



STANFORD MEDIA RELATIONS

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NCAA Regional Qualifiers

Sara Bei, 5,000m, 15:36.21
Leila Ben-Youssef, pole vault, 12-8
3/4 (3.88m)
Jill Camarena, shot put, 57-4
34(17.49m)
Donielle Colich, hammer, 185-8
(56.60m)
Alicia Craig, 5,000m, 15:31.15
Kitty Currier, discus, 160-9
(50.72m)
Janice Davis, 200m, 23.95
Neil Davis, 5,000m, 14:13.84
Chris Emme, 5,000m, 14:01.61
Ashley Freeman, 400m, 54.36
Ashley Freeman, 800m, 2:09.54
Keisha Gaines, 400m, 54.43
Jason Goff, javelin, 217-5 (66.26m)
Jacob Gomez, 1,500m, 3:46.53
Jacob Gomez, 5,000m, 13:56.77
Brett Gotcher, 10,000m, 29:11.07
Ryan Hall, 5,000m, 13:45.00
Seth Hejny, 5,000m, 14:12.25
Andrew Hill, 10,000m, 29:32.76
Sarah Hopping, hammer, 195-2
(59.4m)
Katie Hotchkiss, 1,500m, 4:20.34
Lindsey Johnson, 100mh, 13.69
Nashonme Johnson, 400m, 53.59
Sean Knapp, 3,00m Stp., 9:06.13
Arianna Lambie, 800m, 2:08.06
Arianna Lambie, 1,500m, 4:16.89
Louis Luchini, 5,000m, 13:25.19
Chinny Offor, 400m, 54.43
Chinny Offor, 800m, 2:06.17
William O'Neill, discus, 170-10
(52.08m)
Jonathan Pierce, 5,000m, 14:13.72
Jessica Pluth, hammer, 188-2
(57.36m)
Andrew Powell, 1,500m, 3:46.90
Grant Robison, 5,000m, 14:06.63
Nick Sebes, 400 meters, 47.03
Samantha Shepard, pole vault, 13-0
1/4 (3.97m)
Amanda Trotter, 3k Stp, 10:53.31
Katy Trotter, 1,500m, 4:26.06

For Immediate Release: Tuesday, April 27, 2004
Stanford Hosts Elite Athletes in Cardinal Invitational
Stanford Travels to California for The Big Meet

The Cardinal Invitational

Friday, April 30, 2004

Cobb Track & Angell Field

3:00 p.m. - Field Events

4:00 p.m. - Running Events

This is an Olympic year and time draws nearer for many elite athletes to achieve the Olympic "A" qualifying standards. The Cardinal Invitational will be held on Friday, April 30, at Cobb Track & Angell Field, and many college and elite level athletes will be primed and ready to do their best with the goal of competing at the Olympic Games this summer in Athens, Greece. The Cardinal Invitational not only gives elite American and International athletes an excellent opportunity to achieve the Olympic "A" standard, but also gives many college athletes another opportunity to achieve the NCAA Regional qualifying standard. One of the top events on the running calendar this year is the **Kim McDonald** men's and women's 10,000 meters. Cobb Track and Angell Field has produced outstanding results including an American record of 30:52.32 by **Deena Drossin** in 2002. In that same race, **Yoko Shibui** set a Japanese record of 30:48.89. A year earlier, **Meb Keflezighi** set an American record (27:13.98) in the men's 10,000 meters at the Cardinal Invitational and race winner **Abraham Chebii** of Kenya ran the fastest 10,000 meters ever on American soil with a time of 27:04.20. **Keflezighi** is one of the feature competitors in this year's 10,000 meters. In fact, seven of the top-10 ranked American 10,000 meter runners from 2004 are scheduled to compete. **Keflezighi** has already secured a spot on the U.S. Olympic team with a second place finish in the U.S. Olympic Marathon Trials. At the recent USA 8K Championships, the former UCLA All-American ran a course and championship record time only two weeks after finishing first at the USA 15K Championships. Also look for top performances from such notables as American 5,000 meter record holder **Bob Kennedy**, 2000 Olympians **Brad Hauser** and **Abdi Abdirahman**, 2004 U.S. 10-mile champion **Dan Browne** and Stanford's **Ian Dobson** and **Louis Luchini**. From the international circuit are a group of sub-28:00 runners from Japan and **Thomas Kiplitan** of Kenya. **Sally Barsosio** of Kenya heads a star-filled field in the women's 10,000 meters. **Barsosio** recently finished second at the Kenyan National Championships. From Britain comes a trio of runners with Olympic dreams in former NCAA champion **Kathy Butler**, **Natalie Harvey** and **Haley Yelling**. **Butler** was a 2000 Olympian. Also in the field are **Rosemayn Ryan** and **Marie Daventry** of Ireland, and from the United States, **Katie McGregor**, **Katie** and **Laura O'Neill**, and Stanford's 2003 NCAA champion **Alicia Craig**. The women's 5,000 meters will feature **Sonia O'Sullivan**, the 2000 Olympic silver medalist and a multi-time world and European champion. **Courtney Babcock** is the Canadian national record holder while Australia's **Georgie Clark** jumps from the 1,500 meters to the 5,000 meters at the Cardinal Invitational. **Clarke** owns the fastest time in the 1,500 meters in the world this year. The American contingent includes **Shayne Culpepper**, **Carrie Tollefson**, **Elva Dryer** and three-time NCAA 5,000 meter champion from Stanford, **Lauren Fleshman**. **Culpepper** and **Dryer** are 2000 Olympians. **Steve Slattery**, the 2003 U.S. champion in the 3,000 meter steeplechase, headlines the men's 5,000 meters. A pair of Arkansas All-Americans are also in the field, **Daniel Lincoln** and **Alistair Cragg**. **Lincoln** won the 2003 NCAA title in the 10,000 meters and the 3,000 meter steeplechase. **Chad Johnson** and **Luke Watson** are two of American's top Olympic hopefuls

