



STANFORD MEDIA RELATIONS

Arrillaga Family Sports Center • Stanford, California 94305-6150
Telephone (650) 723-4418 • FAX (650) 725-2957 • www.gostanford.com

NCAA West Regional Schedule

Friday, May 30

Field Events

Noon - Men's Hammer (final)
12:05 p.m. - Women's Javelin (final)
1:30 p.m. - Women's Pole Vault (final)
5:30 p.m. - Women's Shot Put (final)
5:35 p.m. - Men's Long Jump (final)
5:40 p.m. - Women's Long Jump (final)
5:50 p.m. - Men's High Jump (final)
5:55 p.m. - Men's Discus (final)

Running Events

4:00 p.m. - Women's 400 Meter Relay (prelims)
4:15 p.m. - Men's 400 Meter Relay (prelims)
4:30 p.m. - Women's 1,500 Meters (prelims)
4:50 p.m. - Men's 1,500 Meters (prelims)
5:15 p.m. - Women's 100 Meter Hurdles (prelims)
5:40 p.m. - Men's 110 Meter Hurdles (prelims)
6:00 p.m. - Women's 400 Meters (prelims)
6:15 p.m. - Men's 400 Meters (prelims)
6:30 p.m. - Women's 100 Meters (prelims)
6:45 p.m. - Men's 100 Meters (prelims)
7:00 p.m. - Women's 800 Meters (prelims)
7:15 p.m. - Men's 800 Meters (prelims)
7:30 p.m. - Women's 400 Meter Hurdles (prelims)
7:45 p.m. - Men's 400 Meter Hurdles (prelims)
8:30 p.m. - Women's 5,000 Meters (finals)
8:50 p.m. - Men's 5,000 Meters (finals)

Saturday, May 31, 2003

Field Events

10:00 a.m. - Women's Hammer (finals)
10:05 a.m. - Men's Javelin (finals)
10:45 a.m. - Men's Pole Vault (finals)
2:15 p.m. - Men's Shot Put (finals)
2:20 p.m. - Men's Triple Jump (finals)
2:20 p.m. - Women's Discus (finals)
2:25 p.m. - Women's Triple Jump (finals)
2:30 p.m. - Women's High Jump (finals)

Running Events

2:45 p.m. - Women's 400 Meter Relay (finals)
2:52 p.m. - Men's 400 Meter Relay (finals)
3:00 p.m. - Women's 1,500 Meters (finals)
3:07 p.m. - Men's 1,500 Meters (finals)
3:15 p.m. - Women's 100 Meter Hurdles (finals)
3:25 p.m. - Men's 110 Meter Hurdles (finals)
3:35 p.m. - Women's 400 Meters (finals)
3:42 p.m. - Men's 400 Meters (finals)
3:50 p.m. - Women's 100 Meters (finals)
3:57 p.m. - Men's 100 Meters (finals)
4:05 p.m. - Women's 800 Meters (finals)
4:12 p.m. - Men's 800 Meters (finals)
4:25 p.m. - Women's 400 Meter Hurdles (finals)
4:35 p.m. - Men's 400 Meter Hurdles (finals)
4:45 p.m. - Women's 200 Meters (finals)
4:52 p.m. - Men's 200 Meters (finals)
5:05 p.m. - Women's 3,000 Meter Steeplechase (finals)
5:35 p.m. - Men's 3,000 Meter Steeplechase (finals)
6:05 p.m. - Women's 1,600 Meter Relay (finals)
6:20 p.m. - Men's 1,600 Meter Relay (finals)

For Immediate Release: Tuesday, May 27, 2003

The Stanford Track & Field Report

Stanford Hosts NCAA West Regional

Regional Roundup

Stanford's Cobb Track & Angell Field will be the site of the 2003 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 ... Four two-day regional qualifying meets on the weekend of May 30-31 will shift the emphasis away from the individual qualifying standards that determined the makeup of the previous fields ... The four regional qualifying meets will be held at the following sites: Stanford (West), George Mason (East), Ohio State (Midwest), and Nebraska (Midwest) ... Entrants in the regional meets must meet minimum qualifying standards ... The larger championship field means there will be three rounds (as opposed to two) in the 100, 200, 400, 800 and both hurdles ... Team scoring shall be 10-8-6-5-4-3-2-1 ... 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 (June 11-14) ... The NCAA will then round out the Championship 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 qualified for the NCAA's in those events as they have in the past, by meeting pre-determined provisional and automatic qualifying time and point totals.

