

Stanford Track and Field Invitational

Meet Schedule

FRIDAY

Running Events

Time	Events	Section/Advancement
10:42 a.m.	M - 5000m	#4
11 a.m.	W - 5000m	#4
11:27am	W- 100mH Prelims	Prelims: 4 Races, Top 9
11:52 a.m.	M- 110mH Prelims	Prelims: 4 Races, Top 9
12:12 p.m.	W- 100m Prelims	Prelims: 4 Races, Top 9
12:27 p.m.	M- 100m Prelims	Prelims: 4 Races, Top 9
12:42 p.m.	W- 1500m	Open Sections
1:10 p.m.	M - 1500m	Open Sections
1:31 p.m.	G - 3000m	2 races
1:57 p.m.	B - 3000m	2 races
2:21 p.m.	G - 400mH	4 races
2:34 p.m.	W - 400mH	4 races
2:47 p.m.	B - 400mH	4 races
3:00 p.m.	M - 400mH	4 races
3:13 p.m.	G - Distance Medley Relay	2 races
3:45 p.m.	B - Distance Medley Relay	2 races
4:12 p.m.	W - 400m	6 races
4:36 p.m.	M - 400m	6 races
5:00 p.m.	W-100m	FINAL
5:03 p.m.	M - 100m	FINAL
5:06 p.m.	W - 3000m Steeple	#3
5:21 p.m.	W - 3000m Steeple	#2
5:36 p.m.	W - 3000m Steeple	#1
5:51 p.m.	M - 3000m Steeple	#3
6:05 p.m.	M - 3000m Steeple	#2
6:18 p.m.	M - 3000m Steeple	#1
6:31 p.m.	W - 1500m	#3
6:38 p.m.	W - 1500m	#2
6:45 p.m.	W - 1500m Invitational	#1
6:52 p.m.	M - 1500m	#3
6:58 p.m.	M - 1500m	#2
7:04 p.m.	M - 1500m Invitational	#1
7:13 p.m.	W - 5000m	#3
7:33 p.m.	W - 5000m	#2
7:53 p.m.	M - 5000m	#3
8:11 p.m.	M - 5000m	#2
8:29 p.m.	W - 5000m	#1
8:48 p.m.	M - 5000m	#1
9:04 p.m.	W - 10000m	#1
9:42 p.m.	M - 10000m	#1
10:13 p.m.	W - 10000m	#2
10:51 p.m.	M - 10000m	#2

Field Events

9 a.m.	M- Javelin Collegiate	1 Flight, 9 to final
10 a.m.	M- Hammer Collegiate	2 Flights, 9 to final
11 a.m.	W- Shot Put Invite (Ring 1)	1-2 Flights, 9 to final
11 a.m.	W- Shot Put Coll. (Ring 2)	2 Flights, 9 to final
11 a.m.	W. Javelin Invitational	1-2 Flights, 9 to final
11:30 a.m.	W - Pole Vault Invitational	
11:30 a.m.	M - Long Jump Collegiate	
11:30 a.m.	W - Long Jump Collegiate	
1 p.m.	M - High Jump	2 Sections
1:30 p.m.	M - Javelin Invitational	1-2 flights, 9 to final
2:45 p.m.	M - Long Jump Invitational	
2:45 p.m.	W - Long Jump Invitational	
2:30 p.m.	M - Pole Vault Invitational	
3 p.m.	W - Hammer Invitational	2 Flights, Top 9 to final
3:30 p.m.	W - High Jump	2 Sections
4 p.m.	M - Discus Invitational	1-2 Flights, Top 9 to final
5:30 p.m.	B - Long Jump	
5:30 p.m.	G - Long Jump	
5:45 p.m.	B - Pole Vault	
6:15 p.m.	M - Discus Collegiate	2 Flights, Top 9 to final