David Vidal, 5,000m, 14:10.03
Solomon Welch, triple jump, 50-4
3/4 (15.36m)
400 Meter Relay (Janice Davis,
Nashonme Johnson, Janice Davis,
Ashley Freeman), 45.33
1,600 Meter Relay (Keisha
Gaines, Nashonme Johnson, Janice
Davis, Ashley Freeman), 3:33.81

Pacific-10 Qualifiers

Julie Allen, 1,500m, 4:39.85
Julie Allen 5,000m, 17:25.05
Neftalem Araia, 5,000m, 13:56.99
Jakki Bailey, 200m, 24.64
Undine Becker, lj, 19-10 3/4
(6.06m)
Sara Bei, 5,000m, 15:36.21
Leila Ben-Youssef, pole vault, 12-
8 3/4 (3.88m)
Jill Camarena, shot put, 57-4 3/4
(17.49m)
Joaquin Chapa, 800m, 1:51.13
Joaquin Chapa, 1,500m, 3:49.90
Donielle Colich, hammer, 185-8
(56.60m)
Alicia Craig, 5,000m, 15:31.15
Kitty Currier, discus, 160-9
(50.72m)
Janice Davis, 100m, 11.82
Janice Davis, 200m, 23.95
Janice Davis, 400m, 54.84
Neil Davis, 5,000m, 14:10.25
Ian Dobson, 5,000m, 13:40.91
Chris Emme, 5,000m, 14:01.61
Ashley Freeman, 400m, 54.36
Ashley Freeman, 800m, 2:09.54
Keisha Gaines, 400m, 54.43
Lindsay Gannaway, hj, 5-8(1.73m)
Curtis Goehring, 400m, 47.55
Jason Goff, javelin, 217-5
(66.26m)
Jeane Goff, 1,500m, 4:32.23
Jacob Gomez, 1,500m, 3:46.53
Jacob Gomez, 5,000m, 13:56.77
Brett Gotcher, 5,000m, 14:16.27
Brett Gotcher, 10,000m, 29:11.07
Ryan Hall, 5,000m, 13:45.00
Isaac Hawkins, 5,000m, 14:10.28
Seth Hejny, 5,000m, 14:12.25
Andrew Hill, 10,000m, 29:32.76
Ahisma Hodari, heptathlon, 4,125
Sarah Hopping, hammer, 195-2
(59.4m)
Katie Hotchkiss, 800m, 2:09.42
Katie Hotchkiss, 1,500m, 4:20.34
Nashonme Johnson, 200m, 24.18
Nashonme Johnson, 400m, 53.59
Lindsey Johnson, 100mh, 13.69
Lindsey Johnson, 400mh, 61.71
Sean Knapp, 3,000m Stp., 9:06.13
Arianna Lambie, 800m, 2:08.06
Arianna Lambie, 1,500m, 4:16.89
Louis Luchini, 5,000m, 13:25.19

