
10. Stanford <i>Russell Brown, Michael Garcia, Joaquin Chapa, Garrett Heath</i>	2006	9:34.32

Field

High Jump	Year	Mark
1. Brian Marshall	1986	7-3½ (2.22m)
2. Michael Ponikvar	1999	7-2½ (2.19m)
3. Jules Sharpe	2010	7-1 (2.16m)
4. Todd Beyerlein	1998	7-0¼ (2.14m)
5. Travis Clark	1994	6-11½ (2.12m)
6. Peter Boyce	1967	6-10½ (2.10m)
7. Ray Bergstrom	2002	6-9½ (2.07m)
8. Durell Coleman	2007	6-7½ (2.02m)
8. Josh Hustedt	2008	6-7½ (2.02m)
10. Oluwadare Kolawole	2009	6-6¾ (2.00m)



Toby Stevenson

Long Jump

Year	Mark
1. James Lofton	1977 25-7¼ (7.80m)
2. Milton Little	2003 24-10½ (7.58m)
3. Myles Bradley	2009 24-7¼ (7.50m)
4. Adrian Munabi	2008 24-5½ (7.45m)
5. Marcus Hickerson	1991 24-4¾ (7.44m)
6. Bud Walsh	1966 24-4½ (7.43m)
7. Josh Hustedt	2008 23-11¾ (7.31m)
8. Jami Webb	1994 23-7¼ (7.19m)
9. Solomon Welch	2004 23-5½ (7.15m)
10. Richard Sherman	2007 23-3½ (7.1 0)

Pole Vault

Year	Mark
1. Graeme Hoste	2008 18-4¾ (5.61m)
2. Toby Stevenson	2000 18-4½ (5.60m)
3. Casey Roche	2009 17-1 (5.21m)
4. Corey Dysick	2009 16-11½ (5.17m)
5. Jim Eshelman	1967 16-10½ (5.14m)
6. Adam Fusco	1998 16-10 (5.13m)
7. Chris Buddin	1996 16-8 (5.08m)
8. Jamie Marek	1994 16-2¾ (4.95m)
9. Josh Hustedt	2007 16-0¾ (4.90m)
10. Benjamin Dickens	2008 15-7½ (4.76m)

Shot Put

Year	Mark
1. Terry Albritton	1977 70-6½ (21.50m)
2. Pete Swanson	1995 60-7¼ (18.46m)
3. Geoffrey Tabor	2010 58-5¼ (17.81m)
4. Chris Sprague	2000 58-0½ (17.69m)
5. Omer Inan	2004 57-2¼ (17.43m)
6. Michael Macellari	2008 56-10¾ (17.34m)
7. Michael Robertson	2006 56-5¾ (17.21m)
8. Matt Karsevar	1993 54-10 (16.71m)
9. T.C. Jones	1970 54-7 (16.64m)
10. William O'Neill	2004 52-8¼ (16.06m)

Triple Jump

Year	Mark
1. Solomon Welch	2006 51-10½ (15.81m)
2. Feranmi Okanlami	2006 51-7¼ (15.73m)
3. Richard Sherman	2008 50-4¾ (15.36m)
4. Phil Cannon	1986 50-2 (15.29m)
5. Adrian Munabi	2008 49-3¾ (15.03m)
6. Ryan Fernandez	1999 49-2½ (15.00m)
7. Brian Manning	1994 48-9½ (14.86m)
8. J.P. Holland	1982 48-3¾ (14.72m)
9. Warrick McDowell	2001 48-2½ (14.69m)
10. Jami Webb	1995 47-11 (14.61m)

35-lb Weight

Year	Mark
1. Adam Connolly	1999 71-7¼ (21.82m)
2. Nick Welihozkiy	2003 68-7¼ (20.91m)
3. Shaun Pickering	1983 67-0½ (20.43m)
4. Dave Popejoy	1994 66-6¾ (20.29m)
5. Pete Swanson	1995 63-1¾ (19.48m)
6. Kyle Davis-Hammerquist	2009 62-0½ (18.91m)
7. Toby Norwood	1995 60-5¼ (18.61m)
8. Carter Wells	2009 60-3¾ (18.38m)
9. Michael Robertson	2006 59-5 (18.11m)
10. Justin Strand	1997 56-6 (17.22m)

Heptathlon

Year	Mark
1. Josh Hustedt	2007 5,837 points
2. Nicholas Taylor	2005 5,104 points
3. Corey Dysick	2008 4,650 points
4. Darien Bailey	2010 4,558 points
5. Kevin Cardey	2010 4,475 points

Yards

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



Dave Popejoy

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

1000 Yards

Year	Time
1. Ernie Cunliffe	1961 20:07.3

60 Yard Hurdles

Year	Time
60 Yard Hurdles Year Time	
1. Dave Bagshaw	1973 7.00

70 Yard Hurdles

Year	Time
1. Dave Bagshaw	1973 8.4

120 Yard Hurdles

Year	Time
1. Rick Tipton	1971 13.9

880 Yard Relays

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

Mile Relay

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

Two Mile Relay

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

Sprint Medley Relay

Year	Time
(110, 110, 220, 440)	
1. Stanford <i>Ken Curl, John Kessel, John Anderson, Dave Bagshaw</i>	1973 01:32.5

Distance Medley Relay

Year	Time
1. Stanford <i>Les McFadden, Kenny Kring, Bruce Wolfe, Brian Mittels</i>	1973 9:57

WOMEN'S INDOOR RECORDS

2010 STANFORD TRACK AND FIELD



Sprints

50 Meters

	Year	Time
1. Chryste Gaines	1991	6.25
2. Pam Donald	1980	6.65

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
7. Monica Hoggatt	1994	7.44
8. Robyn Woolfolk	1999	7.61
9. Anne Lee	1994	7.68
10. Lillian Bush	2001	7.74

60 Meters

	Year	Time
1. Chauntae Bayne	2006	7.21
2. Janice Davis	2006	7.30
3. Jakki Bailey	2003	7.35
4. Griffin Matthew	2007	7.45
5. Carissa Levingston	2010	7.46
6. Shataya Hendricks	2008	7.55
7. Ashley Purnell	2005	7.56
8. Wilsa Charles	2000	7.71
9. Alana Walker	2006	7.73
10. Undine Becker	2004	7.76

55 Meter Hurdles

	Year	Time
1. Jackie Bridgeman	1994	7.38
2. Monica Hoggatt	1994	7.48
3. Anne Lee	1994	7.70
4. Tracye Lawyer	1997	8.02
4. Lindsey Johnson	2002	8.02
6. Florence Adu	1994	8.06
7. Christy Boyd	1993	8.10
8. Bernadette Armand	1997	8.11
9. Peggy Odita	1989	8.19
9. Robyn Woolfolk	1999	8.19

60 Meter Hurdles

	Year	Time
1. Lindsey Johnson	2002	8.42
2. Whitney Liehr	2008	8.61
3. Undine Becker	2003	8.62
4. Lillian Bush	2003	8.63
5. Robyn Woolfolk	2002	8.67
6. Tracye Lawyer	1998	8.77
6. Lauren Stewart	2006	8.77
8. Julie Farrell	2002	8.78
9. Karynn Dunn	2010	8.84
10. Nora Miller	2008	8.89

200 Meters

	Year	Time
1. Chauntae Bayne	2006	22.77
2. Janice Davis	2006	23.26
3. Griffin Matthew	2010	23.80
4. Ashley Purnell	2003	23.88
5. Jakki Bailey	2006	24.02
6. Christine Moschella	2005	24.08
7. Carissa Levingston	2010	24.45
8. Shataya Hendricks	2008	24.48
9. Wilsa Charles	2000	24.53
10. Alana Walker	2006	24.53

300 Meters

	Year	Time
1. Shataya Hendricks	2008	39.43
2. Idara Otu	2008	40.15
3. Margaret Demorest	1982	40.7

