



STANFORD MEDIA RELATIONS

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

NCAA Qualifiers

Jillian Camarena, sp (52-7 1/2)
Lauren Fleshman, 5,000k (15:49.84)
Sally Glynn, 5,000 meters (15:58.29)
Gabe Jennings, 1,500 meters (3:41.18)
Jonathon Riley, 10,000k (28:33.71)
Donald Sage, 1,500 meters (3:39.99)

NCAA Provisional Qualifiers

Jason Goff, decathlon (7,216 points)
Seth Hejny, 1,500 meters (3:44.79)
Seth Hejny, 5,000 meters (13:46.81)
Omer Inan, discus (190-10)
Milton Little, long jump (25-7 1/4w)
Thomas Murley, 10,000k (29:30.17)
Maureen Onyeagbako, hmm (192-11)
Michael Ponikvar, high jump (7-3 1/2)
Jonathon Riley, 5,000k (13:46.06)
Grant Robison, 5,000k (13:49.82)
Donald Sage, 1,500 meters (3:43.93)
Donald Sage, 5,000 meters (14:04.94)
Michael Stember, 800m (1:48.55)
Michael Stember, 1,500k (3:41.80)
Adam Tenforde, 10,000k (29:35.03)
Chad Wassink, javelin (234-0)
Nick Welihozkiy, hammer (201-45)

Leila Ben-Youssef, pv (12-10 3/4)
Ashley Couper, 1,500k (4:20.59)
Kathleen Donoghue, pv (13-1 3/4)
Sally Glynn, 5,000 meters (16:19.96)
Anne Gunnison, 5,000k (16:28.91)
Lindsay Hyatt, 800 meters (2:06.58)
Kimberly Stone, high jump (5-10 1/2)
Erin Sullivan, 5,000 meters (16:22.98)
Heather Tanner, 10,000k (34:57.26)
Laura Turner, 3,000 steopl. (10:44.20)
Laura Turner, 5,000 meters (16:35.99)
Elena Villarreal, 5,000k (16:20.52)

Pacific-10 Qualifiers

Todd Beyerlein, high jump (6-9 3/4)
Ryan Carroll, 800 meters (1:49.63)
Chris Emme, 5,000 meters (14:31.37)
Jason Goff, decathlon (7,216 points)
Jason Goff, javelin (201-9)
Michael Harte, 110hh (14.42w)
Mark Hassell, 800 meters (1:50.38)
Isaac Hawkins, 5,000k (14:14.33)
Seth Hejny, 1,500 meters (3:44.79)

For Immediate Release: Thursday, May 10, 2001

Stanford Decathletes/Hepathletes Compete at Pac-10 Championships Stanford athletes travel to Modesto Relays Stanford Hosts Cardinal Qualifier

Stanford, Ca - Jason Goff, Julie Tinker and Lillian Bush will represent Stanford when they compete in this weekend's Pacific-10 Decathlon/Heptathlon Championships (May 12-13) at Edwards Stadium/Goldman Field at Berkeley ... Twenty-four Cardinal athletes will compete on Saturday at the Modesto Relays, and another group will participate in the Cardinal Qualifier on Sunday (May 13) at Cobb Track & Angell Field.

Schedule Story

The Pac-10 Decathlon/Heptathlon Championships will start each day (May 12-13) at 11:00 a.m. ... **Jason Goff**, a sophomore from Turner, Or, is ranked second in the Pac-10 ... **Goff** tallied a career-best 7,216 points at the Mt. Sac Multi's earlier this year ... The heavy favorite is Oregon's **Santiago Lorenzo** who chalked up 7,726 points at a meet on April 5 ... Five events will be held each day ... On Saturday, **Goff** will compete in the 100 meters (11:30 a.m.), long jump (12:30 p.m.), shot put (2:00 p.m.), high jump (3:15 p.m.) and then the 400 meters (5:00 p.m.) ... On Sunday, the decathlon will conclude with the 110 meter hurdles (11:00 a.m.), discus (12:30 p.m.), pole vault (2:00 p.m.), javelin (4:00 p.m.) and the 1,500 meters (5:15 p.m.) ... **Julie Tinker** and **Lillian Bush** are ranked fourth and eighth in the heptathlon ... **Tinker**, a senior from Sacramento, has a career-best 5,151 points, while **Bush**, a freshman from Columbus, Ga, has a season-best total of 4,802 points ... The conference leader is UCLA's **Michelle Perry** with 5,657 points ... On Saturday, the heptathlon will start at 11:00 a.m. with the 100 meter hurdles, followed by the high jump (noon), shot put (2:30 p.m.) and 200 meters (3:45 p.m.) ... On Sunday, the women will compete in the long jump (11:30 a.m.), javelin (1:15 p.m.), and 800 meters (2:30 p.m.).