in the 5,000 meters. Stanford will have a strong contingent of present and former All-American runners. **Michael Stember**, a 2002 U.S. Olympian, will be a strong favorite in the 1,500 meters along with **Jason Lunn**, the 2003 U.S. outdoor champion in this event. Current Stanford students **Grant Robison** and **Donald Sage** will be in this elite field. **Robison** won the NCAA 1,500 meter title last year, while **Sage** captured the title in 2002. Former California standout **Bolota Asmerom** has Olympic goals for the United States. At the recent Stanford Invitational, Mexico's **Juan Luis Barrios** won the 1,500 meters in a 3:39.28. **Barrios** is back to compete at the Cardinal Invitational. In the women's 1,500 meters, **Nicole Teter** of the United States and Canada's **Malindi Elmore** have developed a keen rivalry. **Elmore**, a 2003 Stanford graduate, defeated **Teter** at the recent Mt. Sac Relays with the second fastest time in the world this year at 4:09.73. **Leah Pells**, another Canadian, is entered in the competition. **Pells** is a two-time Olympian. The field is further strengthened with the addition of Australia's **Emily Morris** and **Melissa Rollison**, and former Stanford All-American **Sally Hauser**. American record holder **Brianna Shook** leads the field in the women's 3,000 meter steeplechase. Brigham Young University has a pair of outstanding runners entered in **Kassi Anderson** and **Michaela Mannova**, the 2003 and 2002 NCAA champions in the 3,000 meter steeplechase. This field will be pushed with the addition of former American record holder **Elizabeth Jackson**.

Stanford-California (The Big Meet)

Saturday, May 1

Edwards Stadium

10:30 a.m. - Field Events

1:00 p.m. - Running Events

On Saturday, May 1, the Stanford men's team faces the California men's team in the 110th Big Meet ... Stanford has won the last three meets including a 93-70 decision over the Golden Bears last year at Cobb Track & Angell Field ... Two years ago in Berkeley, Stanford scored a decisive 94-69 victory, the first Cardinal victory on Golden Bears soil since 1969 ... The Stanford women will compete against the California in the 25th Big Meet ... Stanford leads the series, 14-10, and has won the last three meets by a large margin, including a 111-51 victory last year at Stanford ... Two years ago in Berkeley, Stanford won 101-62 ... Field events begin at 10:30 a.m. at Edwards Stadium while the running events start at 1:00 p.m.

The Big Meet Schedule

Field Events

10:30 a.m. - Men's Hammer followed by Women's Hammer
11:30 a.m. - Women's Long Jump followed by Men's Long Jump
12:15 p.m. - Men's Javelin followed by Women's Javelin
12:15 p.m. - Men's High Jump
12:30 p.m. - Women's Pole Vault
1:00 p.m. - Men's Shot Put followed by Women's Shot Put
2:00 p.m. - Men's Discus followed by Women's Discus
2:00 p.m. - Women's Triple Jump followed by Men's Triple Jump
2:15 p.m. - Men's Pole Vault followed by Women's High Jump

Running Events

1:00 p.m. - Women's 3,000 Meter Steeplechase
1:20 p.m. - Men's 3,000 Meter Steeplechase
1:35 p.m. - Women's 400 Meter Relay followed by Men's 400 Meter Relay
1:45 p.m. - Women's 1,500 Meter Relay followed by Men's 1,500 Meter Relay
2:00 p.m. - Men's 110 Meter Hurdles followed by Women's 100 Meter Hurdles
2:15 p.m. - Women's 400 Meters followed by Men's 400 Meters
2:25 p.m. - Women's 100 Meters followed by Men's 100 Meters
2:35 p.m. - Women's 800 Meters followed by Men's 800 Meters
2:45 p.m. - Women's 400 Meter Hurdles followed by Men's 400 Meter Hurdles
3:00 p.m. - Women's 200 Meters followed by Men's 200 Meters
3:10 p.m. - Women's 5,000 Meters
3:30 p.m. - Men's 5,000 Meters
3:45 p.m. - Senior Ceremony - Stanford then California introductions
4:05 p.m. - Women's 1,600 Meter Relay followed by Men's 1,600 Meter Relay