400 Meters

	Year	Time
1. Ashley Purnell	2005	53.57
2. Jayna Smith	2000	53.76
3. Ashley Freeman	2004	54.16
4. Nashonme Johnson	2004	54.35
5. Christine Moschella	2005	54.66
6. Idara Otu	2006	55.00
7. Hannah Farley	2010	55.06
8. Keisha Gaines	2006	55.20
9. Shataya Hendricks	2010	55.44
10. Heather Miller	1997	55.62

Mid-Distance/Distance

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
6. Ashley Couper	2001	2:08.35
7. Maria Lattanzi	2009	2:08.51
8. Katie Hotchkiss	2003	2:08.53
9. Alicia Follmar	2008	2:08.59
10. Malindi Elmore	2003	2:08.78

1,500 Meters

	Year	Time
1. PattiSue Plumer	1983	4:23.5
2. Ann Wotherspoon	1980	4:52.5

Mile

	Year	Time
1. PattiSue Plumer	1983	4:37.0 (HT)
2. Lauren Centrowitz	2009	4:37.07
3. Arianna Lambie	2008	4:38.01
4. Lauren Fleshman	2002	4:38.48
5. Malindi Elmore	2003	4:39.48
6. Alicia Follmar	2009	4:40.23
7. Katy Trotter	2006	4:41.11
8. Sara Bei	2004	4:42.17
9. Lauryne Chetelat	2009	4:42.25
10. Julia Stamps	1999	4:42.95

3,000 Meters

	Year	Time
1. Patti Sue Plumer	1983	8:53.1
2. Arianna Lambie	2007	9:00.60
3. Lauren Fleshman	2003	9:01.48
4. Sara Bei	2004	9:05.02
5. Alicia Craig	2003	9:07.88
6. Lauryne Chetelat	2009	9:08.15
7. Teresa McWalters	2006	9:09.19
8. Lauren Centrowitz	2009	9:10.99
9. Alison Wiley	1991	9:11.1
10. Katy Trotter	2006	9:12.36

5,000 Meters

	Year	Time
1. Arianna Lambie	2007	15:37.97
2. Alicia Craig	2003	15:43.04
3. Lauren Fleshman	2003	15:47.36
4. Anita Siraki	2005	16:07.18
5. Louise Watson	1994	16:11.52
6. Mary Cobb	2001	16:13.57
7. Kortney Dunscombe	1995	16:17.12
8. Sarna Renfro	1998	16:18.27
9. Stephanie Marcy	2010	16:19.72
10. Kate Niehaus	2009	16:22.34

Relays

1,600 Meter Relay

	Year	Time
1. Stanford <i>Christine Moschella, Janice Davis, Ashley Freeman, Ashley Purnell</i>	2005	3:34.92
2. Stanford <i>Keisha Gaines, Nashonme Johnson, Chauntae Bayne, Janice Davis</i>	2006	3:36.80
3. Stanford <i>Chinny Offor, Christine Moschella, Nashonme Johnson, Ashley Freeman</i>	2005	3:38.51
4. Stanford <i>Nashonme Johnson, Ashley Purnell, Ashley Freeman, Christine Moschella</i>	2005	3:38.91
5. Stanford <i>Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman</i>	2004	3:40.19
6. Stanford <i>Nashonme Johnson, Janice Davis, Ashley Freeman, Keisha Gaines</i>	2004	3:41.62
7. Stanford <i>Chinny Offor, Ashley Purnell, Laura Mottaz, Janice Davis</i>	2005	3:43.05
8. Stanford <i>Nashonme Johnson, Ashley Purnell, Chauntae Bayne, Christine Moschella</i>	2003	3:43.37
9. Stanford <i>Shataya Hendricks, Idara Otu, Claire Cormier Thielke, Nora Miller</i>	2008	3:43.63
10. Stanford <i>Chinny Offor, Janice Davis, Nashonme Johnson, Ashley Freeman</i>	2004	3:44.64



PattiSue Plumer



WOMEN'S INDOOR RECORDS

2010 STANFORD TRACK AND FIELD

Distance Medley

Relay **Year** **Time**

(1,200, 400, 800, 1,600)

1. Stanford	2009	10:58.49
<i>Alicia Follmar, Idara Otu, Maria Lattanzi, Lauren Centrowitz</i>		
2. Stanford	2000	11:01.56
<i>Sally Glynn, Jayna Smith, Lindsay Hyatt, Lauren Fleshman</i>		
3. Stanford	2008	11:03.87
<i>Lauren Centrowitz, Idara Otu, Alicia Follmar, Arianna Lambie</i>		
4. Stanford	2006	11:05.03
<i>Katy Trotter, Keisha Gaines, Ashley Freeman, Arianna Lambie</i>		
5. Stanford	2003	11:05.16
6. Stanford	2006	11:06.68
<i>Katy Trotter, Janice Davis, Ashley Freeman, Arianna Lambie</i>		
7. Stanford	2004	11:07.15
8. Stanford	2009	11:07.53
<i>Alicia Follmar, Idara Otu, Maria Lattanzi, Lauren Centrowitz</i>		
9. Stanford	2005	11:07.81
<i>Arianna Lambie, Christine Moschella, Ashley Freeman, Katy Trotter</i>		
10. Stanford	2004	11:08.67
<i>Katy Trotter, Chinny Offor, Katie Hotchkiss, Sara Bei</i>		

Field

High Jump **Year** **Mark**

1. Lisa Bernhagen	1987	6-5½ (1.97m)
2. Tracye Lawyer	1997	6-0¾ (1.85m)
3. Kimberly Stone	2001	5-10¾ (1.80m)
4. Tessa Flippin	2009	5-8½ (1.74m)
5. Karen Lysaght	1983	5-8 (1.73m)
Denise Gatzamide	1984	5-8 (1.73m)
Peggy Odita	1989	5-8 (1.73m)
Lauren Stewart	2007	5-8 (1.73m)
9. Lindsay Gannaway	2004	5-7 (1.70m)
10. Kara Bennett	2008	5-6½ (1.69m)
10. Elaine Patten	2010	5-6½ (1.69m)

Long Jump **Year** **Mark**

1. Jackie Edwards	1992	21-8¾ (6.62m)
2. Erica McLain	2008	21-4 (6.50m)
3. Arantxa King	2008	21-0¾ (6.42m)
4. Griffin Matthew	2007	20-6½ (6.26m)
5. Sabrina Nettey	2008	20-5 (6.22m)
6. Brittni Dixon-Smith	2008	20-1¾ (6.14m)
7. Whitney Liehr	2009	20-1½ (6.13m)
8. Undine Becker	2004	19-10¾ (6.06m)
9. Julie Tinker	2001	19-9¾ (6.04m)
10. Pam Donald	1983	19-8¾ (6.01m)

Pole Vault **Year** **Mark**

1. Katerina Stefanidi	2010	14-0 (4.27m)
2. Anna McFarlane	2006	13-1 (3.99m)
3. Kathleen Donoghue	2002	13-0¼ (3.97m)
4. Caitlin Hewitt	2009	12-11½ (3.95m)
5. Melissa Feinstein	1998	12-9 (3.89m)
6. Samantha Shepard	2004/05	12-8¾ (3.88m)
7. Leila Ben-Youssef	2005	12-8¾ (3.88m)
8. Natasha Barthel	2010	12-7½ (3.85m)
9. Tyra Holt	1997	12-0½ (3.67m)
10. Anna McFarlane	2008	11-6¼ (3.51)



Kara Bennett

Shot Put **Year** **Mark**

1. Jillian Camarena	2003/04	57-2¾ (17.44m)
2. Pam Dukes	1987	57-1 (17.40m)
3. Carol Cady	1983	54-7 (16.64m)
4. Michaela Wallerstedt	2009	51-7¾ (15.74m)
5. Melissa Yungans	2006	49-11¼ (15.23m)
6. Katrinka Jackson	1997	47-6¼ (14.48m)
7. Gina Heads	1995	46-6¼ (14.18m)
8. Katrinka Jackson	1998	45-9 (13.94m)
9. Tracye Lawyer	1997	44-10¾ (13.68m)
10. Cassie Romuld	1999	47-5¼ (14.46m)