School Story

More than 44 colleges and universities will be represented at the NCAA West Regionals at Stanford University ... Every Pac-10 school be represented ... More than 800 athletes will be competing.

Peak Performance

Fifty-two Stanford athletes and four relay teams have qualified for the NCAA West Regionals on May 30-31 at Cobb Track & Angell Field.

National Notes

The 2003 NCAA Division I Track & Field Championships will be held June 11-14 at the A.G. Spanos Complex on the Sacramento State campus ... The field for this year's NCAA meet will number at least 1,088 athletes - 544 men and 544 women ... The number of NCAA participants increases 40 percent from last year, and will feature the largest number of athletes ever assembled for an NCAA championship event ... In the past, college athletes chased "automatic" and "provisional" NCAA qualifying standards ... Now, the top five finishers in each event at the four regional meets will advance to the NCAA meet ... Six "wild card" qualifiers will be added to the NCAA field in each event in addition to those who finished among the top five at regionals ... Wild card selections will be determined from the 2003 collegiate list ... The fields in the men's and women's 10,000 meters, the men's decathlon and the women's heptathlon will be selected from the 2003 collegiate list ... These events will not be included in the regional

NCAA Qualifiers	Times/Marks
Sara Bei, 10,000 meters	33:58.06
Lillian Bush, heptathlon	5,519 points
Alicia Craig, 10,000 meters	33:42.29
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	11.74wa
Undine Becker, 100 meter hurdles	14.00
Undine Becker, 400 meter hurdles	59.18
Undine Becker, long jump	19-4 1/2 (4.90m)
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	5,519 points
Lillian Bush, 100m hurdles	13.83
Lillian Bush, long jump	19-11 3/4 (6.09m)
Jill Camarena, discus	170-6 (51.96m)
Jill Camarena, shot put	55-10 1/2(17.03m)
Donielle Colich, discus	183-1 (55.80m)
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	8:50.83
Ian Dobson, 5,000 meters	14:11.88
Ian Dobson, 10,000 meters	28:39.55
Kathleen Donoghue, pole vault	12-11 3/4 (3.96m)
Malindi Elmore, 800 meters	2:07.00
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, 1,500 meters	4:14.68
Lauren Fleshman, 5,000 meters	15:23.94
Evan Fox, 800 meters	1:50.41
Evan Fox, 1,500 meters	3:44.34
Dan Gibson, 1,500 meters	3:45.72
Jason Goff, javelin	205-9 (62.71m)
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	3:49.75
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, 800 meters	2:09.27
Katie Hotchkiss, 1,500 meters	4:23.34
Lauren Hyatt, 800 meters	2:09.49
Omer Inan, discus	194-0 (59.13m)
Lindsey Johnson, 100m hurdles	13.48
Lindsey Johnson, 400m hurdles	58.84
Nashonme Johnson, 100 meters	11.64
Nashonme Johnson, 200 meters	23.61
Nashonme Johnson, 400 meters	54.61
Sean Knapp, 3,000m steeplechase	9:02.48

meets This marks the first NCAA meet held in Northern California since 1968, when it was held at Berkeley's Edwards Stadium.

Track Time

The 2003 NCAA West Regional Championships will be held at Cobb Track & Angell Field ... The facility features nine 48-inch lanes, multiple dual-direction runways for all of the jumps, and no less than five separate sites for the throwing events in Chandler Infield ... The hammer throw is contested in the Hammer Field located next to the track ... Cobb Track & Angell Field contains stadium lighting, a video scoreboard, and expanded seating to accommodate more than 6,000 spectators ... Cobb Track & Angell Field opened in 1996 on the site of what was for many years the home of Stanford Track & Field, Angell Field ... Numerous records have been set at Cobb Track & Angell Field including the world record in the pole vault by **Stacy Dragila** in 2001 ... Stanford will be home to the Oracle U.S. Open (June 7) and the USATF Senior and Junior National Championships (June 19-22).

National Notes

Six Stanford athletes have already qualified for the NCAA Track & Field Championships (June 11-14) at Sacramento State University ... **Lillian Bush** qualified in the heptathlon with 5,519 points at the recent Pac-10 Heptathlon Championships ... **Bush'** point total is a career-best and second-best in school history ... **Ian Dobson** ran a 28:39.55 in the 10,000 meters, while **Louis Luchini** ran 28:41.13 and **Adam Tenforde** ran 28:43.18 to all qualify in the 10,000 meters ... In the women's 10,000 meters, **Alicia Craig** has run 33:42.29 while **Sara Bei** ran a 33:58.06.

