



STANFORD MEDIA RELATIONS

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NCAA Qualifiers	Times/Marks
Ian Dobson, 10,000 meters	28:39.55
Louis Luchini, 10,000 meters	28:41.13
Adam Tenforde, 10,000 meters	28:43.18
NCAA West Regional Qualifiers	
Times/Marks	
Chauntae Bayne, 100 meters	10.74wa
Undine Becker, 100 meter hurdles	14.00
Undine Becker, 400 meter hurdles	60.31
Sara Bei, 800 meters	2:10.21
Sara Bei, 1,500 meters	4:20.85
Sara Bei, 5,000 meters	16:03.08
Leila Ben-Youssef, pole vault	12-11 3/4 (3.96m)
Lillian Bush, heptathlon	5,129 points
Lillian Bush, 100m hurdles	13.99
Jill Camarena, discus	170-6 (51.96m)
Jill Camarena, shot put	55-7 (16.94m)
Donielle Colich, discus	176-6 (53.79m)
Alicia Craig, 5,000 meters	15:25.75
Gerren Crochet, 110m hurdles	52.63
Kitty Currier, discus	161-9 (49.30m)
Neil Davis, 5,000 meters	14:12.32
Ian Dobson, 3,000m steeplechase	8:59.36
Ian Dobson, 5,000 meters	14:12.78
Ian Dobson, 10,000 meters	28:39.55
Kathleen Donoghue, pole vault	12-11 3/4 (3.96m)
Malindi Elmore, 800 meters	2:08.66
Malindi Elmore, 1,500 meters	4:17.15
Chris Emme, 5,000 meters	14:14.55
Lauren Fleshman, 800 meters	2:09.45
Lauren Fleshman, 5,000 meters	15:23.94
Evan Fox, 800 meters	1:50.94
Evan Fox, 1,500 meters	3:44.34
Dan Gibson, 1,500 meters	3:45.72
Jason Goff, javelin	201-6 (61.41m)
Jeane Goff, 1,500 meters	4:26.31
Jeane Goff, 3,000m steeplechase	10:23.03
Jeane Goff, 5,000 meters	16:55.28
Jacob Gomez, 1,500 meters	3:49.76
Ryan Hall, 1,500 meters	3:43.37
Isaac Hawkins, 5,000 meters	14:22.88
Seth Hejny, 1,500 meters	3:49.03
Seth Hejny, 5,000 meters	14:06.51
Andrew Hill, 5,000 meters	14:15.16
Sarah Hopping, hammer	184-1 (56.12m)
Katie Hotchkiss, 1,500 meters	4:23.34
Lauren Hyatt, 800 meters	2:09.86
Omer Inan, discus	194-0 (59.13m)
Lindsey Johnson, 100m hurdles	13.48
Lindsey Johnson, 400m hurdles	58.84
Nashonme Johnson, 100 meters	11.80
Nashonme Johnson, 400 meters	54.61
Jennifer Lee, javelin	142-4 (43.39m)
Milton Little, long jump	25-11 (7.90m)
Milton Little, triple jump	49-6 1/4wa(15.09m)

For Immediate Release: Thursday, May 8, 2003

The Stanford Track & Field Report Stanford Hosts Cardinal Qualifier

Decathletes/Heptathletes Compete at Pac-10 Championships

Cardinal Catalogue

Stanford will send one decathlete and two heptathletes to compete at the 2003 Pacific-10 Multi-Event Championships this weekend (Saturday-Sunday) at USC's Cromwell Field at Katherine B. Loker Stadium ... Approximately 24 of the conference's best multi-event athletes will compete ... Admission is free for the events, which begin on Saturday with the Decathlon at 2:00 p.m., while the Heptathlon gets underway at 2:30 p.m. ... On Sunday, the competition begins at noon for the Decathlon and 1:00 p.m. in the Heptathlon ... **Timi Wusu** will compete in the decathlon while **Lillian Bush** and **Ahimsa Hodari** will compete in the heptathlon ... **Wusu** tallied 6,979 points at the UC Multi-Event Championships (March 26-27) ... **Wusu's** point total is eighth-best in school history ... **Bush** chalked up 5,129 points at the Mt. SAC Relays (April 16-17) while **Hodari** has a season-best of 4,838 points, also at the Mt. SAC Relays ... **Bush's** point total is sixth-best in school history, while **Hodari's** point total is ninth-best all-time at Stanford ... Trying for his second-career Pac-10 Decathlon title will be **Santiago Lorenzo** of Oregon, who has a conference-best 7,911 point effort to his credit this season ... On the women's side, **Ellannee Richardson** of Washington State is going for her third consecutive Pac-10 Heptathlon title ... **Richardson** has a best of 5,701 points this season.

