



# STANFORD MEDIA RELATIONS

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## The FINAL 2006 Stanford Men's Indoor Track & Field Best Times & Marks (as of March 11, 2006)

<b>55 Meters (+6.14 NCAA; =6.24 NCAA Provisional; #School Record)</b>		<b>Time/Mark</b>
<b>60 Meters (+6.62 NCAA; =6.72 NCAA Provisional; #School Record)</b>		
1. Wopamo Osaisai	Frank Sevigne Husker Invitational (2/4/06)	#6.83
2. David Marrero	Frank Sevigne Husker Invitational (2/3/06)	7.10
3. Myles Bradley	Washington Invitational (1/28/06)	7.13
4. Josh Hustedt	MPSF Championship (2/24/06)	7.17
5. Adrian Munabi	Frank Sevigne Husker Invitational (2/3/06)	7.24
<b>55 Meter Hurdles (+6.62 NCAA; =7.38 NCAA Provisional; #School Record)</b>		
<b>60 Meter Hurdles (+7.70 NCAA; 7.91 NCAA Provisional; #School Record)</b>		
1. Myles Bradley	Washington Invitational (1/28/06)	#8.03
2. Josh Hustedt	MPSF Championship (2/25/06)	8.31
3. Dan Knickerbocker	MPSF Championship (2/24/06)	8.50
<b>200 Meters (+20.83 NCAA; =21.23 NCAA Provisional; #School Record)</b>		
1. Wopamo Osaisai	Arkansas Tyson Invitational (2/11/06)	21.60
2. David Marrero	Frank Sevigne Husker Invitational (2/3/06)	22.95
<b>400 Meters (+46.85 NCAA, =47.65 NCAA Provisional; #School Record)</b>		
1. Elliot Luscombe	Frank Sevigne Husker Invitational (2/3/06)	49.86
2. Joel Prickett	Frank Sevigne Husker Invitational (2/3/06)	51.16
<b>800 Meters (+1:47.80 NCAA; =1:49.50 NCAA Provisional; #School Record)</b>		
1. Michael Garcia	MPSF Championship (2/24/06)	1:50.16
2. Russell Brown	Washington Invitational (1/28/06)	1:50.71
3. Joaquin Chapa	MPSF Championship (2/24/06)	1:50.89
4. Alex Greenburg	MPSF Championship (2/24/06)	1:52.07
5. Jacob Evans	MPSF Championship (2/24/06)	1:53.80
<b>Mile (+3:59.00 NCAA; =4:04.90 NCAA Provisional; #School Record)</b>		
1. Russell Brown	Arkansas Tyson Invitational (2/10/06)	=3:59.65
2. Garrett Heath	Arkansas Tyson Invitational (2/10/06)	=4:03.32
3. Lauren Jespersen	Washington Last Chance Invitational (3/4/06)	=4:03.51
4. Joaquin Chapa	Washington Last Chance Invitational (3/4/06)	=4:04.33
5. David Vidal	Washington Invitational (1/28/06)	4:06.99
<b>3,000 Meters (+NCAA 7:55.00; =8:05.00 NCAA Provisional; #School Record)</b>		
1. Jacob Gomez	MPSF Championship (2/25/06)	=7:55.26
2. Neftalem Araia	MPSF Championship (2/25/06)	=7:56.11
3. Jonathan Pierce	MPSF Championship (2/25/06)	=7:59.19
4. Brett Gotcher	Washington Invitational (1/28/06)	8:05.54
5. Hari Mix	Arkansas Tyson Invitational (2/11/06)	8:11.34
<b>5,000 Meters (+13:50.10 NCAA; =14:11.90 NCAA Provisional; #School Record)</b>		
1. Neftalem Araia	Arkansas Tyson Invitational (2/10/06)	=13:52.81
2. Hari Mix	MPSF Championship (2/24/06)	=14:04.44
3. Brett Gotcher	MPSF Championship (2/24/06)	=14:04.66
4. Hakon DeVries	MPSF Championship (2/24/06)	=14:08.08
<b>4 x 400 Meter Relay (+3:05.00 NCAA; =3:10.40 NCAA Provisional; #School Record)</b>		
1. Stanford	MPSF Championship (2/25/06)	3:18.04
Elliot Luscombe, Wopamo Osaisai, Alex Greenburg, Michael Garcia		