Top Times

Lauren Fleshman's time of 15:23.94 in the 5,000 meters is third-best for an American runner this year ... **Elva Dryer** has run 15:18.55 while **Shayne Culpepper** has a time of 15:23.67 this year ... **Fleshman's** time is third all-time for a collegiate runner, and fifth in the world this year ... **Alicia Craig's** time of 15:25.75 in the 5,000 meters is seventh-best in the world this year, and fifth all-time for a collegiate runner ... **Fleshman** has run the ninth-best time on the U.S. women's list in 2003 in the 1,500 meters (4:14.68) ... **Louis Luchini** has run the fourth-best time among U.S. men's runners in the 5,000 meters this year with a time of 13:31.80, eighth-best in the world this year ... **Grant Robison's** time of 13:41.82 in the 5,000 meters is eleventh-best for an American runner this year.

College Catalogue

Several Stanford athletes are ranked in the Top 10 among the collegiate ranks this year ... **Lauren Fleshman** is #1 in the 5,000 meters (15:23.67) and sixth in the 1,500 meters (4:14.68), **Alicia Craig** is third in the 5,000 meters (15:25.75), **Louie Luchini** is fourth in the 5,000 meters (13:31.80) and sixth in the 10,000 meters (28:41.13), **Jill Camarena** is fourth in the shot put (55-10 1/2, 17.03m), **Ian Dobson** is fifth in the 10,000 meters (28:39.55), **Grant Robison** is eighth in the 5,000 meters, **Nick Welihozkiy** is eighth in the hammer (221-1, 67.38m), **Lillian Bush** is eighth in the heptathlon (5,519 points), **Milton Little** is tenth in the long jump, and **Jeane Goff** is tenth in the 3,000 meter steeplechase (10:23.03).

Pac-10 Points

Six Stanford athletes won seven individual titles at the Pacific-10 Track & Field Championships (May 17-18) at USC ... **Louis Luchini** was Stanford's lone double-winner with first place victories in the 5,000 meters and 10,000 meters ... Other individual winners were **Lauren Fleshman** in the 5,000 meters, **Grant Robison** in the 1,500 meters, **Justin Romaniuk** in the 800 meters, **Ian Dobson** in the 3,000 meter steeplechase and **Alicia Craig** in the 10,000 meters ... The

Jennifer Lee, javelin	142-4 (43.39m)
NCAA West Regional Qualifiers	Times/Marks
Milton Little, long jump	25-11 (7.90m)
Milton Little, triple jump	49-6 1/2 (15.10m)
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)
Molly Meyer, discus	167-2 (50.96m)
Christine Moschella, 400 meters	54.29
Chinny Offor, 400 meters	54.68
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	1:49.86
Justin Romaniuk, 1,500 meters	3:45.60
Nick Sebes, 400 meters	46.99
Samantha Shepard, pole vault	13-0 3/4 (3.98m)
Robert Smitsen, 5,000 meters	14:15.26
Kim Stone, high jump	5-11 1/2 (1.82m)
Adam Tenforde, 5,000 meters	14:06.27
Adam Tenforde, 10,000 meters	28:43.18
Solomon Welch, triple jump	50-9 1/2 (15.48m)
Neil Welihozkiy, hammer	221-1 (67.38m)
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	24.15
Undine Becker, 100m hurdles	14.00
Undine Becker, 400m hurdles	59.18
Undine Becker, long jump	19-4 1/2 (4.90m)
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	5,519 points
Lillian Bush, 100m hurdles	13.83
Lillian Bush, high jump	5-6 (1.68m)
Lillian Bush, long jump	19-11 3/4 (6.09m)
Jill Camarena, discus	170-6 (51.96m)
Jill Camarena, shot put	55-10 1/2 (17.03m)
Kristin Cohoon, 5,000 meters	17:08.07
Donielle Colich, hammer	183-1 (55.80m)
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	8:50.83
Ian Dobson, 5,000 meters	14:11.88
Ian Dobson, 10,000 meters	28:39.55
Kathleen Donoghue, pole vault	12-11 3/4 (3.96m)
Malindi Elmore, 800 meters	2:07.00
Malindi Elmore, 1,500 meters	4:17.15
Chris Emme, 5,000 meters	14:14.55

Cardinal also picked up a first place title in the 1,600 meter relay ... The relay team consisted of **Chinny Offor**, **Chaunte Bayne**, **Nashonme Johnson** and **Christine Moschella** ... Both the Cardinal men's and women's teams placed second ... The Stanford men produced 128 points compared to Pac-10 champion USC with 139 ... The Cardinal women scored 140 points compared to UCLA's 155 ... The 140 points is the most scored by the Cardinal women in Pac-10 competition, and the sixth straight year Stanford scored 100 or more points.

