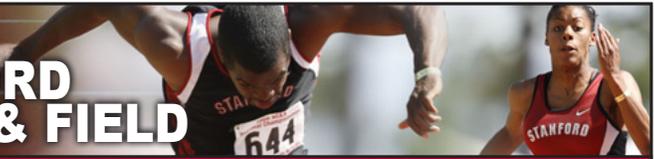


**STANFORD ATHLETICS
MEDIA RELATIONS**

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**2009
STANFORD
TRACK & FIELD****Track and Field Contact: Ricky Brackett****Email: brackett@stanford.edu • Office Phone: (650) 736-7635 • Cell Phone: (408) 768-7910****2009 Schedule**

Date	Opponent	Location
Outdoor Season		
Sat., March 7	Cal Outdoor Opener	Berkeley, CA
Wed.-Thurs, Mar. 25-26	UC Davis Multi Meet	Davis, CA
Fri.-Sat., Mar. 27-28	Stanford Invitational	Stanford, CA
Wed.-Sat., Apr. 1-4	Texas Relays	Austin, TX
Thu.-Sat., Apr. 9-11	Rafer Johnson/JJK Invitational	Westwood, CA
Sat., Apr. 18	The Big Meet	Stanford, CA
Thu.-Sat., Apr. 23-25	Drake Relays	Des Moines, IA
Fri.-Sat., Apr. 24-25	Brutus Hamilton Invitational	Berkeley, CA
Sat.-Sun, May 9-10	Pac-10 Multi-Event Championships	Eugene, OR
Sat.-Sun, May 16-17	Pac-10 Championships	Eugene, OR
Fri.-Sat, May 29-30	NCAA West Regional Championships	Eugene, OR
Wed.-Sat., Jun. 10-13	NCAA Outdoor Championships	Fayetteville, AR
Wed.-Sun., Jun. 24-28	USATF Championships	Eugene, OR

Quick Facts**General Information**

Location: Stanford, Calif.
Conference: Pacific-10
Enrollment: 13,198 (6,584 undergrad)
Nickname: Cardinal
Colors: Cardinal and White
Home Pool: Avery Aquatic Center
President: Dr. John L. Hennessy
Athletic Director: Bob Bowsby
Sports Administrator: Darin Nelson
Athletics Web site: www.gostanford.com

Track and Field Coaching Staff

Franklin P. Johnson Director of Track and Field
Field: Edrick Floreal
Head Cross Country Coach: Jason Dunn
Assistant Coach (Distance): David Vidal
Assistant Coach (Sprints/Hurdles): Kyle White
Assistant Coach (Pole Vault/Multis): Kris Mack
Assistant Coach (Throws): Andrew Ninow
Volunteer Assistant Coach: Erica McLain
Director of Operations: Mary Jo Alexander
Track Office Phone: (650) 723-2736

Track and Field Set To Host Stanford Invitational

Stanford track and field is set to host the Stanford Invitational from Cobb Track and Angell Field on Fri.-Sat., March 27-28. The annual meet is a two-day track and field extravaganza, which features thousands of high school and collegiate athletes from around the country.

The action kicks off on Friday morning with the field events beginning with the men's collegiate javelin at 9:00 am. The running events begin at 11:00 am with the fourth section of the men's 5,000 meters. The much anticipated distance carnival begins at 5:30 pm on Saturday following a 30 minute break in the action. The top sections of the 1,500 through 10,000 meters will take place Friday night with the final race scheduled to begin at 10:48 pm.

Saturday, the action again begins at 9:00 am with the high school 4x100-meter relays on the track and the boy's discus kicking off the field events. Saturday's last event is scheduled to be the boy's 4x400-meter relay at 5:11 pm.

The Stanford Invitational is one of the top meets in the nation each year. Hundreds of NCAA regional standards will be achieved by the collegiate athletes, in addition to top high school competition. Former meet champions include the likes of Olympic Gold Medalist Gail Devers and Stanford Olympians Michael Stember and Brad Hauser.