Fourteen women and ten men from Stanford will travel to compete in the prestigious Modesto Relays on Saturday ... In addition to bettering their times and marks for NCAA qualifying, the meet will also serve as a great warmup for the upcoming Pacific-10 Championships on May 19-20 at California.

Another high quality meet featuring several of the nation's top runners will take place on Sunday when Stanford hosts the Cardinal Qualifier at Cobb Track & Angell Field ... Several Stanford athletes will be competing in addition to post-graduate competitors ... The field events will start at 4:00 p.m. and the running events will start at 6:30 p.m. ... This meet will be intended to provide athletes with an additional opportunity to achieve qualifying performances for the NCAA Division I Championships, the USA Track & Field Championships, and the IAAF World Championships ... Several of the key running events will include the men's and women's 800 meters, the men's 1,500 meters and the women's 5,000 meters ... The men's 800 meters has a strong field including Canada's **Zach Whitmarsh** at 1:46.07, Stanford's **Michael Stember** at 1:46.20, and SMU's **Roman Oravec**, who finished fourth in the 800 meters at the NCAA Indoor's this year at 1:47.71 ... **Nicole Teter** of the Reebok Aggies and **Diane Cummins** of Pacific Sport will lead the women's 800 meters field with sub-2:02 personal bests ... The men's 1,500 meters features former Stanford All-American **Jason Lunn (3:36.80)**, a fourth place finisher at the U.S. Olympic Trials, SMU's **Dalibor Balgac (3:40.76)**, and **Nick MacFalls (3:41.85)** ... The women's 5,000 meters will include two-time NCAA champion (3,000k, 5,000k) **Kara Wheeler**, and **Kim Fitchen**, who has the fastest time in the 10,000 meters this year.

Pacific-10 Qualifiers - Continued

Seth Hejny, 5,000 meters (13:46.81)
Andrew Hill, 5,000 meters (14:28.55)
Omer Inan, Discus (190-10)
Gabe Jennings, 800 meters (1:50.54)
Gabe Jennings, 1,500m (3:41.18)
Milton Little, long jump (25-7 1/4w)
Milton Little, triple jump (49-6 1/4)
Louis Luchini, 5,000k (13:53.87)
Warrick McDowell, tj (48-10 3/4)
Thomas Murley, 5,000k (14:34.65)
Daniel Parris, 5,000k (14:11.10)
Michael Ponikvar, hj (7-3 1/2)
Jonathon Riley, 1,500m (3:47.04)
Jonathon Riley, 5,000k (13:51.68)
Jonathon Riley, 10,000k (28:33.71)
Grant Robison, 1,500m (3:48.24)
Donald Sage, 1,500 meters (3:39.99)
Donald Sage, 5,000k (14:04.94)
Michael Stember, 800m (1:48.55)
Michael Stember, 1,500m (3:41.80)
Jonathan Stevens, 800m (1:50.10)
Jonathan Stevens, 1,500m (3:47.34)
Adam Tenforde, 5,000m (14:34.13)
Jesse Thomas, 3,000 steep. (9:01.66)
Jesse Thomas, 5,000k (14:29.05)
Joe Urbanski, 5,000k (14:29.24)
Chad Wassink, javelin (234-0)
Nick Welihozkiy, hammer (201-5)
Justin Williams, 110hh (14.53)
Stanley Wilson, 100 meters (10.58)
Stanley Wilson, 200 meters (21.40)

Caroline Annis, 1,500m (4:35.68)
Caroline Annis, 3,000m (9:42.07)
Caroline Annis, 5,000k (17:01.05)
Ashley Beatty, javelin (151-8)
Leila Ben-Youssef, pv (12-10 3/4)
Lillian Bush, hept. (4,802 points)
Lillian Bush, 100hh (14.12)
Lillian Bush, long jump (19-0 3/4)
Jillian Camarena, discus (154-4)
Jillian Camarena, shot put (52-7)
Maurica Carlucci, 800m (2:07.78)
Maurica Carlucci, 1,500m (4:25.46)
Victoria Chang, 5,000m (16:44.82)
Wilsa Charles, 100 meters (12.00)
Ashley Couper, 800 meters (2:07.52)
Ashley Couper, 1,500m (4:23.05)
Kathleen Donoghue, pv (13-1 3/4)
Whitney Drumright, javelin (144-10)
Malindi Elmore, 800m (2:08.67)
Malindi Elmore, 1,500m (4:31.03)
Mariel Ettinger, 1,500m (4:35.42)
Mariel Ettinger, 5,000k (16:51.13)
Melissa Feinstein, pv (12-4 1/2)
Colleen Flaherty, 1,500m (4:35.48)
Lauren Fleshman, 800m (2:08.69)

Stanford Starts

The Stanford outdoor season is well underway and Cardinal athletes have put together excellent Pac-10 qualifying times and marks ... Sixty-five athletes (36 women, 29 men) have qualified for the Pac-10 Championships on May 19-20 at California ... Twenty-three Stanford athletes (13 men, 10 women) have qualified provisionally for the NCAA's, and six athletes, **Jillian Camarena**, **Lauren Fleshman**, **Sally Glynn**, **Gabe Jennings**, **Jonathon Riley**, and **Donald Sage**, have met the NCAA automatic standard.