Distance Data

Stanford's men's and women's distance running crew continues to be a dominant factor ... **Louis Luchini's** time of 13:31.80 in the 5,000 meters is a career-best and third-best at Stanford ... **Luchini's** 10,000 meter time of 28:41.13 is eighth-best in the school record book ... **Ian Dobson** has run a team-best 28:39.55 in the 10,000 meters, sixth-best in school history ... **Lauren Fleshman** and **Alicia Craig** have run the first and second best times in school history at 15:23.94 and 15:25.73, respectively ... **Fleshman's** time is a Pac-10 record.

Field Facts

A strong part of Stanford's success has been from the field events ... **Jill Camarena**, a three-time All-American and the 2002 Pac-10 champion in the shot put, threw the shot put a career-best 55-10 1/2 (17.03m) at the Pomona-Pitzer Invitational ... **Camarena** is closing in on the longtime school record of 57-1 (17.03m) of **Carol Cady** in 1984 ... **Camarena** has thrown the discus a career-best 170-6 (51.96m) this year, seventh-best in school history ... Three Cardinal athletes this year have cracked the school's Top 10 in the hammer ... The list is led by **Sarah Hopping**, who has recorded a 184-1 (56.12m), fourth-best in school history ... **Donielle Colich's** throw of 183-1 (55.80m) is fifth-best all-time in the hammer while freshman **Katy Elsbury** has the school's eighth-best mark in the hammer at 165-3 (50.37m) ... **Erin Merriman's** javelin throw of 150-6 (45.88m) is second-best in school history ... **Nick Welihozkiy** is ranked in the Top 10 in both the discus and hammer ... **Welihozkiy's** hammer throw this year of 221-1 (67.38m) is seventh-best in school history, and his throw of 178-10 (54.52m) in the discus is ninth-best at Stanford ... **Milton Little** jumped 25-11 (7.90m) at the Mt. SAC Relays to leap in third place all-time in school history in the long jump ... **Kim Stone** jumped 5-11 1/2 (1.82m) at the Cardinal Qualifier, both a career-best and third best all-time at Stanford ... Freshman **Samantha Shepard** not only ranks second-best in school history in the pole vault (13-0 3/4, 3.96m) but is the freshman school record ... **Leila Ben-Yousef** is fourth all-time in the pole vault with a leap this year of 12-11 3/4 (3.96m).

Sprint Story

The sprints continue to show great improvement ... Already this year in three events, Cardinal sprinters have cracked the Top 10 ... Freshman **Nashonme Johnson** has run 11.64 in the 100 meters, second-best in school history, 23.61 in the 200 meters which is second-best in school history, and 54.61 in the 400 meters, good for fourth all-time on The Farm ... **Christine Moschella's** time of 54.29 at the Pac-10 Championships is third-best in the school record book ... The women's 400 meter relay team of **Undine Becker**, **Chauntae Bayne**, **Christine Moschella** and **Nashonme Johnson** ran 45.22 at the Big Meet to set a school record ... **Becker**, **Johnson**, **Moschella** and **Bayne** combined to set a school record in the 1,600 meters at 3:34.82 at the Texas Relays ... The men's 400 meter relay team of **Milton Little**, **Gerren Crochet**, **Nick Sebes** and **T.J. Rushing** ran a 40.15 at the Stanford Invitational, #2 all-time on The Farm ... The 1,600 meter relay team of **Little**, **Crochet**, **Rushing** and **Sebes** ran a 3:07.77 at the Texas Relays, second-best in school history ... **Little**, the 2002 Pac-10 champion in the long jump, has run 10.61 in the 100 meters, and 21.31 in the 200 meters, eighth and seventh, respectively,