SATURDAY

Running Events

Time	Events	Section/Advancement
9:52 a.m.	G - 4X100m Relay	5 races
10:17 a.m.	B - 4X100m Relay	5 races
10:42 a.m.	G - mile	3 race
11:02 a.m.	B - mile	3 races
11:22 a.m.	G - 100mH	Prelims: 4 races, Top 9
11:37 a.m.	B - 110mH	Prelims: 4 races, Top 9
12:12 p.m.	G - 100m	Prelims: 6 races, Top 9
12:27 p.m.	B - 100m	Prelims: 7 races, Top 9
12:42 p.m.	Lori Maynard Kids Half Lapper	10 races
1:02 p.m.	W - 4X100 Relay	2 races
1:10 p.m.	M - 4X100 Relay	2 races
1:18 p.m.	G - 4X100 Relay	FINAL
1:22 p.m.	B - 4X100 Relay	FINAL
1:26 p.m.	G - 800m	4 races
1:49 p.m.	B - 800m	4 races
2:11 p.m.	W - 800m	8 races; Fast to Slow
2:38 p.m.	M - 800m	7 races; Fast to Slow
3:02 p.m.	W - 200m	6 races
3:23 p.m.	M - 200m	6 races
3:44 p.m.	G - 400m	5 races
3:59 p.m.	B - 400m	7 races
4:19 p.m.	G - 100H	FINAL
4:25 p.m.	W - 100H	FINAL
4:29 p.m.	B - 110mH	FINAL
4:36 p.m.	M - 110mH	FINAL
4:52 p.m.	G - 100m	FINAL
4:56 p.m.	B - 100m	FINAL
5:00 p.m.	W - 4X400m Relay	2 races
5:16 p.m.	M - 4X400m Relay	2 races
5:26 p.m.	G - 4X400m Relay	6 races
5:56 p.m.	B - 4X400m Relay	6 races

Field Events

9 a.m.	B - Discus	1 flight, 9 to final
9 a.m.	G - Shot Put (Ring 1)	1 Flight, 9 to final
9 a.m.	G - Shot Put (Ring 2)	1 Flight, 9 to final
10 a.m.	G - Pole Vault Invitational	
10 a.m.	B - Triple Jump	
10 a.m.	G - Triple Jump	
10 a.m.	G - High Jump Invitational	2 Sections
10 a.m.	W - Hammer Collegiate	2 Flights, 9 to final
11 a.m.	G - Discus	1 flight, 9 to final
1 p.m.	B - High Jump Invitational	2 Sections.
1 p.m.	M - Triple Jump Collegiate	
1 p.m.	W - Triple Jump Collegiate	
1 p.m.	B - Shot Put (Ring 1)	1 Flight, 9 to final
1 p.m.	B - Shot Put (Ring 2)	1 Flight, 9 to final
1 p.m.	W - Javelin Collegiate	2 Flights, 9 to final
1 p.m.	M - Hammer Invitational	1-2 Flights, Top 9 to final
1:30 p.m.	M - Pole Vault Collegiate	
3 p.m.	W - Discus Invitational	1-2 Flights, Top 9 to final
3 p.m.	M - Shot Put Invite (Ring 1)	1-2 Flights, Top 9 to final
3 p.m.	M - Shot Put Coll. (Ring 2)	2 Flights of 8-10, 9 to final
4 p.m.	M - Triple Jump Invitational	
4 p.m.	W - Triple Jump Invitational	
4:30 p.m.	W - Pole Vault Collegiate	
5 p.m.	W - Discus Collegiate	2 Flights, 9 to final

M = Collegiate/Open men

W = Collegiate/Open women

B = High School boys

G = High School girls

Featured Collegiate/Open Athletes and Events

Stanford:

Though the Cardinal has had participants in three meets so far, the Stanford Invitational marks the true opening of the outdoor season for the Cardinal. Stanford has 12 All-Americans scheduled to compete. Three of them are first-team outdoor All-Americans – **Brianna Bain** in the women's javelin, **Luke Lefebure** in the men's 1,500 meters and **Claudia Saunders** in the women's 1,500.

Saunders, the NCAA outdoor 800 runner-up last season, and freshman **Olivia Baker** ran the second and third legs of Stanford's distance medley relay team that set a school record and finished second at the NCAA indoors on March 13. Lefebure ran the 800 leg of Stanford's NCAA indoor champion men's DMR team in 2014.

Baker is among several freshmen or sophomores in their first season eligibility who are making their home debut in a Stanford uniform. Baker, who runs the 400 on Friday is among Stanford's most intriguing recruits. This is her first collegiate 400, indoors or outdoors in an event in which she placed third in the IAAF World Junior Championships last summer, and won gold on the 4x400 in the same meet. Baker takes on teammate **Kristyn Williams**, Stanford's indoor 400 record-holder at 53.35.

Also to debut for Stanford is freshman **Isaiah Brandt-Sims**, a two-sport athlete who redshirted as a receiver in football last fall. Brandt-Sims, who will run the 200 on Saturday, became the first in history to win the Washington state high school 100 and 200 titles all four years in the state's highest classification.

Valarie Allman, the 2014 world junior runner-up, looks to take the next step in the discus. Her freshman season also included a U.S. junior title and a Stanford frosh record of 188-6. Now a sophomore, she competes in the discus and hammer throw.