Triple Jump **Year** **Mark**

1. Erica McLain	2008	46-7¼ (14.20m)
2. Jackie Edwards	1992	42-6 (12.95m)
3. Arantxa King	2009	42-4 (12.90m)
4. Whitney Liehr	2010	41-10½ (12.76m)
5. Lauren Stewart	2006	41-3¾ (12.59m)
6. Deborah Akinniyi	2006	40-11½ (12.48m)
7. Undine Becker	2004	40-8¼ (12.40m)
8. Florence Adu	1995	40-5½ (12.33m)
9. Julie Tinker	2000	40-5½ (12.33m)
10. Sabrina Nettey	2008	40-3¼ (12.27m)

20-lb Weight **Year** **Mark**

1. Jessica Pluth	2003	61-11 (18.87m)
2. Maureen Onyeagbako	2001	61-7 (18.77m)
3. Summer Pierson	2000	57-11 (17.65m)
4. Sarah Hopping	2005	56-8½ (17.28m)
5. Katy Elsbury	2004	55-11 (17.04m)
6. Melissa Yungans	2008	55-9¾ (17.01m)
7. Jaynie Goodbody	2008	55-5¾ (16.91m)
8. Jessica Pluth	2002	54-8 (16.66m)
9. Maggie Isaac	1999	54-6¾ (16.63m)
10. Molly Kinsella	2010	53-9¾ (16.40m)

Pentathlon **Year** **Mark**

1. Whitney Liehr	2009	4,063 points
2. Lauren Stewart	2008	3,924 points
3. Sally Mills	2004	3,417 points
4. Josephine Kvist	2009	3,393 points
5. Kara Bennett	2008	3,336 points
6. Tiffany Tillett	2010	3,091 points

Yards

Two Mile Run **Year** **Time**

1. Kim Schnurpfeil	1980	10:01.89
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Mile Relay **Year** **Time**

1. Stanford	1983	3:54.0
<i>Marcia Martin, Regina Jacobs, Pam Board, Terri Givens</i>		
2. Stanford	1981	3:59.6
<i>Pam Donald, Lynnae Warren, Shelley Poerio, Marcia Martin</i>		

Distance Medley **Year** **Time**

(1,200, 440, 880, mile)

1. Stanford	1994	11:53.13
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FRESHMAN RECORDS

2010 STANFORD TRACK AND FIELD



Men's Freshman Records

Sprints

100 Meters	Year	Time
1. Wopamo Osaisai	2005	10.39
2. Stanley Wilson	2001	10.47
3. Anthony Bookman	1995	10.63
4. Gordon Banks	1977	10.64
4. Damon Dunn	1996	10.64

200 Meters	Year	Time
1. Wopamo Osaisai	2005	21.04
2. Gordon Banks	1977	21.24
3. Andrew Dargie	2008	21.31
4. Jimmie Johnson	1994	21.33
5. Stanley Wilson	2001	21.40

400 Meters	Year	Time
1. Rene Rodríguez	1993	46.46
2. Andrew Dargie	2008	46.53
3. Amaechi Morton	2009	47.29
4. Curtis Goehring	2002	47.52
5. Terry Parks	1983	47.80

Mid-Distance/Distance

800 Meters	Year	Time
1. Gabe Jennings	1998	1:46.99
2. John Schaar	1979	1:48.3
3. Mark Hassell	1998	1:49.07
4. Michael Stemmer	1997	1:49.33
5. Joaquin Chapa	2004	1:49.83

1,500 Meters	Year	Time
1. Donald Sage	2001	3:39.27
2. Gabe Jennings	1998	3:40.54
3. Andy Powell	2000	3:40.65
4. Marc Olesen	1984	3:41.7
5. Russell Brown	2005	3:41.72

Mile	Year	Time
1. Gabe Jennings	1998	3:59.32
2. Jonathon Riley	1998	4:02.50
3. Michael Stemmer	1997	4:02.72
4. Lauren Jespersen	2005	4:06.18
5. Tom Lobsinger	1978	4:06.2

3,000 Meter Steeple	Year	Time
1. Jonathan Pierce	2004	9:00.35
2. J.T. Sullivan	2008	9:01.40
3. Ian Dobson	2002	9:03.06
4. Jonathon Riley	1998	9:03.59
5. Benjamin Johnson	2009	9:05.93

5,000 Meters	Year	Time
1. Chris Derrick	2009	13:29.98
2. Brent Hauser	1997	13:39.75
3. Brad Hauser	1998	13:42.49
4. Neftalem Araia	2005	13:44.78
5. Seth Hejny	2001	13:46.81

10,000 Meters	Year	Time
1. Brent Hauser	1997	28:46.35
2. Louis Luchini	2000	28:54.30
3. Brad Hauser	1997	29:02.58
4. Ian Dobson	2002	29:06.41
5. Brett Gotcher	2009	29:08.31

Hurdles

110 Meter Hurdles	Year	Time
1. Myles Bradley	2006	14.36
2. Peter Kolotouros	1988	14.41
3. Michael Harte	1997	14.44
4. Joseph Jackson	2007	14.50
5. Justin Williams	2000	14.52

400 Meter Hurdles

1. Amaechi Morton	2009	50.11
2. Garry Shumway	1979	53.04
3. Jeff Allen	1995	53.31
4. Matt Hogsett	1973	53.0
5. Gerren Crochet	2002	53.28

Field

High Jump	Year	Mark
1. Brian Marshall	1985	7-3½ (2.23m)
2. Michael Ponikvar	1999	7-3 (2.21m)
3. Travis Clark	1992	7-0½ (2.15m)
4. Todd Beyerlein	1998	6-11¼ (2.13m)
5. Peter Boyce	1966	6-11 (2.11m)

Long Jump	Year	Mark
1. Darrin Nelson	1978	25-7½ (7.81m)
2. James Lofton	1975	25-3¼ (7.70m)
3. Tom Anderson	1970	24-10½ (7.58m)
4. Albert Dyson	1970	24-5 (7.44m)
5. Dan Moore	1959	24-2½ (7.38m)

Pole Vault	Year	Mark
1. Toby Stevenson	1997	17-8¼ (5.41m)
2. Donell Hill	2006	16-7¼ (5.06m)
3. Grame Hoste	2005	16-6¾ (5.05m)
3. Casey Roche	2008	16-6¾ (5.05m)
5. Jamie Marek	1990	16-1 (4.91m)

Shot Put	Year	Mark
1. Terry Albritton	1973	61-6½ (18.76m)
2. Pete Swanson	1994	58-3¼ (17.76m)
3. Andy Papathanassiou	1988	56-9¼ (17.30m)
4. Bruce Wilhelm	1964	56-2 (17.12m)
5. Brad Slinkard	1976	56-0 (17.07m)

Triple Jump	Year	Mark
1. Solomon Welch	2003	50-9½ (15.48m)
2. Brian Manning	1994	50-7 (15.42m)
3. Rod Utley	1970	50-0 (15.24m)
4. Richard Sherman	2007	50-00 (15.24m)
5. Feranmi Okanlami	2004	49-11¼ (15.23m)

Discus	Year	Mark
1. Omer Inan	2000	188-3 (57.38m)
2. Geoffrey Tabor	2009	186-8 (56.89m)
3. Glenn Schneider	1986	185-0 (56.38m)
4. Jeff Buckley	1994	177-3 (54.04m)
5. Dan Schaefer	2005	176-0 (53.65m)

Hammer	Year	Mark
1. Adam Connolly	1995	208-0 (63.40m)
2. Shaun Pickering	1982	207-9 (62.32m)
3. Nick Welihozkiy	2000	200-4 (61.06m)
4. Cody Cox	2009	170-3 (51.90m)