Time Table

Saturday, May 10 - Pac-10 Decathlon/Heptathlon Championships

2:00 p.m. - Decathlon 100 meters
2:30 p.m. - Heptathlon 100 meter hurdles
2:45 p.m. - Decathlon Long Jump
3:15 p.m. - Heptathlon High Jump
4:30 p.m. - Decathlon Shot Put
5:45 p.m. - Decathlon High Jump
5:45 p.m. - Heptathlon Shot Put
7:30 p.m. - Heptathlon 200 Meters
8:00 p.m. - Decathlon 400 meters

Sunday, May 11 - Pac-10 Decathlon/Heptathlon Championships

12:30 p.m. - Decathlon 110 Meter High Hurdles
12:45 p.m. - Decathlon Discus
1:00 p.m. - Heptathlon Long Jump
2:15 p.m. - Decathlon Pole Vault
2:30 p.m. - Heptathlon Javelin
3:45 p.m. - Heptathlon 800 Meters
5:00 p.m. - Decathlon Javelin
6:30 p.m. - Decathlon 1,500 meters

NCAA West Regional Qualifiers	TimesMarks
Steve Loughlin, 1,500 meters	3:45.03
Steve Loughlin, 5,000 meters	14:08.13
Louis Luchini, 1,500 meters	3:45.39
Louis Luchini, 5,000 meters	13:31.80
Louis Luchini, 10,000 meters	28:41.13
Erin Merriman, javelin	150-6 (45.88m)
Christine Moschella, 400 meters	54.36
Molly Meyer, discus	167-2 (50.96m)
Chinny Offor, 400 meters	54.68
Ashley Purnell, 200 meters	23.88
Jessica Pluth, hammer	189-6 (57.76m)
Grant Robison, 1,500 meters	3:43.07
Grant Robison, 5,000 meters	13:41.82
Justin Romaniuk, 800 meters	1:50.79
Nick Sebes, 400 meters	46.99
Samantha Shepard, pole vault	13-0 3/4 (3.98m)
Robert Smitson, 5,000 meters	14:15.26
Kim Stone, high jump	5-11 1/4 (1.81m)
Adam Tenforde, 5,000 meters	14:06.27
Adam Tenforde, 10,000 meters	28:43.18
Solomon Welch, triple jump	49-7 1/4 (15.12m)
Neil Welihozkiy, hammer	218-4 (66.56m)
Justin Williams, 100m hurdles	14.10
Men's 400 meter relay	40.15
Women's 400 meter relay	45.22
Men's 1,600 meter relay	3:07.77
Women's 1,600 meter relay	3:34.82

Pac-10 Qualifiers	Times/Marks
Jakki Bailey, 200 meters	24.13
Chauntae Bayne, 100 meters	11.74wa
Chauntae Bayne, 200 meters	24.24
Undine Becker, 100m hurdles	14.00
Undine Becker, 400m hurdles	60.31
Undine Becker, long jump	19-4 (5.89m)
Sara Bei, 800 meters	2:10.21
Sara Bei, 1,500 meters	4:20.85
Sara Bei, 5,000 meters	16:03.08
Leila Ben-Yousef, pole vault	12-11 3/4 (3.96m)
Lillian Bush, heptathlon	5,129 points
Lillian Bush, 100m hurdles	13.99
Lillian Bush, long jump	19-2 3/4 (5.86m)
Jill Camarena, discus	170-6 (51.96m)
Jill Camarena, shot put	55-7 (16.94m)
Kristin Cohoon, 5,000 meters	17:08.07
Donielle Colich, hammer	176-6 (53.79m)
Alicia Craig, 5,000 meters	15:25.75
Gerren Crochet, 400m hurdles	52.63
Kitty Currier, discus	161-9 (49.30m)
Neil Davis, 5,000 meters	14:12.32
Ian Dobson, 3,000m steeplechase	8:59.36
Ian Dobson, 5,000 meters	14:12.78
Ian Dobson, 10,000 meters	28:39.55
Kathleen Donoghue, pole vault	12-11 3/4 (3.96m)
Malindi Elmore, 800 meters	2:08.66
Malindi Elmore, 1,500 meters	4:17.15
Chris Emme, 5,000 meters	14:14.55
Lauren Fleshman, 800 meters	2:09.86
Lauren Fleshman, 5,000 meters	15:23.94
Evan Fox, 800 meters	1:50.94
Evan Fox, 1,500 meters	3:44.34