Though **Lena Giger's** already the Stanford freshman record-holder in the hammer, she will attempt to climb even higher on the Stanford top-10 list as she makes her home debut. After two meets, Giger is No. 6 in the hammer (188-3) and No. 8 in the shot put (50-3 ¼).

Men:

The 200 will feature a rematch of a memorable duel from 2014. The NCAA outdoor 400 final came down to a battle between **Deon Lendore** of Texas A&M and Oregon's **Michael Berry**. Lendore won 45.02 to 45.07. They race again, this time at half the distance.

Oregon's **Edward Cheserek**, the most dominant distance runner in collegiate track, races in the 10,000. Cheserek has won two NCAA cross country titles and is noted for his deadly kick. Cheserek, a sophomore, is the defending NCAA champ at this distance.

UTEP's **Anthony Rotich** won the 2014 NCAA steeplechase and indoor mile championships. However, at Stanford, he found himself in a duel with **Billy Nelson** for the Payton Jordan Invitational steeplechase victory, only to fall just short. This time, Rotich runs the 5,000 against the likes of steeplechase veteran **Ben Bruce** and 10,000 U.S. ranker **Sean Quigley**.

The 1,500 features one of the feel-good track stories of 2014 in **Eric Avila**. After dropping out of college, Avila was working a manual labor job before resurfacing at Southern Oregon and running his first sub-4:00, at 3:56.89, at the Jim Ryun Festival of Miles last June. **Sam Penzenstadler**, the 2014 NCAA outdoor third-place finisher from Loyola-Chicago, races as well.

In the steeplechase, former Indiana walk-on **Andy Bayer**, now with the Bow-erman TC, leads the way with a No. 7 U.S. ranking. He was fourth in the 2012 Olympic trials in the 1,500 and the 12-time All-America will be looking for Olympic passage in 2016.

In the hammer, the second- and third-place finishers at 2014 NCAA's faceoff. Great Britain's **Nick Miller**, formerly of Oklahoma State, and third-place **Michael Lihman** of Wisconsin, renew their rivalry. In the men's pole vault, Chase Wolfe of Texas A&M was fifth at NCAA outdoors last year and finished with a No. 8 U.S. ranking.

U.S. championships runner-up **Riley Dolezal** heads the competition in the javelin. NCAA outdoor runner-up **Stephen Mozia** of Cornell heads the shot put field.

Women:

Texas A&M, the 2014 NCAA outdoor women's team champion and men's runner-up, brings both its teams. Among the Aggie stars is **Shamier Little**, who won the NCAA title last year in the 400 hurdles, along with capturing her second U.S. junior title, and a world junior championship. Little set her Aggie record of 55.07 while winning the NCAA crown.

Texas A&M set meet records in both women's relays last year. The Aggies went on to win the NCAA 4x100 and were second in the 4x400.

In the 800, Soquel native **Maggie Vessey** returns after nearly breaking the meet record a year ago. Vessey's style is unique as fans will discover. She is coached by former Stanford All-America **Greg Brock**, ended 2014 ranked No. 8 in the Track & Field News' U.S. rankings.

Last year, **Emma Bates** of Boise State (10,000) and **Marielle Hall** of Texas (5,000) won the long races at the NCAA outdoors. On Friday, they race each other in the 10,000. **Morgan Uceny**, one of the top U.S. middle-distance runners of recent years, and **Gabriele Grunewald**, the U.S. indoor 3,000 champ in 2014, are among the biggest names in the field.

Also in the 10,000 is American-record holder and 2008 Olympic bronze medalist **Shalane Flanagan** (30:22.22), who has made running at Stanford a regular part of her preparation for international competition. Flanagan set the Stanford Invitational 10,000 record of 31:04.85 in 2013 and also holds the Payton Jordan meet record. She'll race against reigning NCAA cross country champion **Kate Avery** of Iona and **Dominique Scott**, who helped Arkansas to the NCAA indoor track title three weeks ago with her victories in the 3,000 and the distance medley relay and got engaged afterward.

Razorbacks' pole vaulter **Sandi Morris** was the U.S. outdoor runner-up and NCAA fourth-place finisher on the way to a No. 3 U.S. ranking in 2014. She joins Arkansas teammate **Ariel Voskamp** (fifth in 2014 NCAA outdoors) as top contenders.

Defending NCAA outdoor champion **Shelbi Vaughan** of Texas A&M won the Texas Relays last week with a national-leading discus throw of 201-8.