Live results and updated heat sheets will be available at: <http://www.sml1.com/recordtiming/stanford/invite09/>

In addition, live video and interviews will be provided by flotrack.com

Additional coverage including race footage and interviews will be provided by runnerspace.com

Stanford Completes Outstanding Indoor Season

The Cardinal completed an outstanding 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.

The women were led by senior Lauren Centrowitz who finished third in the 3,000 meters and anchored the distance medley relay team that finished fourth. 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. Elliot Heath also competed in the 3k where he finished third to earn the first All-America honor of his career. Also a first-time All-American was Myles Bradley who finished fifth in the 110-meter hurdles.

Returning All-Americans

The Cardinal women return seven All-Americans for the outdoor season, including three athletes who earned their first All-America honors during the indoor season. Seven-time All-American Lauren Centrowitz leads the Cardinal fresh off two more All-America honors during the indoor season. Alicia Follmar is a four-time All-American after earning two All-America honors in each of the last two seasons at the NCAA Indoor Championships. Earning an All-America honor the last two years as a member of that DMR team is Idara Otu. Freshmen Laurynne Chetelat (3,000 meters) and Maria Lattanzi (DMR) are coming off an indoor season where they earned their first All-America honor. Whitney Liehr also picked up her first All-America honor indoors in the heptathlon. Finally, Alexandra Gits picked up her first All-America honor last season outdoors in the 10,000 meters where she finished third at the NCAA Championships.

A total of nine men who have earned All-America honors at Stanford will be back for the outdoor season. The men will be led by eight-time All-American Garrett Heath who returns after his

2009 Indoor NCAA Qualifying Times

AUTOMATIC

MEN

Chris Derrick	5,000 Meters	13:44.02
Elliott Heath	3,000 Meters	7:53.64

WOMEN

Lauren Centrowitz	3,000 Meters	9:10.99
	Mile	4:37.07
Lauryne Chetelat	3,000 Meters	9:08.15
Alicia Follmar	3,000 Meters	9:14.98
	Mile	4:40.23
Stanford	Distance Medley Relay	11:07.53
(Alicia Follmar, Idara Otu, Maria Lattanzi, Lauren Centrowitz)		

PROVISIONAL

MEN

Myles Bradley	60-Meter Hurdles	7.73
Chris Derrick	3,000 Meters	7:57.30
Dylan Ferris	800 Meters	1:50.10
Brendan Gregg	5,000 Meters	14:07.45
Elliott Heath	Mile	4:01.92
Justin Marpole-Bird	Mile	4:02.43
Amaechi Morton	400 Meters	46.88
Jacob Riley	5,000 Meters	14:01.92
Casey Roche	Pole Vault	17-1

WOMEN

Emilie Amaro	3,000 Meters	9:33.33
	5,000 Meters	16:35.32
Lauryne Chetelat	Mile	4:42.25
Caitlin Hewitt	Pole Vault	12-11 1/2
Arantxa King	Long Jump	20-3 3/4
	Triple Jump	42-4
Whitney Liehr	Long Jump	20-1 1/2
	Pentathlon	4,012 points
Maria Lattanzi	800 Meters	2:08.51
Kate Niehaus	3,000 Meters	9:28.81
	5,000 Meters	16:22.34
Katerina Stefanidi	Pole Vault	13-5 1/4
Michaela Wallerstedt	Shot Put	50-5 1/4

Stanford Award Winners 2009 Indoor Track and Field

West Regional Women's Track Athlete of the Year

Lauren Centrowitz

West Regional Women's Head Coach of the Year

Edrick Floreal

West Regional Women's Assistant Coach of the Year

Jason Dunn

West Regional Men's Assistant Coach of the Year

Jason Dunn

MPSF Women's Coach of the Year

Edrick Floreal

All-Americans

Myles Bradley (60-meter hurdles)

Lauren Centrowitz (3,000 meters and DMR)