Pac-10 Potpourri

Several Stanford athletes lead or are near the top of the pack in their respective events in the Pac-10 rankings ... Cardinal freshman **Donald Sage** leads the conference in the 1,500 meters (3:39.99), **Jonathon Riley** in the 10,000 meters (28:33.71), **Michael Ponikvar** in the high jump (7-3 1/2), **Milton Little** in the long jump (25-7 1/4w), and **Lauren Fleshman** in the 5,000 meters (15:49.84, #1 among American collegiate runners) ... Six Stanford athletes are ranked #2 in their respective events, **Michael Stember** in the 1,500 meters (3:41.18), **Nick Welihozkiy** in the hammer (201-5), **Chad Wassink** in the javelin (234-0), **Jason Goff** in the decathlon (7,216 points), **Ashley Couper** in the 1,500 meters (4:20.59), and **Sally Glynn** in the 5,000 meters (15:58.29) ... Stanford's men's 800 meter runners rank 2-4-5-6-7 in the Pac-10, Cardinal men rank 1-2-3 in the 1,500 meters, 3-4-5-6 in the men's 5,000 meters, and 2-4-5 in the women's 1,500 meters.

National Notes

Jonathon Riley, **Lauren Fleshman**, **Sally Glynn**, **Gabe Jennings**, **Donald Sage** and **Jillian Camarena** are Stanford's NCAA outdoor qualifiers thus far in the 2001 season ... Competing in his first collegiate 10,000 meters, **Riley** ran a 28:33.71 at the Stanford Invitational (3/31) ... **Riley's** time is third-best all-time at Stanford, and tops in the Pac-10 this year ... **Fleshman's** 5,000 meter time of 15:49.84 is #1 for an American collegiate runner this year, a career-best and third-best in school history ... **Glynn** has run 15:58.29, fourth-best in school history ... **Jennings**, running in his first 1,500 meters of the outdoor season at the Cardinal Invitational (5/4), ran a 3:41.18 ... **Sage** ran a freshman school record 3:39.99 at the Cardinal Invitational (5/4) ... **Camarena** has a season-best and freshman school record mark of 52-7 1/2 in the shot put ... Twenty-five Cardinal athletes have qualified provisionally for the NCAA's which will be held May 30-June 2 at the University of Oregon in Eugene.

Record Review

Eight school records have already been broken this year ... **Chad Wassink** broke the 13-year old school record in the javelin with a career-best throw of 234-0 in the javelin at the Mt. Sac Relays (4/22) ... That broke the 1988 record of **Dave Pickett** at 233-11 ... **Kathleen Donoghue** broke the school record in the pole vault at 13-1 3/4 at the Mt. Sac Relays (4/21) ... **Jessica Pluth** broke the freshman record in the hammer with a toss of 187-0 at the Stanford Invitational (4-1) ... **Pluth** easily broke the previous record of 163-10 by **Maggie Isaac** in 1997 ... **Pluths'** effort is also third-best overall all-time at Stanford ... **Maureen Onyeagbako** broke the school record in the hammer at the Big Meet (5/5) with a toss of 192-11 ... **Jillian Camarena** broke the freshman school record in the shot put with a throw of 52-7 1/2 at the Pomona-Pitzer Meet (4/20) ... **Camarena's** toss broke the 15-year old record of **Patty Purpur (50-9 3/4)** ... **Camarena's** shot put effort is fourth-best all-time overall at Stanford ... **Donald Sage** broke the freshman school record in the 1,500 meters with a time of 3:39.99 at the Cardinal Invitational (5/4) ... **Sage's** time is the freshman collegiate best this year, and fifth-best overall all-time at Stanford ... The 4 x one mile relay team not only won the Penn Relays championship but also broke the school record ... The team of **Seth Hejny**, **Donald Sage**, **Jonathon Riley** and **Michael Stember** raced to a victory in a time of 16:15.70, shattering the old school record of 16:23.16 in 1998 ... The women's 4 x 800 meter relay team of **Ashley Couper**, **Lindsay Hyatt**, **Katie Hotchkiss** and **Maurica Carlucci** set a school record with a time of 8:32.26 at the Penn Relays.