<b>Distance Medley Relay (+9:33.00 NCAA; =9:43.70 NCAA Provisional; #School Record)</b>		<b>Time/Mark</b>
1. Stanford	Arkansas Tyson Invitational (2/11/06)	=9:34.32
Russell Brown, Michael Garcia, Joaquin Chapa, Garrett Heath		
2. Stanford "A"	Washington Invitational (1/27/06)	=9:41.08
Russell Brown, Wopamo Osaisai, Michael Garcia, Joaquin Chapa		
3. Stanford "C"	Washington Invitational (1/27/06)	9:48.39
Steven DeWitt, Jacob Evans, Brett Gotcher, Garrett Heath		
4. Stanford "B"	Washington Invitational (1/27/06)	9:52.70
Lauren Jespersen, Alex Greenburg, Sean Drake, Hakon DeVries		
<b>High Jump (+7-3 3/4, 2.23m NCAA; =7-0 1/2, 2.17 NCAA Provisional; #School Record)</b>		
1. Josh Hustedt	MPSF Championship (2/24/06)	6-4 1/4, 1.94m)
<b>Long Jump (+25-9 1/4, 7.85m NCAA; =24-5 1/2, 7.45m NCAA Provisional; #School Record)</b>		
1. Josh Hustedt	Frank Sevigne Husker Invitational (2/3/06)	23-8 (7.21m)
2. Adrian Munabi	Frank Sevigne Husker Invitational (2/3/06)	23-4 1/2 (7.12m)
3. Solomon Welch	MPSF Championship (2/24/06)	23-0 3/4 (7.03m)
4. Myles Bradley	Frank Sevigne Husker Invitational (2/3/06)	23-0 1/2 (7.02m)
5. Feranmi Okanlami	MPSF Championship (2/24/06)	22-4 1/4 (6.81m)
<b>Pole Vault (+18-0 1/2, 5.50m NCAA; =17-0 3/4, 5.20m NCAA Provisional; 15-9, #School Record)</b>		
1. Graeme Hoste	Frank Sevigne Husker Invitational (2/4/06)	=17-7 3/4 (5.38m)
2. Josh Hustedt	MPSF Championship (2/25/06)	14-11 1/2 (4.56m)
<b>Shot Put (+63-4, 19.30m NCAA; =58-3, 17.75m NCAA Provisional; #School Record)</b>		
1. Michael Robertson	Washington Invitational (1/28/06)	56-5 3/4 (17.21m)
2. Mark Shughart	MPSF Championship (2/25/06)	51-10 (15.80m)
3. Josh Hustedt	MPSF Championship (2/24/06)	38-10 1/2 (11.85m)
<b>Triple Jump (+53-1 3/4, 16.20m NCAA; =50-10 1/4, 15.50m NCAA Provisional; #School Record)</b>		
1. Solomon Welch	Washington Last Chance Qualifier (3/4/06)	=#51-10 1/2 (15.81m)
2. Feranmi Okanlami	Washington Last Chance Qualifier (3/4/06)	=51-7 1/4 (15.73m)
<b>Weight Throw (+69-6 3/4, 21.20m NCAA; =62-4, 19.00m NCAA Provisional; #School Record)</b>		
1. Michael Robertson	MPSF Championship (2/24/06)	59-4 1/4 (18.09m)
<b>Heptathlon (+5,650 points NCAA); =5,200 points NCAA Provisional)</b>		
1. Josh Hustedt	MPSF Championship (2/24 - 2/25/06)	=#5,359 points

## The 2006 Stanford Track & Field Indoor Season

### Neftalem Araia

#### 3000 Meters

7:56.11 - MPSF Championship (2/25/06)  
8:07.20 - Washington Invitational (1/28/06)  
8:33.96 - NCAA Indoor Championship (3/11/06)

#### 5000 Meters

13:52.81 - Arkansas Tyson Invitational (2/10/06)

### Myles Bradley

#### 60 Meters

7.13 - Washington Invitational (1/28/06)

#### 60 Meter Hurdles

8.03 - Washington Invitational (1/28/06)  
8.10 - MPSF Championship (2/24/06)  
8.14 - MPSF Championship (2/25/06)  
8.15 - Frank Sevigne Husker Invitational (2/3/06)  
8.24 - Frank Sevigne Husker Invitational (2/4/06)

#### Long Jump

23-0 1/2 (7.02m) - Frank Sevigne Husker Invitational (2/3/06)  
22-11 (6.98m) - MPSF Championship (2/24/06)

### Russell Brown

#### 800 Meters

1:50.71 - Washington Invitational (1/28/06)

#### Mile

3:59.65 - Arkansas Tyson Invitational (2/10/06)  
4:02.54 - MPSF Championship (2/25/06)  
4:02.66 - NCAA Indoor Championship (3/10/06)  
4:16.00 - NCAA Indoor Championship (3/11/06)

