

**STANFORD ATHLETICS  
MEDIA RELATIONS**

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

Date	Opponent	Location
<b>Outdoor Season</b>		
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

**2009 NCAA West Regional Championships  
Eugene, Ore. Fri.-Sat., May 29-30****DAY 1 SCHEDULE OF EVNTS  
FRIDAY, MAY 29**

2:35 PM		*National Anthem*	
2:40 PM	M	Javelin	Trials & Final
2:45 PM	W	Hammer	Trials & Final
2:45 PM	M	High Jump	Trials & Final
3:00 PM	W	4x100 Meters	Prelims
3:05 PM	M	Long Jump	Trials & Finals
3:10 PM	M	4x100 Meters	Prelims
3:15 PM	W	Pole Vault	Trials & Final
3:20 PM	W	1,500 Meters	Prelims
3:35 PM	M	1,500 Meters	Prelims
3:55 PM	W	100-Meter Hurdles	Prelims
4:15 PM	M	110-Meter Hurdles	Prelims
4:35 PM	W	100 Meters	Prelims
4:45 PM	M	100 Meters	Prelims
4:55 PM	W	400 Meters	Prelims
5:10 PM	M	400 Meters	Prelims
5:15 PM	W	Long Jump	Trials & Final
5:25 PM	W	800 Meters	Prelims
5:30 PM	W	Discus	Trials & Final
5:40 PM	M	800 Meters	Prelims
5:45 PM	M	Shot Put	Trials & Final
6:00 PM	W	400-Meter Hurdles	Prelims
6:20 PM	M	400-Meter Hurdles	Prelims
6:40 PM	W	200 Meters	Prelims
6:55 PM	M	200 Meters	Prelims
7:10 PM	W	5,000 Meters	Final
7:30 PM	M	5,000 Meters	Final

**DAY 2 SCHEDULE OF EVNTS  
SUNDAY, MAY 30**

11:55 AM		*National Anthem*	
12:00 PM	M	Discus	Trials & Final
12:30 PM	W	High Jump	Trials & Final
1:00 PM	M	Pole Vault	Trials & Final
1:05 PM	W	Shot Put	Trials & Final
1:30 PM	W	4x100 Meters	Final
1:40 PM	M	4x100 Meters	Final
1:45 PM	M	Triple Jump	Trials & Final
1:50 PM	W	1,500 Meters	Final
2:00 PM	M	1,500 Meters	Final
2:15 PM	W	100-Meter Hurdles	Final
2:20 PM	M	Hammer	Trials & Final
2:25 PM	M	110-Meter Hurdles	Final
2:30 PM	W	Triple Jump	Trials & Final
2:35 PM	W	Javelin	Trials & Final
2:35 PM	W	100 Meters	Final
2:40 PM	M	100 Meters	Final
2:45 PM	W	400 Meters	Final
2:50 PM	M	400 Meters	Final
2:55 PM	W	800 Meters	Final
3:00 PM	M	800 Meters	Final
3:10 PM	W	400-Meter Hurdles	Final
3:20 PM	M	400-Meter Hurdles	Final
3:30 PM	W	200 Meters	Final
3:35 PM	M	200 Meters	Final
3:45 PM	W	3,000 Steeplechase	Final
4:10 PM	M	3,000 Steeplechase	Final
4:35 PM	W	4x400 Meters	Final
4:50 PM	M	4x400 Meters	Final

**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 Bowlsby

Sports Administrator: Darin Nelson

Athletics Web site: [www.gostanford.com](http://www.gostanford.com)**Track and Field Coaching Staff**