Javelin (Old Imp.)	Year	Mark
1. Fred Mondragon	1985	236-0 (71.94m)
2. Steve Hopkins	1971	223-3 (68.04m)
3. George Porter	1963	220-9½ (67.32m)
4. Rick Brown	1977	213-1 (64.96m)
5. Bud Held	1947	212-10 (64.88m)

Javelin (New Imp.)	Year	Mark
1. Fred Mondragon	1985	236-0 (71.94m)
2. Steve Hopkins	1971	223-3 (68.04m)
3. George Porter	1963	220-9½ (67.32m)
4. Rick Brown	1977	213-1 (64.96m)
5. Bud Held	1947	212-10 (64.88m)

Decathlon	Year	Points
1. Jason Goff	2000	7,007 points
2. Michael Heise	1980	6,600 points
3. Josh Gleason	1995	6,483 points
4. Corey Dysick	2008	6,345 points
5. Sean Darcy	1999	6,196 points

Women's Freshman Records

Sprints

100 Meters	Year	Time
1. Janice Davis	2004	11.44
2. Chryste Gaines	1989	11.54
3. Nashonne Johnson	2003	11.64
4. Sarah Griffin Matthew	2007	11.74
5. Chauntae Bayne	2003	11.81

200 Meters	Year	Time
1. Nashonne Johnson	2003	23.61
2. Janice Davis	2004	23.64
3. Chauntae Bayne	2003	24.15
4. Chryste Gaines	1989	24.24
5. Alana Walker	2006	24.28

400 Meters	Year	Time
1. Keisha Gaines	2004	53.83
2. Ashley Freeman	2004	54.36
3. Nashonne Johnson	2003	54.61
4. Chinyr Ofior	2003	54.68
5. Janice Davis	2004	54.84

Mid-Distance/Distance

800 Meters	Year	Time
1. Regina Jacobs	1982	2:04.38
2. Lindsay Hyatt	2000	2:05.64
3. Ashley Freeman	2004	2:06.20
4. Alicia Follmar	2006	2:07.69
5. Arianna Lambie	2004	2:08.06

1,500 Meters	Year	Time
1. Arianna Lambie	2004	4:13.14
2. Lauren Freshman	2000	4:17.76
3. Laurynne Chetelat	2009	4:20.68
4. Julia Stamps	1998	4:21.41
5. Ceci Hopp	1982	4:21.9

3,000 Meters	Year	Time
1. Ceci Hopp	1982	8:57.27
2. Alison Wiley	1983	9:03.51
3. Carol Gray	1987	9:19.04
4. Julia Stamps	1998	9:21.51
5. Cory Schubert	1984	9:21.9

3,000 Meter Steeple	Year	Time
1. Katy Trotter	2004	10:07.55
2. Emilie Amaro	2009	10:11.68
3. Jeanne Goff	2002	10:22.46
4. Lindsay Allen	2005	10:26.71
5. Amanda Trotter	2004	10:53.31

5,000 Meters	Year	Time
1. Alicia Craig	2003	15:25.75
2. Laurynne Chetelat	2009	15:43.31
3. Lauren Freshman	2000	15:50.18
4. Alison Wiley	1983	16:01.03
5. Mary Cobb	1996	16:05.3

10,000 Meters	Year	Time
1. Alicia Craig	2003	32:40.03
2. Ellen Lyons	1981	33:16.0
3. Alex Gits	2008	33:19.12
4. Ann Locke	1982	34:07.6
5. Georgia Griffin	2009	35:14.46

Hurdles

100 Meter Hurdles	Year	Time
1. Robyn Woolfolk	1999	13.86
2. Lindsey Johnson	2001	13.91
3. Nora Miller	2007	14.04
4. Whitney Liehr	2008	14.11
5. Lillian Bush	2001	14.12

400 Meter Hurdles

1. Pam Board	1984	59.64
2. Margaret Demorest	1982	61.04
3. Amy Henderson	1995	61.77
4. Jen McMillan	1997	62.44
5. Fiona Grieg	1998	62.52

Field

High Jump	Year	Mark
1. Lisa Bernhagen	1985	6-0 (1.83m)
2. Tracye Lawyer	1996	5-10¾ (1.80m)
3. Lauren Stewart	2006	5-8¾ (1.75m)
3. Cheryl Burdick	2000	5-8¾ (1.75m)
3. Kim Stone	2000	5-8¾ (1.75m)

Long Jump	Year	Mark
1. Erica McLain	2005	21-2½ (6.46m)
2. Arantxa King	2008	20-1¾ (6.14m)
3. Pam Donald	1980	20-1½ (6.13m)
4. Jackie Edwards	1989	20-0½ (6.11m)
5. Sarah Griffin Matthew	2007	19-09 ½ (6.03m)

Pole Vault	Year	Mark
1. Katerina Stefanidi	2009	13-6½ (4.13m)
2. Samantha Shepard	2003	13-2¼ (4.02m)
3. Kathleen Donoghue	2000	13-0¼ (3.97m)
4. Anna McFarlane	2005	12-11¾ (3.96m)
5. Leila Ben-Youssef	2001	12-10¾ (3.93m)

Shot Put	Year	Mark
1. Jillian Camarena	2001	53-9 (16.38m)
2. Melissa Yungghans	2005	52-4¾ (15.97m)
3. Patty Purpur	1986	50-9¾ (15.49m)
4. Pam Dukes	1983	49-4¼ (15.04m)
5. Michaela Wallerstedt	2006	48-5½ (14.77m)

Triple Jump	Year	Mark
1. Erica McLain	2005	45-11¼ (14.01m)
2. Lauren Stewart	2006	42-1½ (12.84m)
3. Sabrina Nettey	2008	41-5 (12.62m)
4. Deborah Akininyi	2005	41-4¼ (12.60m)
5. Jordan Merback	2009	41-1¾ (12.54m)

Discus	Year	Mark
1. Patty Purpur	1986	177-7 (54.12m)
2. Summer Pierson	1997	177-6 (54.10m)
3. Karen Nickerson	1983	174-11 (53.32m)
4. Carol Cady	1981	173-11 (53.0m)
5. Maggie Isaac	1997	159-10 (48.72m)

Hammer	Year	Mark
1. Jessica Pluth	2001	187-0 (57.00m)
2. Sarah Hopping	2003	184-1 (56.12m)
3. Katy Elsbury	2003	176-1 (53.68m)
4. Maggie Isaac	1997	163-10 (49.94m)
5. Molly Kinsella	2009	155-4 (47.34m)

Javelin (Old Imp.)	Year	Mark
1. Mary Osborne	1980	181-3 (55.26m)
2. Sami Jo Small	1995	175-11 (53.62m)
3. Erica Wheeler	1987	174-5 (53.16m)
4. Allison Beatty	1997	152-0 (46.34m)
5. Whitney Drumright	2005	143-4 (43.68m)

Javelin (New Imp.)	Year	Mark
1. Danielle Maier	2005	150-2 (45.78m)
2. Lindsey Brisbin	2002	140-9 (42.92m)
3. Kara Bennett	2007	137-10 (42.02m)
4. Lindsay Hopkins	1999	128-7 (39.19m)
5. Liz Minoofar	2008	128-2 (39.07m)

Heptathlon	Year	Points
1. Whitney Liehr	2008	5,186
2. Lauren Stewart	2006	5,141
3. Tracye Lawyer	1996	5,108
4. Denise Gaztambide	1983	4,938
5. Joy Goff	1997	4,931



Larry Questad

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-meter Dash

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
 10.40 Gordon Banks, 1977
 10.46 Jimmie Johnson, 1997
 10.47 Stanley Wilson, 2001
 10.48 Marvin Holmes, 1977
 10.61 Leroy Sims, 2000
 10.61 Milton Little, 2003

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-meter Dash

20.5 Larry Questad, 1963 (Hand Time)
 20.5 James Lofton, 1977 (Hand Time)
 20.84 Clyde Jeffrey, 1939
 20.95 Jimmy Johnson, 1997
 21.10 Damon Dunn, 1996
 21.24 Gordon Banks, 1977
 21.31 Milton Little, 2003
 21.31 Andrew Dargie, 2008
 21.34 Darrin Nelson, 1980
 21.35 Zach Chandy, 2009