Pac-10 Potpourri

Several Cardinal athletes rank high in the weekly Pacific-10 Track & Field times and marks ... **Chinny Ofor** leads the conference in the 800 meters (2:06.17), **Arianna Lambie** is first in the 1,500 meters (4:16.89), **Alicia Craig** leads the Pac-10 in the 5,000 meters (15:31.15), while **Jill Camarena** is the conference leader in the shot put (57-4 3/4, 17.49m) ... Several other Stanford

Teresa McWalters, 5,000m, 16:33.03
 Peter Meindl, 5,000m, 13:58.49
 Chinny Offor, 400m, 54.43
 Chinny Offor, 800m, 2:06.17
 Feranmi Okanlami, triple jump, 48-4 3/4 (14.75m)
 William O'Neill, discus, 170-10 (52.08m)
 Jonathan Pierce, 5,000m, 14:13.72
 Jessica Pluth, hammer, 188-2 (57.36m)
 Andrew Powell, 1,500m, 3:46.90
 Ashley Purnell, 100m, 11.97
 Ashley Purnell, 200m, 24.39
 Grant Robison, 5,000m, 14:06.63
 Nick Sebes, 200m, 21.44
 Nick Sebes, 400m, 47.03
 Samantha Shepard, pole vault, 13-0 1/4 (3.97m)
 Anita Siraki, 5,000m, 16:56.54
 Celia Smalls, 5,000m, 16:59.91
 Rolf Steier, 5,000m, 14:33.69
 Nicholas Taylor, decathlon, 6,139
 Amanda Trotter, 3k Stp, 10:53.31
 Amanda Trotter, 5,000m, 17:17.47
 Katy Trotter, 1,500m, 4:26.06
 David Vidal, 5,000m, 14:10.03
 Solomon Welch, triple jump, 50-4 3/4 (15.36m)
 Timi Wusu, decathlon, 6,326
 400 Meter Relay (Janice Davis, Nashonme Johnson, Janice Davis, Ashley Freeman), 45.33
 1,600 Meter Relay (Keisha Gaines, Nashonme Johnson, Janice Davis, Ashley Freeman), 3:33.81

athletes are near the top of the leader board ... **Louis Luchini**, **Ian Dobson** and **Ryan Hall** are 2-3-4 in the 5,000 meters, respectively, with times of 13:25.19 (school record), 13:40.91 (indoors) and 13:45.00 ... In fact, seven Stanford runners are listed in the league Top-10 in the men's 5,000 meters ... **Nashonme Johnson** and **Sara Bei** are ranked second in the 400 meters (53.59) and 5,000 meters (15:36.21), respectively, while **Lambie** is fourth in the 800 meters (2:08.06) and **Anita Siraki** is fourth in the 10,000 meters (36:23.95) ... The women's 1,600 meter relay team is second (3:33.81) in the Pac-10, while the women's 400 meter relay is ranked fourth (45.33) ... **Jason Goff** is ranked fourth in the conference in the javelin (217-5, 66.26m) ... **Sarah Hopping** also is ranked fourth in the hammer (195-2, 59.49m).