Franklin P. Johnson Director of Track and

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

**Stanford Women's Entries****Event - Name (West Region Rank) Mark**

100 Meters - Griffin Matthew (4)	11.45
100 Meters - Shataya Hendricks (12)	11.66
800 Meters - Claire Cormier Thielke (8)	2:08.02
1,500 Meters - Lauren Centrowitz (1)	4:10.42
1,500 Meters - Alicia Follmar (5)	4:17.63
1,500 Meters - Madeline Duhon (10)	4:24.57
Steeplechase - Emilie Amaro (3)	10:11.68
Steeplechase - Maddie O'Meara (14)	10:30.87
5,000 Meters - Laurynne Chetelat (2)	15:43.31
5,000 Meters - Kate Niehaus (9)	16:19.20
5,000 Meters - Stephanie Marcy (14)	16:27.90
5,000 Meters - Georgia Griffin (16)	16:30.00
400-Meter Hurdles - Idara Otu (7)	59.00
Pole Vault - Katerina Stefanidi (10)	4.13m (13-6 1/2)
Long Jump - Arantxa King (2)	6.47m (21-2 3/4)
Long Jump - Griffin Matthew (8)	6.20m (20-4 1/4)
Long Jump - Whitney Liehr (6)	1.7m (20-3)
Long Jump - Britni Dixon-Smith (10)	6.08m (19-11.5)
Triple Jump - Whitney Liehr (3)	13.00m (42-8)
Triple Jump - Arantxa King (5)	12.88m (42-3 1/3)
Triple Jump - Jordan Merback (10)	12.54m (41-1 3/4)
Shot Put - Michaela Wallerstedt (3)	16.05m (52-8)
Discus - Michaela Wallerstedt (6)	50.78m (166-7)
Hammer - Jaynie Goodbody (7)	58.78 (192-10)

**Stanford Men's Entries****Event - Name (West Region Rank) Mark**

200 Meters - Zach Chandy (7)	21.34
1,500 Meters - Garrett Heath (2)	3:37.57
1,500 Meters - Jacob Evans (11)	3:44.10
Steeplechase - Chris Mocko (5)	8:50.30
Steeplechase - J.T. Sullivan (7)	8:51.74
Steeplechase - Benjamin Johnson (26)	9:05.93
5,000 Meters - Chris Derrick (2)	13:29.98
5,000 Meters - Elliott Heath (5)	13:42.59
5,000 Meters - Hakon DeVries (17)	14:03.64
110-Meter Hurdles - Myles Bradley (2)	13.55
110-Meter Hurdles - J.J. Jackson (10)	14.23
400-Meter Hurdles - Amaechi Morton (2)	50.11
400-Meter Hurdles - Durell Coleman (23)	52.45
4x400 Meter Relay - Stanford (5)	40.27
Pole Vault - Casey Roche (15)	5.20m (17-0 3/4)
Pole Vault - Corey Dysick (22)	5.05m (16-6 3/4)
Shot Put - Geoffrey Tabor (13)	16.97m (55-8 1/4)
Discus - Daniel Schaerer (1)	63.55m (208-6)
Discus - Geoffrey Tabor (10)	56.15m (184-3)
Hammer - Kyle Davis-Hammerquist (9)	16.88m (203-0)
Hammer - Carter Wells (28)	57.40m (188-4)

## 2009 Pac-10 Point Scorers

### WOMEN

#### 2nd Place (138 Points)

Athlete	Event	Place (Mark)
Emilie Amaro	Steeplechase	2nd (10:15.18)
Lauren Centrowitz	1,500 Meters	5th (4:28.72)
	5,000 Meters	1st (16:15.86)
Laurynne Chetelat	5,000 Meters	3rd (16:21.16)
Brittini Dixon-Smith	Long Jump	7th (19-11 1/2)
Maddie Duhon	1,500 Meters	8th (4:30.81)
Alicia Follmar	1,500 Meters	2nd (4:26.66)
Alex Gits	10,000 Meters	8th (36:00.28)
Jaynie Goodbody	Hammer	3rd (192-3)
Georgia Griffin	10,000 Meters	3rd (35:14.46)
Arantxa King	Long Jump	2nd (20-8)
	Triple Jump	3rd (42-0 1/2)
Whitney Liehr	Long Jump	5th (20-3)
	Triple Jump	2nd (42-8)
	Heptathlon	6th (5,459 pts.)
Stephanie Marcy	10,000 Meters	4th (35:20.01)
Griffin Matthew	100 Meters	7th (11.75)
	Long Jump	4th (20-4 1/4)
Jordan Merback	Triple Jump	5th (40-4 3/4)
Kate Niehaus	5,000 Meters	6th (16:31.89)
	10,000 Meters	2nd (35:14.24)
Idara Otu	400 Hurdles	4th (59.00)
Kaylin Pennington	800 Meters	7th (2:11.91)
Claire Thielke	800 Meters	6th (2:10.83)
Michela Wallerstedt	Shot Put	2nd (51-6 1/4)
	Discus	4th (166-7)
Stanford (Hendricks, Liehr, Dixon-Smith, Matthew)	4x100 Relay	5th (45.63)
Stanford (Menzies, Otu, Dixon-Smith, Cormier Thielke)	4x400 Relay	6th (3:41.22)