Pac-10 Qualifiers - Continued

Lauren Fleshman, 1,500m (4:21.69)
Lauren Fleshman, 3,000m (9:41.44)
Lauren Fleshman, 5,000k (15:49.84)
Lauren Fletcher, shot put (45-4 1/2)
Sally Glynn, 1,500 meters (4:21.31)
Sally Glynn, 5,000 meters (15:58.29)
Anne Gunnison, 1,500m (4:35.30)
Anne Gunnison, 5,000m (16:20.91)
Katie Hotchkiss, 1,500m (4:29.87)
Lindsay Hyatt, 800 meters (2:08.24)
Ashley Ivy, high jump (5-7)
Lindsey Johnson, 100hh (13.74w)
Jillian Mastroianni, 5,000k(17:21.88)
Molly Meyer, discus (153-7)
Maureen Onyeagbako, hmm(192-11)
Shannon Overly, triple jump (39-5)
Jessica Pluth, hammer (187-0)
Jayna Smith, 200 meters (23.94)
Jayna Smith, 400 meters (53.81)
Danielle Spurlock, 400 IH (60.54)
Kimberly Stone, h. jump (5-10 1/2)
Erin Sullivan, 5,000k (16:22.98)
Julie Tinker, hept. (5,151 points)
Julie Tinker, 100hh (14.76)
Julie Tinker, high jump (5-7 1/4)
Julie Tinker, long jump (20-2 1/2w)
Julie Tinker, triple jump (39-3 3/4)
Laura Turner, 1,500 meters (4:33.01)
Laura Turner, 3,000 steep. (10:21.26)
Laura Turner, 5,000k (16:35.99)
Elena Villarreal, 1,500m (4:31.92)
Elena Villarreal, 5,000m (16:20.52)
Robyn Woolfolk, 100hh (13.87w)

Record Review

Stanford has enjoyed an outstanding season in outdoor track & field this year ... That is reflected on where several Cardinal athletes rank on the school's all-time Top-10 varsity list ... All Top-10 times and marks are non-wind aided.

1. Kathleen Donoghue, pole vault, 13-1 3/4
1. Maureen Onyeagbako, hammer, 192-11
1. Chad Wassink, javelin, 234-0
2. Michael Ponikvar, high jump, 7-3 1/2
3. Leila Ben-Youssef, pole vault, 12-10 3/4
3. Jillian Camarena, shot put, 52-7 1/2
3. Lauren Fleshman, 5,000 meters, 15:49.84
3. Omer Inan, discus, 190-10
3. Jessica Pluth, hammer, 187-0
4. Sally Glynn, 5,000 meters, 15:58.29
4. Lindsey Johnson, 100 meters, 13.91
4. Kimberly Stone, high jump, 5-10 1/2
4. Julie Tinker, heptathlon, 5,151 points
4. 400 meter relay, 45.70
5. Ashley Couper, 800 meters, 2:07.52
5. Jason Goff, decathlon, 7,216 points
5. Milton Little, long jump, 25-4 3/4
5. Jonathon Riley, 10,000 meters, 28:33.71
5. Donald Sage, 1,500 meters, 3:39.99
6. Maurica Carlucci, 800 meters, 2:07.78
6. Whitney Drumright, javelin, 144-10
6. Seth Hejny, 5,000 meters, 13:46.81
6. Jayna Smith, 200 meters, 23.94
6. Julie Tinker, long jump, 19-9
6. Christy Von der Ahe, pole vault, 11-4 1/2
7. Grant Robison, 5,000 meters, 13:49.82
7. Stanley Wilson, 100 meters, 10.58
7. 1,600 meter relay, 3:11.73
8. Lillian Bush, heptathlon, 4,802 points
8. Ashley Couper, 1,500 meters, 4:20.59
8. Kitty Currier, hammer, 128-11
8. 1,600 meter relay, 3:46.54
9. Lillian Bush, long jump, 19-0 3/4
9. Molly Meyer, hammer, 127-10
10. Malindi Elmore, 800 meters, 2:08.67
10. Nick Welihozkiy, hammer, 201-5
10. Stanley Wilson, 200 meters, 21.40

Frosh Facts

The Stanford track & field program is strong and getting stronger ... That is reflected by what has been accomplished by the freshman class this year ... This group has made a sizable dent in the freshman record book in 2001.

1. Jillian Camarena, shot put, 52-7 1/2
1. Jessica Pluth, hammer, 187-0
1. Donald Sage, 1,500 meters, 3:39.99
2. Stanley Wilson, 100 meters, 10.58
3. Lillian Bush, long jump, 19-10 3/4
3. Kitty Currier, hammer, 128-11
3. Seth Hejny, 5,000 meters, 13:46.81
3. Stanley Wilson, 200 meters, 21.40
4. Lillian Bush, heptathlon, 4,802 points
4. Molly Meyer, hammer, 127-10
4. Grant Robison, 5,000 meters, 13:49.82
4. Christy Von de Ahe, pole vault, 11-4 1/2
5. Sean Knapp, 3,000 meter steeplechase, 9:14.16