Stanford Story

Stanford will host the Cardinal Qualifier on Friday (5/9/03) at Cobb Track & Angell Field ... This event will give many athletes from around the United States a chance to qualify for the NCAA Regional and Conference Championships ... Field events start at 5:00 p.m. while the running events start at 7:00 p.m. ... Several Cardinal athletes will compete on Friday night ... On Saturday (5/10/03), Stanford will send a small group of athletes to the Modesto Relays.

Cardinal Corner

Stanford has the top three times in the 1,500 meters with **Grant Robison (3:43.07)**, **Evan Fox (3:44.34)** and **Steve Loughlin (3:45.03)** ... **Louis Luchini** and **Ian Dobson** are 1-3 in the conference in the 5,000 meters at 13:31.80 and 13:52.29, respectively ... The Cardinal ranks 1-2-3 in the 10,000 meters with **Dobson (28:39.55)**, **Luchini (28:41.13)** and **Adam Tenforde (28:43.18)** ... **Milton Little**, the 2002 Pac-10 long jump champion, is #2 in the conference at 25-11 (7.90m) ... **Nick Welihozkiy** is #2 in the hammer (214-4, 65.33m) ... **Omer Inan** has thrown the discus 194-0 (59.13m), #3 in the Pac-10 ... On the women's side, **Malindi Elmore** has the Pac-10's best time (4:17.15) in the 1,500 meters ... **Jeane Goff** is #1 in the 3,000 meter steeplechase (10:24.32), while **Lauren Fleshman** and **Alicia Craig** are 1-2 in the 5,000 meters at 15:23.94 and 15:25.75, respectively ... **Jill Camarena** is first in the conference in the shot put (55-10 1/2, 17.03m).

Peak Performance

Numerous Stanford athletes have qualified for the NCAA West Regionals on May 30-31 at Cobb Track & Angell Field ... Fifty athletes and four relay teams have qualified for regional competition ... Sixty-one athletes have met the qualifying standards for the Pac-10 Championships which will be held May 17-18 at USC.

Record Review

Four school records and three freshman school marks have been broken thus far this year ... **Lauren Fleshman** ran a 15:23.94 at the Mt. Sac Relays (4/17/03) to beat **Patti Sue Plumer's** time of 15:29.00 set in 1984 ... **Fleshman's** time is the best time for a collegiate runner this year, and third-best all-time for an American runner ... **Lindsey Johnson** ran a 13.48 at the Big Meet (5/3/03) to beat own record of 13.61 set earlier in the year ... The 1,600 meter relay team (**Undine Becker, Nathonme Johnson, Christine Moschella, Chauntae Bayne**) set a new standard by being timed in 3:34.82 ... The old time was 3:41.27 set in 1995 ... The women's distance medley relay team of **Malindi Elmore, Chinny Offor, Katie Hotchkiss** and **Lauren Fleshman** ran a 11:03.59 to win at the Drake Relays (4/25/03) ... The old distance medley relay time was 11:06.23, set in 2000 ... **Alicia Craig** set a new freshman record in the 5,000 meters with a time of 15:25.75 at the Mt. SAC Relays (4/17/03) ... **Craig's** time is second-best overall at Stanford ... **Samantha Shepard** established a new freshman record in the pole vault with a leap of 13-0 3/4 (3.98m) ... The old mark was 13-0 1/4 (3.97m) by **Kathleen Donoghue** in 2000 ... **Nathonme Johnson** set a freshman school record with a time