### Joaquin Chapa

#### 800 Meters

1:50.89 - MPSF Championship (2/24/06)  
1:51.20 - MPSF Championship (2/25/06)

#### Mile

4:04.33 - Washington Last Chance Qualifier (3/4/06)  
4:04.91 - Arkansas Tyson Invitational (2/10/06)

### Hakon DeVries

#### Mile

4:12.75 - Frank Sevigne Husker Invitational (2/4/06)

#### 3000 Meters

8:11.48 - Arkansas Tyson Invitational (2/11/06)

#### 5000 Meters

14:08.08 - MPSF Championship (2/24/06)

### Steven DeWitt

#### Mile

4:10.34 - MPSF Championship (2/25/06)  
4:11.81 - Washington Invitational (1/28/06)

### Jacob Evans

#### 800 Meters

1:53.80 - MPSF Championship (2/24/06)  
1:54.60 - Arkansas Tyson Invitational (2/11/06)  
1:55.84 - Washington Invitational (1/28/06)  
1:56.05 - Frank Sevigne Husker Invitational (2/4/06)

### Michael Garcia

#### 800 Meters

1:50.16 - MPSF Championship (2/24/06)  
1:50.60 - Washington Invitational (1/28/06)  
1:51.09 - Arkansas Tyson Invitational (2/11/06)  
1:51.29 - MPSF Championship (2/25/06)

### Jacob Gomez

#### 3000 Meters

7:55.26 - MPSF Championship (2/25/06)  
7:57.65 - Washington Invitational (1/28/06)  
8:00.17 - Arkansas Tyson Invitational (2/11/06)  
8:12.22 - NCAA Indoor Championship (3/11/06)

### Brett Gotcher

#### 3000 Meters

8:05.54 - Washington Invitational (1/28/06)  
8:17.53 - Arkansas Tyson Invitational (2/11/06)

#### 5000 Meters

14:04.66 - MPSF Championship (2/24/06)

### Alex Greenburg

#### 800 Meters

1:52.07 - MPSF Championship (2/24/06)  
1:54.49 - Washington Invitational (1/28/06)  
1:55.24 - Arkansas Tyson Invitational (2/11/06)

### Garrett Heath

#### Mile

4:03.32 - Arkansas Tyson Invitational (2/10/06)  
4:05.65 - Washington Invitational (1/28/06)

#### 3000 Meters

8:34.42 - MPSF Championship (2/25/06)

### Graeme Hoste

#### Pole Vault

17-7 3/4 (5.38m) - Frank Sevigne Husker Invitational (2/4/06)  
17-7 (5.36m) - MPSF Championship (2/25/06)  
17-1 (5.21m) - Arkansas Tyson Invitational (2/11/06)  
17-0 3/4 (5.20m) - Washington Invitational (1/28/06)  
17-0 3/4 (5.20m) - NCAA Indoor Championship (3/10/06)

### Josh Hustedt

#### Heptathlon

5,359 points - MPSF Championship (2/24 / 2/25/06)  
5,190 points - Washington Invitational (1/27 - 1/28/06)

#### 60 Meters

7.17 - MPSF Championship (2/24/06)  
7.31 - Washington Invitational (1/27/06)  
7.37 - Arkansas Tyson Invitational (2/10/06)

#### 60 Meter Hurdles

8.31 - MPSF Championship (2/25/06)  
8.36 - Frank Sevigne Husker Invitational (2/3/06)  
8.39 - Frank Sevigne Husker Invitational (2/4/06)  
8.48 - Washington Invitational (1/28/06)

#### High Jump

6-4 1/4 (1.94m) - MPSF Championship (2/24/06)  
6-3 1/4 (1.91m) - Washington Invitational (1/27/06)  
nh - Arkansas Tyson Invitational (2/11/06)

#### Long Jump

23-8 (7.21m) - Frank Sevigne Husker Invitational (2/3/06)  
23-5 1/2 (7.14m) - Washington Invitational (1/27/06)  
21-11 1/2 (6.69m) - MPSF Championship (2/24/06)

#### Pole Vault

14-11 1/2 (4.56m) - MPSF Championship (2/25/06)  
14-7 1/4 (4.45m) - Washington Invitational (1/28/06)  
nh - Arkansas Tyson Invitational (2/10/06)

#### Shot Put

34-10 1/4 (10.62m) - Washington Invitational (1/27/06)  
38-10 1/2 (11.85m) - MPSF Championship (2/24/06)