### MEN

#### 3rd Place (93 points)

Athlete	Event	Place (Mark)
Myles Bradley	110 Hurdles	3rd (13.75)
	Long Jump	8th (24-1 1/2)
	Triple Jump	8th (48-10)
Andrew Dargie	400 Meters	8th (47.95)
Kyle Davis-Hammerquist	Hammer	8th (195-0)
Chris Derrick	5,000 Meters	3rd (13:54.76)
	10,000 Meters	3rd (29:08.33)
Corey Dysick	Decathlon	5th (6,864 pts.)
Elliott Heath	5,000 Meters	7th (14:13.76)
Garrett Heath	1,500 Meters	4th (3:51.33)
	5,000 Meters	5th (14:12.30)
J.J. Jackson	110 Hurdles	6th (14.23)
Benjamin Johnson	Steeplechase	7th (9:05.93)
Chris Mocko	Steeplechase	2nd (8:53.60)
Amaechi Morton	400 Hurdles	3rd (50.44)
Jacob Riley	10,000 Meters	5th (29:30.93)
Casey Roche	Pole Vault	6th (17-0 3/4)
Daniel Schaerer	Discus	1st (208-6)
J.T. Sullivan	Steeplechase	3rd (8:54.58)
Geoffrey Tabor	Shot Put	5th (55-8 1/4)
	Discus	7th (181-5)
Stanford (Belch, McGraw, Chandy, Fiscaro)	4x100 Relay	4th (40.59)
Stanford (Chandy, Dargie, Reed, Coleman)	4x400 Relay	6th (3:11.94)

## The NCAA West Regional

The Cardinal will return to Eugene, Ore. for the NCAA West Regional and a chance to qualify for the NCAA Outdoor Track and Field Championships. The top five in each event at the regional will automatically advance to the NCAA's, hosted by the University of Arkansas from June 10-13, in Fayetteville, Ark. There will also be a handful of at-large bids handed out next week, but the best chance to move on comes from finishing in the top five. Live results from the NCAA West Regional will be available at: [http://www.goducks.com/ViewArticle.dbml?DB\\_OEM\\_ID=500&ATCLID=3735603](http://www.goducks.com/ViewArticle.dbml?DB_OEM_ID=500&ATCLID=3735603)

The Stanford women will have 21 athletes compete in 24 events in their attempt to qualify for the NCAA championships. The athletes doubling will be Arantxa King and Whitney Liehr who will compete in both the long and triple jumps, while Michaela Wallerstedt will compete in both the shot put and discus. The men will have 19 athletes compete in 20 individual events, plus the 4x100-meter relay. Geoffrey Tabor will double in the shot put and discus.

The Cardinal have several athletes in search of individual region titles, most notably Daniel Schaerer in the discus and Lauren Centrowitz and Garrett Heath in the 1,500 meters. Schaerer is already the Pac-10 champion in the event and enters the regional with the no. 1 ranked throw. Centrowitz also has the no. 1 regional ranking in the event, while Heath is no. 2, but the defending regional champion. Other top contenders for regional titles are Laurynne Chetelat and Chris Derrick in the 5,000 meters, Myles Bradley in the 110-meter hurdles and King in the long jump.

### The 2009 Pac-10 Championships

The Cardinal earned a pair of top three finishes at the 2009 Pac-10 Championships from Eugene, Ore. The Stanford women finished as the conference runner-up with 138 points, while the men placed third with 93. The Cardinal had a pair of individual champions, including Daniel Schaerer in the discus and Lauren Centrowitz in the 5,000 meters. Other top finishers for the Stanford women were Alicia Follmar who was second in the 1,500 meters, Laurynne Chetelat who was third in the 5,000 meters, Kate Niehaus and Georgia Griffin who were second and third in the 10,000 meters, Emilie Amaro who was third in the steeplechase, Arantxa King who was second in the long jump and third in the triple jump, Whitney Liehr who was second in the triple jump Michaela Wallerstedt who was second in the shot put and Jaynie Goodbody who was third in the hammer throw. The men's top finishes included Chris Derrick who was third in both the 5,000 and 10,000 meters, Myles Bradley who was third in the 110-meter hurdles, Amaechi Morton who was third in the 400-meter hurdles and Chris Mocko and JT Sullivan who were second and third in the steeplechase.

### Pac-10 Multis

Stanford got their first points of the 2009 Pac-10 Championships when the multi events were contested last weekend in Eugene. Corey Dysick placed fifth in the decathlon to score four points for the Cardinal men, while Whitney Liehr placed sixth in the heptathlon for three team points for the Stanford women. The points will carry over to the 2009 Pac-10 Championships on May 16-17.