Record Review

Stanford has dented the school record book several times this year ... **Louis Luchini** broke the school record in the 5,000 meters at the recent Mt. Sac Relays (4/17/04) with a time of 13:25.19 ... That broke the previous school record time of 13:27.31 by **Brad Hauser** in 2000 ... **Luchini's** time also met the Olympic "B" standard ... The Stanford women's 1,600 meter relay team of **Keisha Gaines**, **Nashonme Johnson**, **Janice Davis** and **Ashley Freeman** set a school record of 3:33.81 at the Texas Relays (4/3/04) which broke the old time of 3:34.82 set last year ... **Jill Camarena** tied her school record with a throw of 57-4 3/4 (17.49m) at the Stanford Invitational (3/27/04) ... Freshman **Arianna Lambie** ran a freshman school record time of 4:16.89 at the Mt. Sac Relays (4/18/04) which also is seventh-best in school history ... **Ashley Freeman's** time of 54.36 is a freshman school record and fifth-best on the varsity list ... **Sarah Hopping** has increased her personal best in the hammer to 195-2 (59.49m), second-best in the Stanford record book ... **Nashonme Johnson** ran a 53.59 in the 400 meters at the Brutus Hamilton Invitational (4/10/04) which is good enough for second place in the school record book ... Freshman **Amanda Trotter** ran a 10:53.31 in the 3,000 meter steeplechase at the Penn Relays (4/22/04) which is third-best in school history ... **Jason Goff's** javelin throw of 217-5 (66.26m) at the Cal/Nevada Meet (4/3/04) is a career-best and also third-best in school history ... **Sara Bei's** time of 15:36.21 in the 5,000 meters is fourth-best in school history ... The Cardinal women's 400 meter relay team of **Janice Davis**, **Nashonme Johnson**, **Christine Moschella** and **Ashley Purnell** ran a 45.33 at the Penn Relays (4/23/04), fourth-best in the record book ... **Donielle Colich** has bettered her mark in the hammer to 185-8 (56.60m), fifth-best in school history ... Freshman **Janice Davis** ran 11.82 in the 100 meters at the Mt. Sac Relays (4/18/04), sixth-best in school history ... **Davis'** time of 23.95 in the 200 meters is eighth-best and her time of 54.84 in the 400 meters is eighth-best ... **Chinny Offor** and **Keisha Gaines** have run 54.43 this year, sixth-best in school history ... **Offor's** time of 2:06.17 in the 800 meters is seventh-best in the record book ... Freshman **Lindsay Gannaway** has a season-best of 5-8 (1.73m) in the high jump, seventh-best in school history ... Another freshman, **Ashley Purnell**, ran 11.97 at the Mt. Sac Relays, eighth-best in the Stanford record book ... **Milessa Muchmore** pole vaulted 11-5 3/4 (3.5m) at the Hornet Open (3/6/04), eighth-best in the record book ... **Ryan Hall's** time of 13:45.00 at the Mt. Sac Relays is a career-best and ninth-best in school history ... **Nicholas Taylor** produced 6,326 points at the California Invitational Decathlon Championships (4/14 - 4/15/04), a career-best and ninth-best in school history ... **Michael Harbeck's** pole vault effort of 15-9 (4.80m) at the Brutus Hamilton Invitational (4/10/04) is tenth-best in the school record book.

Freshman Facts

The Stanford freshman class has produced strong results and that bodes well for the future of Cardinal track & field ... **Janice Davis** has already made an impact in the sprints with Pac-10 and NCAA Regional qualifying times in the 100 (11.82), 200 (23.95) and 400 meters (54.84) and as a member of the school record holding 1,600 meter relay team (3:33.81), and the NCAA Regional qualifying 400 meter relay squad (45.33) ... Redshirt freshman **Ashley Purnell** has league qualifying times in the 100 meters (11.97) and 200 meters (24.39) and on the 400 meter relay team (45.33) ... **Keisha Gaines** ran the leadoff leg on the school record holding 1,600 meter relay team (3:33.81) and has qualified for regional competition in the 400 meters (54.43) ... **Ashley Freeman** ran the anchor leg on the school's recording holding 1,600 meter relay team (3:33.81), and has NCAA Regional qualifying times in the 400 meters (54.36) and the 800 meters (2:09.54) ... **Arianna Lambie** set the freshman school record in the 1,500 meters (4:16.89) and has an NCAA Regional time of 2:08.06 in the 800 meters ... **Katy Trotter** has run a NCAA Regional qualifying time of 4:26.06 in the 1,500 meters while twin sister, **Amanda Trotter**, has the third-best time in school history in the 3,000 meter steeplechase (10:53.31) ... **Lindsay Gannaway** is one of the Pac-10's top high jumpers (5-8, 1.73m) ... **Joaquin Chapa** has run a Pac-10 qualifying time of 1:51.13 in the 800 meters and the 1,500 meters (3:49.90) ... Redshirt freshman **Jonathan Pierce** has run an NCAA Regional qualifying time of 14:13.72 in the 5,000 meters while another redshirt freshman, **Rolf Steier**, has run a conference qualifying time of 14:33.69 ... Redshirt freshman **Brett Gotcher** has an NCAA Regional qualifying time of 29:11.07.