## The 2006 Stanford Track & Field Indoor Season

### Lauren Jespersen

#### Mile

4:03.51 - Washington Last Chance Qualifier (3/4/06)  
4:07.17 - Washington Invitational (1/28/06)  
4:07.88 - Arkansas Tyson Invitational (2/10/06)  
4:26.64 - MPSF Championship (2/25/06)

### Daniel Knickerbocker

#### 60 Meters

7.48 - Frank Sevigne Husker Invitational (2/3/06)

#### 60 Meter Hurdles

8.50 - MPSF Championship (2/24/06)  
8.62 - Frank Sevigne Husker Invitational (2/3/06)

### Elliot Luscombe

#### 400 Meters

49.86 - Frank Sevigne Husker Invitational (2/3/06)  
50.72 - MPSF Championship (2/24/06)

### David Marrero

#### 60 Meters

7.10 - Frank Sevigne Husker Invitational (2/3/06)

#### 200 Meters

22.95 - Frank Sevigne Husker Invitational (2/3/06)

### Hari Mix

#### 3000 Meters

8:11.34 - Arkansas Tyson Invitational (2/11/06)  
8:16.30 - Washington Invitational (1/28/06)

#### 5000 Meters

14:04.44 - MPSF Championship (2/24/06)

### Adrian Munabi

#### 60 Meters

7.24 - Frank Sevigne Husker Invitational (2/3/06)  
7.28 - Washington Invitational (1/28/06)

#### Long Jump

23-4 1/2 (7.12m) - Frank Sevigne Husker Invitational (2/3/06)  
22-9 3/4 (6.95m) - Washington Invitational (1/28/06)  
18-1 (5.51m) - MPSF Championship (2/24/06)

### Feranmi Okanlami

#### Long Jump

22-4 1/4 (6.81m) - MPSF Championship (2/24/06)  
nm - Frank Sevigne Husker Invitational (2/3/06)

#### Triple Jump

51-7 1/4 (15.73m) - Washington Last Chance Qualifier (3/4/06)  
50-3 1/2 (15.33m) - NCAA Indoor Championship (3/11/06)  
50-0 3/4 (15.26m) - MPSF Championship (2/25/06)  
49-2 1/2 (15.00m) - Washington Invitational (1/28/06)  
48-9 1/2 (14.87m) - Frank Sevigne Husker Invitational (2/4/06)

### Wopamo Osaisai

#### 60 Meters

6.83 - Frank Sevigne Husker Invitational (2/4/06)  
6.84 - Washington Invitational (1/28/06)  
6.86 - Arkansas Tyson Invitational (2/10/06)  
6.86 - MPSF Championship (2/25/06)  
6.87 - Frank Sevigne Husker Invitational (2/3/06)  
6.89 - MPSF Championship (2/24/06)

#### 200 Meters

21.60 - Arkansas Tyson Invitational (2/11/06)  
21.67 - Frank Sevigne Husker Invitational (2/3/06)  
21.80 - MPSF Championship (2/24/06)  
22.02 - Frank Sevigne Husker Invitational (2/4/06)  
22.10 - MPSF Championship (2/25/06)

### Jonathan Pierce

#### 3000 Meters

7:59.19 - MPSF Championship (2/25/06)  
8:02.13 - Washington Invitational (1/28/06)  
8:04.04 - Arkansas Tyson Invitational (2/11/06)

### Joel Prickett

#### 400 Meters

51.16 - Frank Sevigne Husker Invitational (2/3/06)  
51.30 - MPSF Championship (2/24/06)

### Michael Robertson

#### Shot Put

59-4 1/4 (18.09m) - MPSF Championship (2/24/06)  
56-5 3/4 (17.21m) - Washington Invitational (1/28/06)  
55-4 1/4 (16.87m) - Arkansas Tyson Invitational (2/10/06)  
55-3 (16.84m) - MPSF Championship (2/25/06)  
52-8 (16.05m) - Frank Sevigne Husker Invitational (2/4/06)

#### Weight Throw

53-2 1/2 (16.52m) - Frank Sevigne Husker Invitational (2/3/06)  
53-0 3/4 (16.17m) - Arkansas Tyson Invitational (2/11/06)

### Mark Shughart

#### Shot Put

51-10 (15.80m) - MPSF Championship (2/25/06)  
48-5 1/2 (14.77m) - Frank Sevigne Husker Invitational (2/4/06)  
47-8 (14.53m) - Arkansas Tyson Invitational (2/10/06)

### David Vidal

#### Mile

4:06.99 - Washington Invitational (1/28/06)

### Solomon Welch

#### 60 Meters

7.37 - Washington Invitational (1/28/06)

