

**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
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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

PAYTON JORDAN CARDINAL INVITATIONAL SCHEDULE**Running Events**

4:00PM	Women's	100 Meters
4:05PM	Men's	100 Meters
4:15PM	Women's	100m Hurdles
4:20PM	Men's	110m Hurdles
4:35PM	Women's	400 Meter Hurdles
4:45PM	Men's	400 Meter Hurdles
BREAK		
5:20PM	Women's	200 Meters
5:25PM	Men's	200 Meters
5:30PM	Women's	800 Meters (Section 3)
5:33PM	Women's	800 Meters (Section 2)
5:36PM	Women's	800 Meters (Section 1)
5:40PM	Men's	800 Meters (Section 4)
5:43PM	Men's	800 Meters (Section 3)
5:46PM	Men's	800 Meters (Section 2)
5:49PM	Men's	800 Meters (Section 1)
5:55PM	Women's	400 Meters
5:58PM	Men's	400 Meters
6:02PM	Women's	1500 Meters (Section 3)
6:08PM	Men's	1500 Meters (Section 5)
6:13PM	Men's	1500 Meters (Section 4)
6:18PM	Men's	1500 Meters (Section 3)
6:25PM	Women's	Steeplechase (Section 2)
6:38PM	Women's	Steeplechase (Section 1)
6:51PM	Men's	Steeplechase (Section 2)
7:02PM	Men's	Steeplechase (Section 1)
7:15PM	Women's	1500 Meters (Section 2)
7:21PM	Women's	1500 Meters (Section 1)
7:27PM	Men's	1500 Meters (Section 2)
7:33PM	Men's	1500 Meters (Section 1)
7:40PM	Men's	5000 Meters (Section 3)
7:57PM	Women's	5000 Meters (Section 2)
8:16PM	Men's	5000 Meters (Section 2)
8:34PM	Women's	5000 Meters (Section 1)
8:52PM	Men's	5000 Meters (Section 1)
9:08PM	Women's	Kim McDonald Memorial 10,000 Meters
9:45PM	Men's	Kim McDonald Memorial 10,000 Meters
10:16PM	Men's	10,000 Meters (Section 2)

Field Events

3:00PM	Women's/Men's	Hammer Throw
3:00PM	Women's/Men's	Javelin
3:00PM	Women's/Men's	Combined Long Jump
3:00PM	Women's	Pole Vault
Men's pole vault will follow conclusion of women's pole vault		
4:00PM	Women's/Men's	Shot Put
4:30PM	Women's	Triple Jump
5:00PM	Women's/Men's	Discus
5:00PM	Women's	High Jump
Men's high jump will follow conclusion of women's high jump		

The 2009 Payton Jordan Cardinal Invitational

Stanford will once again host the Payton Jordan Cardinal Invitational on Saturday, May 2, from Cobb Track and Angell Field. This year the meet will take on extra significance with the passing of Payton Jordan this past February. The former Stanford head coach and legend in the sport will be honored during the meet. The meet will once again be highlighted by the distance fields, which include some of the best athletes from around the nation and the world. The fields include collegiate as well as professional runners looking to run under the ideal conditions that Cobb track traditionally presents during a spring evening. Last season U.S. Olympian, Shalane Flanagan set the American Record in the women's 10,000 meters, which ranked at the top of several tremendous performances.

The majority of the Stanford teams will compete in all track and field events. Again, this season the Cardinal distance runners will take center stage, competing against top flight competition. The men will be led by Garrett and Elliot Heath who will compete in the 1,500 meters, as well as Chris Derrick who will compete in the 5,000. Garrett Heath is an Olympic Trials semifinalist in the event, while Derrick will be looking to run one of the fastest times ever by an American junior. Derrick has a 5,000-meter personal best of 13:44.02, while the American junior record is 13:37.91. The women will be led by Lauren Centrowitz, Alicia Follmar and Lauryne Chetelat, who are each coming off All-America seasons indoors in the 3,000 meters and will be competing in the 1,500 meters this weekend.

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)

Stanford Sweeps 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 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. The women were led by Arantxa King who won both the long jump and triple jump. King achieved regional standards of 21-2 3/4 in the long jump and 42-3 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 on Saturday, setting the school record in the pole vault with a mark of 13-6 1/2. Stefanidi fell short of the Big Meet title in an exciting jump off with reigning NCAA champion, Katie Morgan of Cal.

Distance Runners Highlight The Stanford Invitational

Stanford was led by Lauryne 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. The brothers were paced early by rabbit Jacob Evans before younger brother Elliott Heath passed his older brother and began to push the pace over the final few laps. Despite Elliott's lead, Garrett Heath used a strong final kick to edge his brother at the line. 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 just two weeks after earning his first All-America honor by placing third in the 3,000 meters at the NCAA Indoor Championships. The times also place 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.

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 Lauryne 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. 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 Lauryne Chetelat (3,000 meters) and Maria Lattanzi (DMR) are coming off an indoor season where they earned their first All-America honor.

2009 Outdoor Regional Qualifiers

Men

200 Meters	Zach Chandy	21.34
800 Meters	Jacob Evans	1:50.35
1,500 Meters	Garrett Heath	3:42.14
1,500 Meters	Jacob Evans	3:44.10
3,000 Steeplechase	J.T. Sullivan	8:58.92
5,000 Meters	Garrett Heath	13:42.27
5,000 Meters	Elliott Heath	13:42.59
10,000 Meters	Jacob Riley	29:15.53 (prov)
110-Meter Hurdles	Myles Bradley	13.55
400-Meter Hurdles	Amaechi Morton	50.11
Pole Vault	Casey Roche	5.20m
Long Jump	Myles Bradley	7.56m
Triple Jump	Myles Bradley	15.11m
Discus	Daniel Schaefer	59.47m
Discus	Geoffrey Tabor	56.15m
Hammer	Kyle Davis-Hammerquist	61.88m
Hammer	Carter Wells	57.34m

Women

100 Meters	Griffin Matthew	11.51
800 Meters	Lauren Centrowitz	2:07.81
800 Meters	Claire Cormier Thielke	2:08.02
1,500 Meters	Alicia Follmar	4:24.15
1,500 Meters	Lauren Centrowitz	4:24.32
1,500 Meters	Maddie Duhon	4:24.57
3,000 Steeplechase	Emilie Amaro	10:21.81
3,000 Steeplechase	Maddie O'Meara	10:46.54
5,000 Meters	Lauryne Chetelat	15:43.31
5,000 Meters	Georgia Griffin	16:30.81
5,000 Meters	Emilie Amaro	16:36.40
5,000 Meters	Stephanie Marcy	16:36.43
4x100 Meters	Stanford	45.11
Pole Vault	Katerina Stefanidi	4.13m
Long Jump	Arantxa King	6.47m
Long Jump	Griffin Matthew	6.16m
Long Jump	Brittini Dixon-Smith	6.04m
Triple Jump	Arantxa King	12.88m
Triple Jump	Jordan Merback	12.54m
Triple Jump	Whitney Liehr	12.54m
Shot Put	Michaela Wallerstedt	15.95m
Discus	Michaela Wallerstedt	50.04m
Heptathlon	Whitney Liehr	5,210 (prov)

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 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.