Pac-10 Qualifiers

	Times/Marks
Dan Gibson, 1,500 meters	3:45.72
Jason Goff, javelin	201-6 (61.41m)
Jeane Goff, 1,500 meters	4:26.31
Jeane Goff, 3,000m steeplechase	10:23.03
Jeane Goff, 5,000 meters	16:55.28
Jacob Gomez, 1,500 meters	3:49.76
Brett Gotcher, 5,000 meters	14:24.80
Ryan Hall, 1,500 meters	3:43.37
Isaac Hawkins, 5000 meters	14:22.88
Seth Hejny, 1,500 meters	3:49.03
Seth Hejny, 5,000 meters	14:06.81
Andrew Hill, 5,000 meters	14:15.16
Ahimsa Hodari, heptathlon	4,836 points
Sarah Hopping, discus	184-1 (56.12m)
Katie Hotchkiss, 800 meters	2:08.53
Katie Hotchkiss, 1,500 meters	4:23.34
Lindsay Hyatt, 800 meters	2:09.86
Lindsay Hyatt, 1,500 meters	4:32.06
Omer Inan, discus	194-0 (59.13m)
Lindsey Johnson, 100m hurdles	13.48
Lindsey Johnson, 400m hurdles	58.84
Nashonme Johnson, 100 meters	11.80
Nashonme Johnson, 200 meters	23.84wa
Nashonme Johnson, 400 meters	54.61
Sean Knapp, 3000m steeplechase	9:07.89
Jennifer Lee, javelin	142-4 (43.39m)
Milton Little, 100 meters	10.56wa
Milton Little, 200 meters	21.31
Milton Little, long jump	25-11 (7.90m)
Milton Little, triple jump	49-61/4wa (15.09m)
Steve Loughlin, 1,500 meters	3:45.03
Steve Loughlin, 5,000 meters	14:08.13
Louis Luchini, 1,500 meters	3:45.39
Louis Luchini, 5,000 meters	13:31.80
Louis Luchini, 10,000 meters	28:41.13
Russ Martin, 5,000 meters	14:28.87
Erin Merriman, javelin	150-6 (45.88m)
Molly Meyer, discus	167-2 (50.96m)
Christine Moschella, 200 meters	24.34
Christine Moschella, 400 meters	54.36
Chinny Offor, 400 meters	54.68
Jessica Pluth, hammer	189-6 (57.76m)
Ashley Purnell, 200 meters	23.88
Grant Robison, 1,500 meters	3:43.07
Grant Robison, 5,000 meters	13:41.82
Justin Romaniuk, 800 meters	1:50.79
Nick Sebes, 400 meters	46.99
Samantha Shepard, pole vault	13-0 3/4 (3.98m)
Anita Siraki, 5,000 meters	17:24.57
Robert Smitson, 5,000 meters	14:15.26
Kim Stone, high jump	5-11 1/4 (1.81m)
Erin Sullivan, 5,000 meters	17:09.60
Adam Tenforde, 5,000 meters	14:06.27
Adam Tenforde, 10,000 meters	28:43.18
Solomon Welch, triple jump	49-7 1/4 (15.12m)
Nick Welihozkiy, hammer	218-4 (66.56m)
Philip West, 5,000 meters	14:34.62
Justin Williams, 110m hurdles	14.10
Tim Wusu, decathlon	6,979 points
Tim Wusu, long jump	23-11 1/2 (7.30m)
Men's 400 meter relay	40.15

of 54.61 in the 400 meters ... The old record was 54.95 by **Jayna Smith** in 1997.

Fleshman Facts

Lauren Fleshman, the two-time NCAA champion in the 5,000 meters, broke the Pac-10 record in winning the 5,000 meters at the Mt. SAC Relays (4/17/03) ... **Fleshman's** time of 15:23.94 easily broke the previous conference record time of 15:34.55 by **Annette Hand** of Oregon in 1988 ... **Fleshman's** time was third-best all-time for an American runner in the 5,000 meters ... **Fleshman's** time was a school record and broke the previous time of 15:29.0 by **PattiSue Plumer** in 1984 ... **Fleshman** is the two-time NCAA champion (2001, 2002) in the 5,000 meters ... **Fleshman** was the 2002 Pac-10 champion in the 5,000 meters.

Hotchkiss Hoopla

She hasn't received the attention of some of the more higher profile distance runners, but **Katie Hotchkiss** has enjoyed an outstanding 2003 outdoor season for the Cardinal ... **Hotchkiss**, a junior from Fremont, recently ran on three winning relay teams at the Drake Relays ... **Hotchkiss** ran the second leg on the winning 4 x 800 meter relay team which was timed in 8:36.70, the best time in the world this year ... **Hotchkiss** ran the third leg on the winning distance medley relay team which broke the school and meet record at 11:03.59 ... **Hotchkiss** ran the second leg on the winning 4 x 1 mile relay team ... **Hotchkiss** has run a NCAA West Regional Qualifying time of 4:23.34, and a Pac-10 qualifying time of 2:08.53.