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-meter Dash

45.85 Rene Rodriguez, 1994
 46.08 Alan Sheats, 1977
 46.17 Jimmie Johnson, 1996
 46.40 Ben Eastman, 1932
 46.40 James Lofton, 1977
 46.53 Andrew Dargie, 2008
 46.71 James Cramton, 1991
 46.86 Evan Kehy, 2002
 46.99 Nick Sebes, 2003
 47.0 Bud Spencer, 1928 (Hand Time)

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-meter Run

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
 1:47.96 Russell Brown, 2007
 1:47.97 John Schaefer, 1979
 1:48.20 Bill Crowley, 1990
 1:48.42 Ryan Carroll, 2001

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)
 4:02.3 Paul Schlicke, 1964 (Hand Time)
 4:03.15 Grant Robison, 2002

1500-meter Run

3:35.11 Michael Stember, 2000
 3:35.21 Gabe Jennings, 2000
 3:35.75 Grant Robison, 2003
 3:37.56 Russell Brown, 2007
 3:37.57 Garrett Heath, 2009
 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

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-meter Steeplechase

8:32.09 Ian Dobson, 2004
 8:35.83 Jesse Thomas, 2002
 8:38.19 David Frank, 1984
 8:40.72 Jonathon Pierce, 2006
 8:43.07 David Vidal, 2005
 8:45.92 Fred Carter, 1992
 8:48.52 Steve Miller, 1989
 8:50.30 Chris Mocko, 2009
 8:50.82 Mark Fadil, 1996
 8:51.74 J.T. Sullivan, 2009

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-meter Run

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
 13:29.98 Chris Derrick, 2009
 13:39.75 Brent Hauser, 1997
 13:40.30 Grant Robison, 2002
 13:42.27 Garrett Heath, 2009
 13:42.59 Elliott Heath, 2009

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-meter Run

27:59.72 Ian Dobson, 2005
 28:08.12 Brad Hauser, 1999
 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

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)



Nef Araia



110-meter High Hurdles*

- 13.61 Myles Bradley, 2009
- 13.94 John Foster, 1976
- 14.04 Bob Mathias, 1953
- 14.10 Chuck Cobb, 1958
- 14.10 Justin Williams, 2003
- 14.14 Rick Tipton, 1969
- 14.15 Peter Kolotouts, 1989
- 14.19 Michael Harte, 1999
- 14.22 Jay Thorson, 1986
- 14.25 Josh Husted, 2007

*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

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

- 50.11 Amaechi Morton, 2009
- 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
- 52.45 Durrell Coleman, 2009

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
- 40.24 Belch, Dargie, McGraw, Osaisai, 2008
- 40.26 Goehring, Sebes, Kelty, Wilson, 2002
- 40.27 Belch, McGraw, Chandy, Fiscaro, 2009
- 40.39 Goehring, Sebes, Kelty, Wilson, 2003
- 40.51 Bookman, Davis, Webb, Johnson, 1995
- 40.59 Belch, Mueller, Chandy, Osaisai, 2008

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
- 3:09.50 Coleman, Chandy, Garcia, Dargie, 2008
- 3:09.65 Cramton, Skoog, Strang, Armstrong, 1988
- 3:09.96 Little, Kelty, Goehring, Sebes, 2002



Brad Hauser

Discus

- 210-01 Michael Robertson, 2007
- 208-6 Daniel Schaerer, 2009
- 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
- 186-8 Geoffrey Tabor, 2009
- 182-6 Steve Davis, 1969

Shot Put

- 70-7 Terry Albritton, 1977
- 64-10¾ Garin Veris, 1982
- 60-7¼ Pete Swanson, 1995
- 60-1 Brian Boggess, 1989
- 59-11¾ Jerry Winters, 1960
- 58-8½ Andy Papathanassiou, 1989
- 58-5½ T. C. Jones, 1969
- 58-1¼ Michael Maccellari, 2008
- 57-4¾ Otis Chandler, 1950
- 57-0¼ Chris Sprague, 2000

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
- 235-9¾ Leo Long, 1954
- 235-3 Gary Bruner, 1979
- 233-4½ Bud Held, 1950
- 231-11 George Porter, 1965
- 230-5 Steve Hopkins, 1974
- 229-8½ John Bugge, 1955

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 Kostohyryz, 1991
- 191-7 John Roldan, 1995
- 191-2 Bryan Kelley, 2005
- 189-5 Nick Rosen, 1988
- 185-3 Daniel Haddock, 2008
- 187-3 Justin Strand, 1997

Long Jump

- 26-11¾ James Lofton, 1978
- 26-0¾ Marcus Hickerson, 1990
- 25-11 Milton Little, 2003
- 25-9½ Dan Moore, 1962
- 25-7½ Darrin Nelson, 1978
- 25-4¾ Gay Bryan, 1949
- 25-3 Frank Herrmann, 1957
- 25-2 Bud Walsh, 1967
- 25-1 Tom Anderson, 1971
- 24-11½ Craig Vaughan, 1967

Triple Jump

- 52-3 Allen Meredith, 1970
- 51-9 Solomon Welch, 2005
- 51-8½ Ian Arnold, 1968
- 51-4¾ Feranmi Okanlami, 2006
- 51-1½ 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
- 50-0 Richard Sherman, 2007

High Jump

- 7-5 ¾ Brian Marshall, 1988
- 7-4½ Michael Ponikvar, 1999
- 7-3 Peter Boyce, 1968
- 7-3 Travis Clark, 1993
- 7-1 John Hopkins, 1989
- 7-¼ Todd Beyerlein, 1998
- 6-10 Ed Hanks, 1965
- 6-10 Skip Grodahl, 1972
- 6-10 Chris Patrick, 1981
- 6-9¾ Ray Bergstrom, 2002

Pole Vault

- 18-9¼ Toby Stevenson, 2000
- 18-1 Graeme Hoste, 2006
- 17-8½ John Gash, 1987
- 17-0¾ Jamie Marek, 1993
- 17-0¾ Casey Roche, 2009
- 16-11¾ Jim Eshelman, 1967
- 16-0¼ Josh Hustedt, 2008
- 16-9¼ Chris Buddin, 1995
- 16-8¾ Adam Fusco, 1998
- 16-7¼ Donell Hill, 2006

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

- 7,887 Bob Mathias, 1952
- 7,529 Jay Thorson, 1986
- 7,465 Josh Hustedt, 2008
- 7,428 Jason Goff, 2001
- 7,287 Travis Clark, 1995
- 7,228 Michael Heise, 1982
- 7,084 D. D. Harris, 1989
- 7,016 Timi Wusu, 2003
- 7,013 Josh Gleason, 1996
- 6,864 Corey Dysick, 2009



STANFORD'S WORLD RECORD HOLDERS

2010 STANFORD TRACK AND FIELD



Bob Mathias



Terry Albritton



Ernie Cunliffe

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



Bud Held



Bob Bowsby

The Jaquish & Kenninger
Director of Athletics

One of the most respected athletic administrators in the nation, Bob Bowsby enters his fourth full year as the Jaquish & Kenninger Director of Athletics at Stanford University, a position he was appointed to on April 25, 2006 after spending 15 years at the helm of the University of Iowa's athletic program. In his initial three years in the position, Stanford has continued its well-earned reputation of fielding the most successful and wide-ranging Division I-A athletic programs in the nation.

As Stanford's sixth athletic director, Bowsby succeeds Ted Leland (1991-2005), Andy Geiger (1979-90), Joe Ruetz (1972-78), Chuck

Taylor (1963-71) and Al Masters (1925-63). He directs a department that includes 35 intercollegiate varsity teams – 15 men's, 19 women's and one coed – plus the physical education department, intramurals, club sports, open recreation and the Stanford Golf Course.

Under his administrative guidance, Stanford claimed its unprecedented 15th straight Learfield Sports Director's Cup last spring, emblematic of the top overall program in the country. Ten Stanford teams boasted Top 10 finishes, winning national championships in men's gymnastics and women's rowing.