#### Long Jump

23-0 3/4 (7.03m) - MPSF Championship (2/24/06)  
22-7 1/4 (6.89m) - Frank Sevigne Husker Invitational (2/3/06)

#### Triple Jump

51-10 1/2 (15.81m) - Washington Last Chance Qualifier (3/4/06)  
51-5 1/2 (15.68m) - Washington Invitational (1/28/06)  
51-1 1/2 (15.58m) - MPSF Championship (2/25/06)  
50-1 3/4 (15.28m) - Frank Sevigne Husker Invitational (2/4/06)  
48-10 (14.88m) - NCAA Championship (3/11/06)

## The 2006 Stanford Indoor Track & Field Season

### 1600 Meter Relay

3:18.04 - MPSF Championship (2/25/06)

Elliot Luscombe, Wopamo Osaisai, Alex Greenburg, Michael Garcia

3:26.24 - Frank Sevigne Husker Invitational (2/4/06)

Elliot Luscombe, Josh Hustedt, Adrian Munabi, Wopamo Osaisai

### Distance Medley Relay

9:34.32 - Arkansas Tyson Invitational (2/11/06)

9:38.87 - MPSF Championship (2/24/06)

Russell Brown, Michael Garcia, Joaquin Chapa, Garrett Heath

9:41.08 - Washington Invitational (1/27/06)

Russell Brown, Wopamo Osaisai, Michael Garcia, Joaquin Chapa

9:41.91 - NCAA Indoor Championship (3/10/06)

Russell Brown, Michael Garcia, Joaquin Chapa, Garrett Heath

9:48.39 - Washington Invitational (1/27/06)

Steven DeWitt, Jacob Evans, Brett Gotcher, Garrett Heath

9:52.70 - Washington Invitational (1/27/06)

Lauren Jespersen, Alex Greenburg, Sean Drake, Hakon DeVries

### MPSF Championship (2/24 - 2/25/06, University of Washington)

#### 2nd place, 100 points

1. Russell Brown, mile, 4:02.54

1. Jacob Gomez, 3000 meters, 7:55.26

1. Distance Medley Relay, 9:38.87

Russell Brown, Michael Garcia, Joaquin Chapa, Garrett Heath

2. Neftalem Araia, 3000 meters, 7:56.11

2. Graeme Hoste, pole vault, 17-7 (5.36m)

3. Jonathan Pierce, 3000 meters, 7:59.19

3. Michael Robertson, 35-lb weight throw, 59-4 1/4 (18.09m)

3. Solomon Welch, triple jump, 51-1 1/2 (15.58m)

4. Myles Bradley, 60 meter hurdles, 8.14

4. Joaquin Chapa, 800 meters, 1:51.20

4. Josh Hustedt, heptathlon, 5,359 points

4. Wopamo Osaisai, 60 meters, 6.86

5. 1600 meter relay, 3:18.04

Elliot Luscombe, Wopamo Osaisai, Alex Greenburg, Michael Garcia

5. Michael Garcia, 800 meters, 1:51.29

6. Hari Mix, 5000 meters, 14:04.44

7. Brett Gotcher, 5000 meters, 14:04.66

8. Hakon DeVries, 5000 meters, 14:08.08

8. Feranmi Okanlami, triple jump, 50-0 3/4 (15.26m)

8. Wopamo Osaisai, 200 meters, 22.10

9. Steve DeWitt, mile, 4:10.34

9. Michael Robertson, shot put, 55-3 (16.84m)

9. Solomon Welch, long jump, 23-0 3/4 (7.03m)

10. Myles Bradley, long jump, 22-11 (6.98m)

13. Lauren Jespersen, mile, 4:26.64

15. Feranmi Okanlami, long jump, 22-4 1/4 (6.81m)

16. Adrian Munabi, long jump, 18-1 (5.51m)

16. Mark Shughart, shot put, 51-10 (15.80m)

23. Garrett Heath, 3000 meters, 8:34.42

### NCAA Championship (3/10 - 3/11/06, University of Arkansas)

#### 52nd place, 2 points

8. Russell Brown, mile, 4:16.00 - All-American

8. Distance Medley Relay, 9:41.91 - All-Americans

Russell Brown, Michael Garcia, Joaquin Chapa, Garrett Heath

10. Jacob Gomez, 3000 meters, 8:12.22

14. Neftalem Araia, 3000 meters, 8:33.96

15. Graeme Hoste, pole vault, 17-0 3/4 (5.20m)

15. Feranmi Okanlami, triple jump, 50-3 1/2 (15.33m)

17. Solomon Welch, triple jump, 48-10 (14.88m)

#### Prelims

3. Russell Brown, mile, 4:02.66q