Lauren Fleshman, 800 meters	2:09.45
Pac-10 Qualifiers	Times/Marks
Lauren Fleshman, 1,500 meters	4:14.68
Lauren Fleshman, 5,000 meters	15:23.94
Evan Fox, 800 meters	1:50.41
Evan Fox, 1,500 meters	3:44.34
Dan Gibson, 1,500 meters	3:45.72
Jason Goff, javelin	205-9 (62.71m)
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	3:49.75
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	5,021 points
Sarah Hopping, discus	184-1 (56.12m)
Katie Hotchkiss, 800 meters	2:09.27
Katie Hotchkiss, 1,500 meters	4:23.34
Lindsay Hyatt, 800 meters	2:09.49
Lindsay Hyatt, 1,500 meters	4:25.61
Omer Inan, discus	194-0 (59.13m)
Lindsey Johnson, 100m hurdles	13.48
Lindsey Johnson, 400m hurdles	58.84
Nashonme Johnson, 100 meters	11.64
Nashonme Johnson, 200 meters	23.61
Nashonme Johnson, 400 meters	54.61
Sean Knapp, 3000m steeplechase	9:02.48
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	49-61/2 (15.10m)
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)
Sally Mills, heptathlon	4,400 points
Christine Moschella, 200 meters	24.34
Christine Moschella, 400 meters	54.29
Chinny Offor, 400 meters	54.68
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	1:49.86
Justin Romaniuk, 1,500 meters	3:45.60
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 1/2 (1.82m)
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	50-9 1/2 (15.48m)
Nick Welihozkiy, hammer	221-1 (67.38m)

in the school record book.

Hurdles Hoopla

Another area of success has been Stanford's hurdle crew ... **Justin Williams** has run 14.10 in the 110 meter hurdles, third-best in school history ... **Gerren Crochet** has cracked the school's Top 10 in the 400 meter hurdles with a time of 52.63, good for ninth place ... Three Cardinal women are ranked in the Top 10 ... **Lindsey Johnson** set a school record with a time of 13.48 at the Big Meet against California, while **Lillian Bush** ran 13.83 at the recent Pac-10 Heptathlon Championships, third-best in school history ... **Undine Becker's** 100 meter hurdle time of 14.00 this year places her in sixth place in school history ... **Johnson** has run 58.84 in the 400 meter hurdles, #2 all-time at Stanford, while **Becker** resides in fifth place with a time of 59.18.

Football Facts

Nick Sebes is a wide receiver on the football team, and one of Stanford's top track in the sprints ... **Sebes** has run the 100, 200 and 400 meters this year and is a member of the 400 and 1,600 meter relay teams ... **Sebes** ran the third leg on the 400 meter relay team which posted a 40.15 earlier this year at the Stanford Invitational, #2 in the school record book ... **Sebes** ran the anchor leg on the 1,600 meter relay team which clocked a time of 3:07.77 at the Texas Relays, third-best in school history.

Record Review

Five school records and five 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 **PattiSue 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 400 meter relay team of **Undine Becker, Chauntae Bayne, Christine Moschella,** and **Nashonme Johnson** ran a 45.22 at the Big Meet ... The 1,600 meter relay team (**Undine Becker, Nashonme 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 ... **Nashonme Johnson** set freshman school records with times of 11.64 in the 100 meters, 23.61 in the 200 meters, and 54.61 in the 400 meters.

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, third-best for an American woman this year, and fifth in the world this year ... **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 and 2003 Pac-10 champion in the 5,000 meters.

Philip West, 5,000 meters	14:34.62
Pac-10 Qualifiers	Times/Marks
Justin Williams, 110m hurdles	14.10
Tim Wusu, decathlon	7,016 points
Tim Wusu, long jump	23-11 1/2 (7.30m)
Men's 400 meter relay	40.15
Women's 400 meter relay	45.61
Men's 1,600 meter relay	3:07.77
Women's 1,600 meter relay	3:34.82

School Records	Times/Marks
Lauren Fleshman, 5,000 meters	15:23.94
Lindsey Johnson, 100m hurdles	13.48
Women's 400 meter relay	45.22
Undine Becker, Chauntae Bayne, Christine Moschella, Nashonme Johnson	
Women's 1,600 meter relay	3:34.82
Undine Becker, Nashonme Johnson, Christine Moschella, Chauntae Bayne	
Women's DMR	11:03.59
Malindi Elmore, Chinny Offor, Katie Hotchkiss, Lauren Fleshman	

Freshman Records	Times/Marks
Alicia Craig, 5,000 meters	15:25.75
Nashonme Johnson, 100 meters	11.64
Nashonme Johnson, 200 meters	23.61
Nashonme Johnson, 400 meters	54.61
Samantha Shepard, pole vault	13-0 3/4 (3.98m)

Craig's Corner

Alicia Craig is in her first year of collegiate outdoor competition, and she has already making a name for herself ... At the Mt. SAC Relays, **Craig** ran the second-fastest 5,000 meters in school history with a time of 15:25.75 ... **Craig's** time was also a freshman school record ... **Craig's** time is fifth all-time for a collegiate runner ever, and seventh in the world this year ... **Craig** is a two-time All-American in cross country, and finished third at the 2002 NCAA Cross Country Championships ... **Craig** hails from Gillette, Wyoming.

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).

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 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.