Stanford's student-athletes were also highly-decorated last year. Foluke Akinradewo (women's volleyball) earned her second straight national player of the year honor while eight student-athletes earned conference player of the year marks. In addition, Erik Shoji men's volleyball earned national freshmen of the year accolades.

Two Stanford coaches--Thom Glielmi (men's gymnastics) and Yaz Farooq (women's rowing) earned national coach of the year marks.

Throughout his career, Bowsby has emerged as a national leader in intercollegiate and amateur athletics. He was named in February, 2007, to the United States Olympic Committee Board of Directors.

He has previously served as President of the NCAA Division I-A Athletic Directors' Association (2002-03), Chair of the NCAA Division I Men's Basketball Committee for two years (2003-05) and a committee member for five years, Chair of the Big Ten Administrator's Council (2002-04) and Chair of the NCAA Management Council.

Bowsby was appointed by President George Bush as a member of the Commission on Opportunities in Athletics in 2002-03. The committee was led by U.S. Secretary of Education Rod Paige.

Bowsby was elected chair of the NCAA Olympic Sports Liaison Committee and represented the NCAA as one of two voting members on the United States Olympic Committee Board of Directors. He served as a member of the NCAA/U.S. Olympic Committee Task Force chaired by Cedric Dempsey and George Steinbrenner.

In addition, Bowsby served as chair of the NCAA Wrestling Committee and has served on NCAA committees on Financial Aid and Amateurism, the Special Committee to Review Amateurism Issues and the Special Committee to Review Financial Conditions in Athletics.

Bowsby has also served as an Executive Committee member with both the National

Association of Collegiate Directors of Athletics and the Division I-A Athletic Directors Association and served as President of the I-A organization for two years.

The National Association of Collegiate Directors of Athletics (NACDA) named Bowsby

in 2001-02 as Central Region Athletic Director of the Year and Sports Business Journal selected him from the four regional award winners as the National Athletics Director of the Year. The award highlights the efforts of the athletic directors for their commitment and positive contributions to campuses and their surrounding communities.

As the chief administrator for Iowa's athletic department from 1991-2006, Bowsby earned a reputation as one of the most admired, energetic and ambitious athletic administrators in the nation. Bowsby guided and supervised the merger of the Hawkeye's women's and men's athletics departments while enabling Iowa to maintain its standing as one of the most visible and successful Division I athletic programs.

Under his leadership, Iowa enjoyed unprecedented success and growth in the area of fund raising and facilities. Bowsby and the UI Development staff put in place \$25 million in endowments to help support Hawkeye student-athlete scholarship aid. In addition, he managed the planning and construction of \$120 million in facility projects on campus, including an \$87 million renovation to Kinnick Stadium.

A native of Waterloo, Iowa, Bowsby became Iowa's 10th Athletic Director in June, 1991, after serving in the same role at the University of Northern Iowa since 1984. Bowsby earned his bachelors degree from Moorhead State University (Minnesota) in 1975 and his master's degree from the University of Iowa in 1978.

Bob and his wife, Candice, have four children: Lisa, Matt, Rachel and Kyle.

Stanford Athletic Directors

Al Masters	1925-63
Chuck Taylor	1963-71
Joe Ruetz	1972-78
Andy Geiger	1979-90
Ted Leland	1991-2005
Bill Walsh (Interim)	2005-06
Bob Bowsby	2006-Present





Stanford University at a Glance

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

For the Stanford's on that day, the university was the realization of a dream and a fitting tribute to the memory of their only son, who had died of typhoid fever weeks before his sixteenth birthday. Far from the nation's center of culture and unencumbered by tradition or ivy, the new university drew 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 of greatness. As Jane Stanford wrote in the summer of 1892, "Even our fondest hopes have been realized."

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.

Nearly 116 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 Stanford's 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

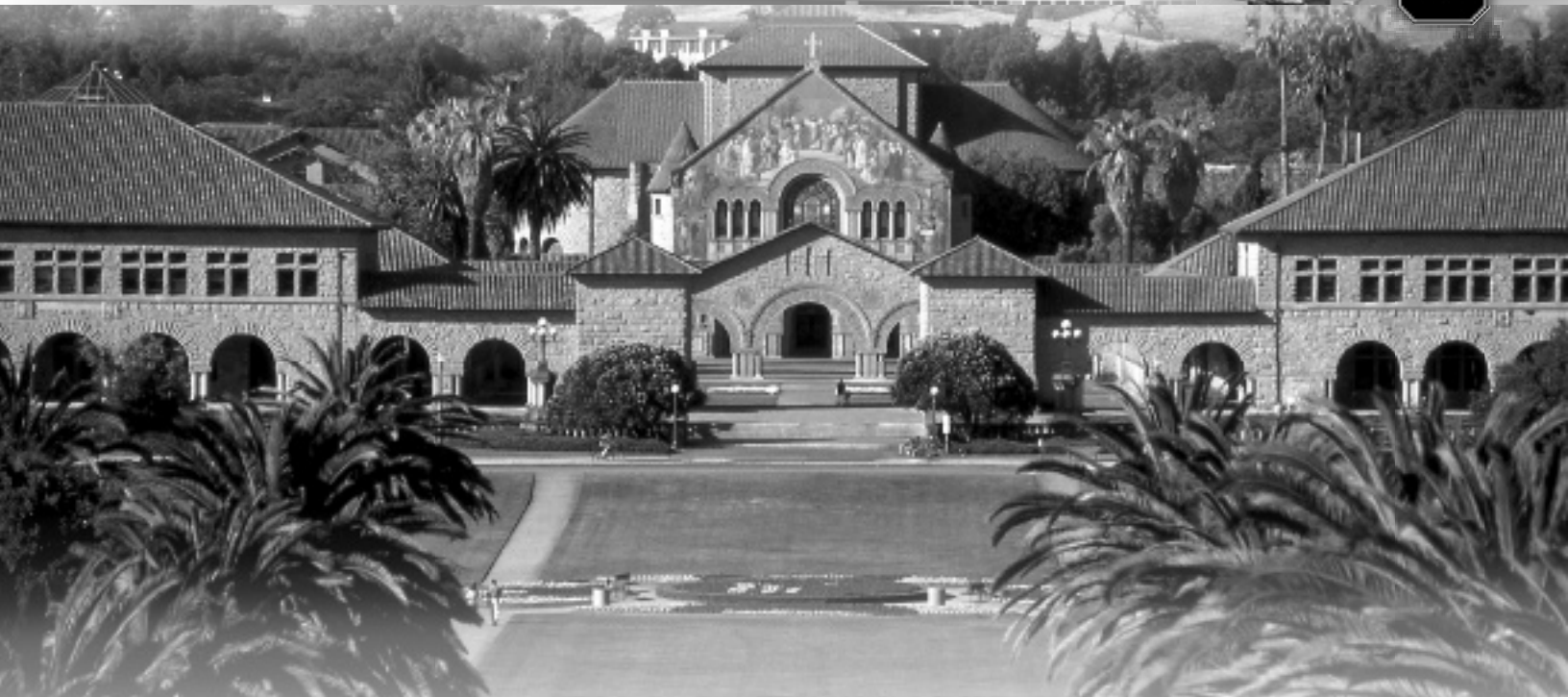
In other ways, the university has changed tremendously on its way to recognition as one of the world's great universities. At the hub of a vital and diverse Bay Area, Stanford is less than hour's drive south of San Francisco and just a few minutes north of the Silicon Valley, an area dotted with computer and high technology firms largely spawned by the university's faculty and graduates. On campus, students and faculty enjoy new libraries, modern laboratories, tremendous sports and recreation 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 Australia, Beijing, Berlin, Cape Town, Florence, Kyoto, Madrid, Moscow, Oxford, Paris, and Santiago.