Lauryne Chetelat (3,000 meters)

Chris Derrick (3,000 and 5,000 meters)

Alicia Follmar (3,000 meters and DMR)

Elliott Heath (3,000 meters)

Maria Lattanzi (DMR)

Whitney Liehr (pentathlon)

Idara Otu (DMR)

MPSF Champions

Myles Bradley (60-meter hurdles)

Lauren Centrowitz (mile)

Lauryne Chetelat (3,000 meters)

Arantxa King (triple jump)

Kate Niehaus (5,000 meters)

best cross country season, but did not compete for Stanford indoors because his eligibility had been exhausted. He will be joined by his brother Elliott Heath who earned the first All-America honor of his career in the 3,000 meters at the 2009 NCAA Indoor Championships. Freshman Chris Derrick is already a three-time All-American after a seventh-place finish in cross country and earning a pair of All-America honors during the indoor track season. Other returning All-Americans in the distances are two-time All-American Hakon DeVries, Jacob Evans and Hari Mix. A pair of 400-meter runners who earned their All-America honors as members of the distance medley relay return. Andrew Dargie is coming off an impressive 2008 freshman season where he was a member of the DMR team that finished fourth at the NCAA Indoor Championships, in addition to qualifying for the NCAA Outdoor Championships in the open 400 meters. Chandy earned his All-America honor as a member of the DMR in 2007. Finally, newly anointed All-American Myles Bradley will look to build on his fifth place finish indoors in the 60-meter hurdles, outdoors in the 110-meter hurdles.

Other Impact Returners

The Cardinal women have several other impact returners including 2008 Olympian Arantxa King. King competed for Bermuda in Beijing and was also a key contributor for Stanford last season as she qualified for the NCAA Indoor Championships in the long jump. Also excelling in the long jump was Griffin Matthew, who returns after being one of two Stanford athletes to qualify for the 2008 NCAA Outdoor Championships in two events. She qualified in the 100 meters as well as the long jump. Lauren Stewart returns for her senior season where she will look to return to the NCAA's in the heptathlon. A pair of throwers return after qualifying for the NCAA Outdoor Championships last season. Jaynie Goodbody (hammer) should be a threat in the hammer, while Michaela Wallerstedt looks for a return trip to the NCAA's in the shot put. In the distances, Kate Niehaus returns fresh off a MPSF title in the 5,000 meters during the indoor season.

Impact returners for the men include a duo of sophomore distance runners, Brendan Gregg and Jacob Riley. The duo made up a big portion of the 2008 cross country team that finished third in the nation. In addition, they were both NCAA provisional qualifiers in the 5,000 meters during the 2009 indoor season. Junior Justin-Marpole Bird also returns after being a finalist at 1,500 meters at the 2008 West Regional Championships and being a NCAA provisional qualifier in the mile during the 2009 indoor season. In the pole vault, Casey Roche returns after reaching a personal best of 17-1 during the indoor season.

Top Newcomers

In addition to the deep group of returners, Stanford has several freshmen ready to contribute right away, including Lauryne Chetelat and Maria Lattanzi who became All-Americans during the indoor season. Former world youth record holder Katerina Stefanidi looks to make an immediate impact in the pole vault after clearing 13-5 1/4 during the indoor season. She will be joined in the pole vault by Caitlin Hewitt who reached 12-11 1/2 during the indoor season. In the distances, Emilie Amaro had a strong cross country season and followed that up with NCAA provisional marks in both the 3,000 and 5,000 meters during the indoor season.

Joining Derrick as a potential freshmen that could contribute right away are Geoffrey Tabor, Amaechi Morton and Dylan Ferris. Tabor is the 2008 junior national champion in the discus and Morton was the USATF national runner-up in the 400-meter hurdles, while becoming a NCAA provisional qualifier in the 400 meters during the indoor season. Ferris ran a time of 1:50.10 in the 800 meters during the indoor season to become an NCAA provisional qualifier.

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, Lauryne 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, to best 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.