### The 2009 Payton Jordan Cardinal Invitational

Chris Derrick highlighted the meet by shattering the American Junior Record in the 5,000 meters with a time of 13:29.98. Derrick battled with Oklahoma State freshman German Fernandez before pushing the pace over the final three laps to create the necessary gap. Fernandez also ran under the old record of 13:37.91 set by 2008 U.S. Olympian Galen Rupp. Both Derrick and Fernandez are still considered juniors because they will not turn 20 in 2009. The time for Derrick was also the sixth fastest in school history with four of the five ahead of him on the all-time list being former Olympians for the Cardinal. It is also the fifth-fastest time in the NCAA so far this year and a Stanford freshman record. Garrett Heath also set a big personal best in the 1,500 meters with a time of 3:37.57. Heath finished fifth with two collegiate runners ahead of him. The three collegiate times were the fastest in the NCAA this year. Heath who is already a two-time All-American in the 1,500 meters, also moved up to fifth all-time on the Stanford list. On the women's side Stanford was led by Lauren Centrowitz who tied the Stanford school record in the 1,500 meters with a time of 4:10.42. Centrowitz tied the record of Malindi Elmore set back in 2003. In a field with mostly professionals, Centrowitz hung with the main pack throughout the race and finished just behind former Texas Tech star and nine-time NCAA Champion Sally Kipyego. The time by Centrowitz was also the third fastest in the NCAA this season so far.

### 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,

## 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	Elliott Heath	3:43.10
1,500 Meters	Jacob Evans	3:44.10
3,000 Steeplechase	Chris Mocko	8:50.30
3,000 Steeplechase	J.T. Sullivan	8:51.74
3,000 Steeplechase	Benjamin Johnson	9:05.93
5,000 Meters	Chris Derrick	13:29.98
5,000 Meters	Garrett Heath	13:42.27
5,000 Meters	Elliott Heath	13:42.59
5,000 Meters	Hakon DeVries	14:03.64
10,000 Meters	Jacob Riley	28:46.84 (prov)
110-Meter Hurdles	Myles Bradley	13.55
110-Meter Hurdles	J.J. Jackson	14.23
400-Meter Hurdles	Amaechi Morton	50.11
400-Meter Hurdles	Durell Coleman	52.45
4x100 Meters	Stanford	40.27
Pole Vault	Casey Roche	5.20m
Pole Vault	Corey Dysick	5.05m
Long Jump	Myles Bradley	7.56m
Triple Jump	Myles Bradley	15.11m
Shot Put	Geoff Tabor	16.97m
Discus	Daniel Schaerer	63.55m
Discus	Geoffrey Tabor	56.15m
Hammer	Kyle Davis-Hammerquist	61.88m
Hammer	Carter Wells	57.40m

### Women

100 Meters	Griffin Matthew	11.45
100 Meters	Shataya Hendricks	11.66
200 Meters	Griffin Matthew	23.59
800 Meters	Lauren Centrowitz	2:07.81
800 Meters	Claire Cormier Thielke	2:08.02
1,500 Meters	Lauren Centrowitz	4:10.42
1,500 Meters	Alicia Follmar	4:17.63
1,500 Meters	Lauryne Chetelat	4:20.68
1,500 Meters	Maddie Duhon	4:24.57
3,000 Steeplechase	Emilie Amaro	10:11.68
3,000 Steeplechase	Maddie O'Meara	10:30.87
5,000 Meters	Lauryne Chetelat	15:43.31
5,000 Meters	Lauren Centrowitz	16:15.86
5,000 Meters	Kate Niehaus	16:19.20
5,000 Meters	Stephanie Marcy	16:27.90
5,000 Meters	Georgia Griffin	16:30.00
5,000 Meters	Emilie Amaro	16:36.40
5,000 Meters	Alex Gits	16:45.70
110-Meter Hurdles	Whitney Liehr	13.73
400-Meter Hurdles	Idara Otu	59.00
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	Whitney Liehr	6.08m
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	16.05m
Discus	Michaela Wallerstedt	50.04m
Hammer	Jaynie Goodbody	58.78m
Heptathlon	Whitney Liehr	5,210 (prov)

achieving personal bests in both events. His marks of 24-9  $\frac{3}{4}$  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  $\frac{3}{4}$  in the long jump and 42-3  $\frac{1}{4}$  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  $\frac{1}{2}$ . 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. Elliot 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. 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 Lauryne 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 best cross country season, but did not compete for Stanford indoors because his eligibility had been exhausted.

## 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)

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.