THE UNIVERSITY

2010 STANFORD TRACK AND FIELD



Stanford People

By any measure, Stanford's faculty – which numbers 1,874 – is one of the most distinguished in the nation. As of the June of 2009, the faculty included 16 Nobel Laureates, four Pulitzer Prize winners, 23 MacArthur Fellows, 19 recipients of the National Medal of Science, two National Medal of Technology recipients, 244 members of the National Academy of Arts and Sciences, 136 members of the National Academy of Sciences, 83 National Academy of Engineering members, 46 American Philosophical Society members, 27 members of the National Academy of Education, eight Wolf Foundation Prize winners, six winners of the Koret Foundation Prize and three Presidential Medal of Freedom winners. 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, 15,140 students, of which 6,812 are undergraduates, study on campus. A little more than 40 percent come from California, but all 50 states and 8 countries are represented as well. Among undergraduates, approximately 55 percent are African American, Asian American, International, Mexican American, Native American, Native Hawaiian or Other Hispanic in ethnicity. Like the faculty, the Stanford student body is distinguished. Approximately 10 students apply to Stanford for every place in the freshman class with 89% of those admitted finishing in the



top 10% of their high school class. Ninety-eight Stanford students have been named Rhodes Scholars, 78 have been selected Marshall Award winners, and 53 have been chosen 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 many 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. Of Stanford's 97 NCAA titles (111 national), 57 have been captured since 1990, by far the most in the nation. Forty-nine Stanford-affiliated athletes competed in the 2008 Olympics in Beijing, collecting a school-record 25 medals (eight gold, 13 silver and four bronze. Intramural

and club sports are also popular; over 1,300 students take part in the club sports program, while participation in the intramural program is more than 4,600, 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."

U.S. News and World Report 2009 Top 10 Rankings of National Universities

1. Harvard
2. Princeton
3. Yale
- 4. STANFORD**
Massachusetts Institute of Technology
6. Cal Tech
- Pennsylvania
8. Columbia
Duke
University of Chicago



Principles That Guide Us

Department of Athletics, Physical Education, and Recreation

Department of Athletics, Physical Education, and Recreation

MISSION STATEMENT

From its founding in 1891, Stanford University's leaders have believed that physical activity is valuable for its own sake and that vigorous exercise is complementary to the educational purposes of the university. Within this context for human development, it is the mission of Stanford's Department of Athletics, Physical Education and Recreation to offer a wide range of high quality programs which will encourage and facilitate all participants to realize opportunities for championship athletic participation, physical fitness, health and well being.

We Will Teach

- By encouraging our student-athletes to capture all the joy, power and extraordinary personal growth that comes to those who compete and support athletic excellence.
- By hiring and retaining the best coaches and staff members available and arming them with the tools to achieve at the highest level.
- By fostering and nurturing a coaching, physical education and recreation staff that is committed to teaching with integrity & ambition and that performs in a manner which is consistent with the academic priorities of Stanford University.
- By recognizing the need to work as a team while valuing each individual's unique characteristics and abilities.



- By committing ourselves to the personal development and well being of our student-athletes and staff. Those who participate at all levels will learn the benefits of teamwork, discipline, goal setting, physical fitness, healthy lifestyles, character development, self confidence, sportsmanship, and an appreciation for lifelong learning.

We Will Lead

- By being the model of success, of universal opportunity, and of unwavering commitment to the ideal of the scholar-athlete.
- By operating with integrity as we follow the spirit and the letter of each rule. Integrity will be displayed in our policies, performances and programs.
- By continuing our long history of conference and national prominence through a commitment to cutting edge involvement in athletic issues.

We Will Win

- By maximizing our effort in every competition, on every team and in every setting where skill, determination and hard work combine to achieve singularly successful results.
- By having an uncompromising commitment to Conference and National championships and by



providing each student-athlete with the tools necessary to be successful at the highest levels of both academic and athletic performance.

- By creating a commitment to a university-wide wellness culture that will allow Stanford students, faculty and staff to maximize their health and fitness opportunities throughout their lives.

We Will Serve

- By respecting, honoring and responding to the needs of our student-athletes, coaches, colleagues, advocates and members of our larger community.
- By encouraging innovation and creativity. We will harness technology to extend our reach and to interface with our various internal and external constituencies.
- Through fiscal responsibility in all elements of departmental operations.
- By advancing outreach as a fundamental component of the department, we will strive to enhance the overall mission of the University through competitive excellence, effective outreach and an on-going commitment to customer service.
- By utilizing the department resources and physical facilities to serve the campus community, our alumni and our supporters throughout the world.
- By valuing our heritage, and in doing so we commit ourselves to championship caliber athletic achievement and the on-going enhancement of the traditions of Stanford Athletics, including leadership, individual and team achievement & intense pride and loyalty.





Academic Services

Academic Services for Student-Athletes

The goal of the Athletic Academic Resource Center (AARC) is to help each Stanford student-athlete realize their full academic potential. The AARC is staffed with two advisors/counselors, who help student-athletes perform the arduous task of balancing their academic and athletic lives. The AARC provides study table, tutoring, advising and counseling, computer access, Partners for Academic Excellence (PAE) and laptop computer checkout.

The AARC staff provides students with both short and long-term academic counseling and serves as a back-up to the student's assigned advisor. The short-term goals of the program are to help students choose classes and provide information on professors along with the workload and difficulty of classes; aid student-athletes in scheduling classes around practice and game schedules; and to provide assistance should conflicts arise with exams and competition. The program's long-term goals involve helping students choose majors that are consistent with their interests and goals and ensure that they fulfill their requirements and are on course to graduate in four years; and offer guidance regarding graduate and professional school opportunities.

The AARC staff coordinates a tutoring program which provides student-athletes with help in any class in which they are seeking assistance. The tutors are trained graduates or upperclass students who are available to help student-athletes achieve their academic goals.

Tutoring is not a replacement for student-athletes going to class nor doing their own homework. The tutor's role is to help student-athletes understand the concepts and develop

problem-solving skills that will be effective in any given class. Assistance greater than this could be considered a violation of the University's Honor code.

Partners for Academic Excellence

Co-sponsored by Undergraduate Advising & Research (UAR) and the Athletic Department, PAE II assists Stanford student-athletes in managing their demanding schedule and utilizing their limited free time effectively to ensure academic excellence.

By grouping several student-athletes together from different sports based on a similar academic interest, the PAE program focuses on creating an academic community for specific first-year students. Each group has an undergraduate mentor and a graduate school mentor, which are likely to be a current and former student-athlete.

During the autumn quarter, PAE participants meet weekly as a study group to assist with the transition from high school to university study. In the winter, the groups actively explore academic resources. Dinners with faculty members and Stanford alums who may share an academic or career interest are also part of the program. Freshman have the opportunity in a relaxed informal setting to meet and talk with faculty who may be otherwise hard to approach.



Stanford Athletes at the Athletic Academic Resource Center.

Stanford Athletics Rate Highly in APR Data

All 35 of Stanford's athletics programs exceeded the NCAA's Academic Progress Rate standards and six Cardinal teams earned perfect 1000 scores in the fourth annual set of APR numbers released last May by the NCAA.

The 2009 report released by the NCAA features a four-year compilation of APR data from the 2004-05, 2005-06, 2006-07 and 2007-08 academic years and measures the eligibility, retention and graduation of student-athletes competing on every Division I sports team. It also serves as a predictor of graduation success.

Stanford's men's golf, women's gymnastics, softball, women's tennis, women's volleyball and women's water polo programs received perfect 1000 scores. Near-perfect scores came in women's cross country (995), women's field hockey (994), women's lacrosse (997), women's soccer (997), women's swimming and diving (995) and women's track and field (998).

For the second straight year, Stanford's football program received the highest rating among Football Bowl Subdivision programs over a four-year period beginning in 2004-05. The Cardinal received a multi-year APR rating of 984, placing Stanford ahead of Air Force (983), Duke (980), Rutgers (980), Rice (979), Navy (978), Miami, Fla. (977) and Notre Dame (974).