Drake Dialogue

Stanford's distance running team proved to be the stars of the prestigious Drake Relays ... The Cardinal produced winners in five of six events entered ... Stanford's women's team chalked victories in the 4 x 800 meter relay, the distance medley relay, and the 4 x 1 mile relay ... Stanford's time of 8:36.70 in the 4 x 800 meter relay is the best time in the world this year ... **Katie Hotchkiss** ran legs on all three Cardinal winning teams ... The Cardinal men's 4 x 1 mile relay team produced the best time in the world this year at 16:31.19 ... **Milton Little**, the 2002 Pac-10 champion, won the long jump (25-9 1/2, 7.86m) while **Sara Bei** won the 1,500 meters (4:20.88).

TV Time

The Stanford-California dual meet (The Big Meet) will be televised on College Sports Television ... CSTV is dedicated to offering the widest variety of athletic competition of 1,200 universities and colleges across all of the major conferences at every level of college sports ... College Sports Television can be viewed only on Direct TV ... The Big Meet will air on Tuesday, May 13, at 5:00 p.m. (pt).

Footnote Facts

Grant Robison was named the recipient of the Maury White Award given to the outstanding performer of the men's division at the recent Drake Relays ... The award is named after the longtime decorated sportswriter for the *Des Moines Register* who died in 1999 ... **Robison**, the reigning two-time Pac-10

Pac-10 Qualifiers **Times/Marks**

Women's 400 meter relay
Men's 1,600 meter relay
Women's 1,600 meter relay

45.61
3:07.77
3:34.82

School Records **Times/Marks**

Lauren Fleshman, 5,000 meters
Lindsey Johnson, 100m hurdles
Women's 1,600 meter relay
Undine Becker, Nashonme Johnson, Christine Moschella,
Chauntae Bayne
Women's DMR
Malindi Elmore, Chinny Offor, Katie Hotchkiss, Lauren
Fleshman

15:23.94
13.48
3:34.82
11:03.59

Freshman Records **Times/Marks**

Alicia Craig, 5,000 meters
Nashonme Johnson, 400 meters
Samantha Shepard, pole vault

15:25.75
54.61
13-0 3/4 (3.98m)

Conference individual cross country champion, anchored Stanford to victories in the 4 x mile relay in 16:31.19 and the distance medley relay in 9:43.33 ... **Robison** ran a 4:04.3 anchor leg in the distance medley relay.

Little Ledger

Milton Little has certainly been a star on the Cardinal track & field team for several years ... This year, **Little** again led Stanford to victory against California in the Big Meet ... **Little** competed in six events (100 meters, 200 meters, long jump, triple jump, 400 meter relay, 1,600 meter relay) to help lead Stanford to a 93-70 victory over California in the 109th Big Meet ... **Little** scored a team-high 15 points ... **Little** captured top honors in the long jump and anchored the winning 1,600 meter relay team, finished second in the 200 meters, third in the 100 meters and triple jump ... Last year at the Big Meet, **Little** tallied 14 points to help Stanford beat the Golden Bears, and two years ago, **Little's** second place finish in the triple jump gave Stanford a 82-81 decision over Cal ... **Little** is the 2002 Pac-10 long jump champion.

Rivalry Review

For the third straight year, Stanford beat California in the Big Meet ... The Cardinal men scored a 93-70 victory over the Golden Bears as **Milton Little** competed in six events, and scored a team-high 15 points ... The Cardinal women scored a 111-51 decision as both **Christine Moschella** and **Chauntae Bayne** each scored 15 points ... **Moschella** scored victories in the 400 meters, and on the winning 400 and 1,600 meter relay teams while **Bayne** scored a victory in the 100 meters and as a member of the 400 meter and 1,600 meter relay teams.

Regional Roundup

Stanford's Cobb Track & Angell Field will be the site of the NCAA West Regionals on May 30-31 ... This year, the qualifying standards for the 2003 NCAA Track & Field Championships have been changed ... The NCAA will use Regional Championship meets to determine qualifying for the national meet ... The top five finishers in each individual event, and top three relay teams from each of the four regionals nationwide will earn a berth to the NCAA Nationals at Sacramento State ... The NCAA will then round out the Championships field by selecting the highest-ranking individuals (approximately six per individual event and five per relay) from the national collegiate performance lists, provided those athletes competed at their respective Regional meets and were not among the finishers to earn automatic NCAA berths ... The long exception to the Regional qualifying system will be the 10,000 meters and multi-events, which will not be subject to Regional competition ... Athletes will continue to qualify for the NCAA Championships in those events as they have in the past, by meeting pre-determined provisional and automatic qualifying standards.