The overall four-year Division I Academic Progress Rate is up three points to 964. Meanwhile, the number of student-athletes earning neither the retention nor the eligibility point continues to decline. Those highlights appear to be the product of a number of rule changes that began in 2003 – including increased progress-toward-degree benchmarks, greater core-course requirements and more stringent standards for transfers.



Students participate in a seminar led by Vice Provost of Undergraduate Education, John Bravman.





Stanford's National Titles

NCAA championships are commonplace at Stanford University, as Cardinal teams have won national titles at an unprecedented rate, including a national-best 80 since 1980 and 57 since 1990. Stanford has won at least one NCAA championship for 33 consecutive years and has won four national titles in a single season nine times.

Nine different Stanford teams have won at least five national titles, including men's tennis (18), women's tennis (16), men's water polo (11), women's swimming and diving (9), men's swimming and diving (8), men's golf (8), women's volleyball (6), synchronized swimming (6) and women's cross country (5). A total of 19 Stanford teams have won at least one national championship.

Stanford teams have won a total of 110 national championships. In NCAA competition, Cardinal teams have won 97 team titles, including 59 men's championships and an NCAA-best 38 women's titles.

Titles By Sport

* AIAW + Helms ^ ICYRA † Rissman • Unofficial title # U.S. Collegiate Note: NCAA titles unless otherwise noted

Baseball (2)

- 1987 Mark Marquess
- 1988 Mark Marquess

Men's Basketball (3)

- 1937 John W. Bunn+
- 1938 John W. Bunn+
- 1942 Everett Dean

Women's Basketball (2)

- 1990 Tara VanDerveer
- 1992 Tara VanDerveer

Men's Cross Country (4)

- 1996 Vin Lananna
- 1997 Vin Lananna
- 2002 Vin Lananna
- 2003 Andy Gerard

Women's Cross Country (5)

- 1996 Vin Lananna
- 2003 Dena Evans
- 2005 Peter Tegen
- 2006 Peter Tegen
- 2007 Peter Tegen

Football (1)

- 1926 Glenn "Pop" Warner†

Men's Golf (8)

- 1938 Eddie Twigg
- 1939 Eddie Twigg
- 1941 Eddie Twigg
- 1942 Eddie Twigg
- 1946 Eddie Twigg
- 1953 Eddie Twigg
- 1994 Wally Goodwin
- 2007 Conrad Ray

Men's Gymnastics (4)

- 1992 Sadao Hamada
- 1993 Sadao Hamada
- 1995 Sadao Hamada
- 2009 Thom Glielmi

Women's Rowing (1)

- 2009 Yasmin Farooq

Co-ed Sailing (1)

- 1997^ Steve Bourdow

Men's Swimming & Diving (8)

- 1967 Jim Gaughran
- 1985 Skip Kenney
- 1986 Skip Kenney
- 1987 Skip Kenney
- 1992 Skip Kenney
- 1993 Skip Kenney
- 1994 Skip Kenney
- 1998 Skip Kenney

Synchronized Swimming (6)

- 1998# Vickey Weir
- 1999# Gail Emory
- 2005# Heather Olson
- 2006# Heather Olson
- 2007# Heather Olson
- 2008# Heather Olson

Women's Swimming & Diving (9)

- 1980* Claudia Kolb Thomas
- 1983 George Haines
- 1989 Richard Quick
- 1992 Richard Quick
- 1993 Richard Quick
- 1994 Richard Quick
- 1995 Richard Quick
- 1996 Richard Quick
- 1998 Richard Quick

Men's Tennis (18)

- 1942• John Lamb
- 1973 Dick Gould
- 1974 Dick Gould
- 1977 Dick Gould
- 1978 Dick Gould
- 1980 Dick Gould
- 1981 Dick Gould
- 1983 Dick Gould
- 1986 Dick Gould
- 1988 Dick Gould
- 1989 Dick Gould
- 1990 Dick Gould
- 1992 Dick Gould

- 1995 Dick Gould
- 1996 Dick Gould
- 1997 Dick Gould
- 1998 Dick Gould
- 2000 Dick Gould

Women's Tennis (16)

- 1978* Anne Gould
- 1982 Frank Brennan
- 1984 Frank Brennan
- 1986 Frank Brennan
- 1987 Frank Brennan
- 1988 Frank Brennan
- 1989 Frank Brennan
- 1990 Frank Brennan
- 1991 Frank Brennan
- 1997 Frank Brennan
- 1999 Frank Brennan
- 2001 Lele Forood
- 2002 Lele Forood
- 2004 Lele Forood
- 2005 Lele Forood
- 2006 Lele Forood

Men's Track & Field (4)

- 1925 Dink Templeton
- 1928 Dink Templeton
- 1934 Dink Templeton
- 2000 Vin Lananna

Men's Volleyball (1)

- 1997 Ruben Nieves

Women's Volleyball (6)

- 1992 Don Shaw
- 1994 Don Shaw
- 1996 Don Shaw
- 1997 Don Shaw
- 2001 John Dunning
- 2004 John Dunning

Men's Water Polo (11)

- 1963• Jim Gaughran
- 1976 Art Lambert
- 1978 Dante Dettamanti
- 1980 Dante Dettamanti
- 1981 Dante Dettamanti
- 1985 Dante Dettamanti
- 1986 Dante Dettamanti
- 1994 Dante Dettamanti
- 1995 Dante Dettamanti
- 2001 Dante Dettamanti
- 2002 John Vargas

Women's Water Polo (1)

- 2002 John Tanner

Head Coach Conrad Ray guided the Cardinal to its eighth NCAA men's golf championship in 2007.



Stanford won back-to-back College World Series titles in 1987 and '88.

Stanford Championship Facts

Total National Championships.....	111
Total NCAA Championships.....	97
Men's	59
Women's	38
Other National Championships	14



STANFORD

2010 TRACK AND FIELD SCHEDULE

Date	Opponent / Event	Location
Indoor Season		
Sat., Jan. 16	UW Indoor Preview	Seattle, WA
Sat., Jan. 23	New Mexico Cherry & Silver	Albuquerque, NM
Fri., Jan. 29-30	Texas A&M	College Station, TX
Sat., Feb. 6	New Mexico Lobo Classic	Albuquerque, NM
Fri., Feb. 12-13	Husky Classic	Seattle, WA
Fri., Feb. 26-27	MPSF Championships	Seattle, WA
Sat., Mar. 6	UW Last Chance Meet	Seattle, WA
	Arkansas Last Chance Meet	Fayetteville, AR
Fri., Mar. 12-13	NCAA Indoor Championships	Fayetteville, AR
Outdoor Season		
Sat., Mar. 6	Stanford Opener	Stanford, CA
Wed., Mar. 24	Cal Multis	Berkeley, CA
Thu., Mar. 25	Cal Multis	Berkeley, CA
Fri., Mar. 26-27	Stanford Invitational	Stanford, CA
Wed., Mar. 31- April 3	Texas Relays	Austin, TX
April 2-3	UCLA Invitational	Westwood, CA
April 3	Johnny Mathis Invitational	San Francisco, CA
Sat., Apr. 10	The Big Meet	Berkeley, CA
Fri., Apr. 16-17	Mt. SAC Relays	Walnut, CA
Sat., Apr. 17	Mondo Invitational	Sacramento, CA
Wed., Apr. 21-24	Drake Relays	Des Moines, IA
	Penn Relays	Philadelphia, PA
Fri., Apr. 23-24	Brutus Hamilton Invitational	Berkeley, CA
	UCSD Triton Invitational	La Jolla, CA
Sat., May 1	Payton Jordan Cardinal Invitational	Stanford, CA
Sat., May 8-9	Pac-10 Multis	Berkeley, CA
Sat., May 15-16	Pac-10 Championships	Berkeley, CA
Fri., May 28-29	NCAA West Regional Championships	Austin, TX
Wed., Jun. 9-12	NCAA Championships	Eugene, OR
Wed., Jun. 23-26	USA Outdoor Championships	Des Moines, IA

