



STANFORD MEDIA RELATIONS

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NCAA Qualifiers

Lauren Fleshman, 5,000 meters (15:49.84)
Jonathon Riley, 10,000 meters (28:33.71)

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 (25-4 3/4)
Michael Ponikvar, high jump (7-3)
Donald Sage, 1,500 meters (3:43.93)
Donald Sage, 5,000 meters (14:04.94)
Michael Stember, 1,500 meters (3:41.80)
Chad Wassink, javelin (234-0)
Nick Welihozkiy, hammer (201-4)

Jillian Camarena, shot put (52-7)
Ashley Couper, 1,500 meters (4:23.05)
Kathleen Donoghue, p. vault (13-1 3/4)
Sally Glynn, 5,000 meters (16:19.96)
Anne Gunnison, 5,000 meters (16:20.91)
Kimberly Stone, high jump (5-10 1/2)
Erin Sullivan, 5,000 meters (16:22.98)
Laura Turner, 3,000 steeple. (10:44.20)
Laura Turner, 5,000 meters (16:35.99)
Elena Villarreal, 5,000 meters (16:20.52)

Pacific-10 Qualifiers

Ryan Carroll, 800 meters (1:50.79)
Chris Emme, 5,000 meters (14:31.37)
Jason Goff, decathlon (7,216 points)
Michael Harte, 110 meter hurdles (14.73)
Mark Hassell, 800 meters (1:50.38)
Isaac Hawkins, 5,000 meters (14:14.33)
Seth Hejny, 1,500 meters (3:44.79)
Seth Hejny, 5,000 meters (13:46.81)
Andrew Hill, 5,000 meters (14:28.55)
Omer Inan, Discus (188-9)
Gabe Jennings, 800 meters (1:50.54)
Milton Little, long jump (25-4 3/4)
Louis Luchini, 5,000 meters (13:53.87)
Warrick McDowell, triple jump (48-2 1/2)
Thomas Murley, 5,000 meters (14:34.65)
Daniel Parris, 5,000 meters (14:11.10)
Michael Ponikvar, high jump (7-3)
Jonathon Riley, 5,000 meters (13:51.68)
Jonathon Riley, 10,000 meter (28:31.71)
Grant Robison, 1,500 meters (3:48.24)
Donald Sage, 1,500 meters (3:43.93)
Donald Sage, 5,000 meters (14:04.94)
Michael Stember, 800 meters (1:49.73)
Michael Stember, 1,500 meters (3:41.80)
Jonathan Stevens, 800 meters (1:50.10)
Jonathan Stevens, 1,500 meters (3:47.34)
Adam Tenforde, 5,000 meters (14:34.13)
Jesse Thomas, 3,000m steeple. (9:04.02)
Jesse Thomas, 5,000 meters (14:29.05)
Joe Urbanski, 5,000 meters (14:29.24)
Chad Wassink, javelin (234-0)
Nick Welihozkiy, hammer (201-4)
Justin Williams, 110hh (14.53)

For Immediate Release: Wednesday, April 25, 2001

Stanford Track & Field Team to compete at prestigious Penn Relays (Philadelphia) and at California State Meet (UC Irvine)

Stanford, Ca - The prestigious Penn Relays in Philadelphia is the next stop for several members of the Stanford track & field team ... Twelve men and 13 women will be competing from April 26-28 ... Another sizable group of Cardinal athletes will also compete in the California State Meet on April 28-29 at UC Irvine ... At the Penn Relays, look for the Cardinal to break the school record and even more in such events as the women's 4 x 1,500 meters (**Sally Glynn, Elena Villarreal, Erin Sullivan, Lauren Fleshman**), the women's distance medley relay (**Ashley Couper, Jayna Smith, Lindsay Hyatt, Lauren Fleshman**), the 4 x 800 meters (**Ashley Couper, Katie Hotchkiss, Malindi Elmore, Lindsay Hyatt**), the men's 4 x mile (**Jonathon Riley, Gabe Jennings, Michael Stember, Donald Sage**), the men's distance medley relay (**Donald Sage, Evan Kelty, Jonathan Stevens, Gabe Jennings**), and the 4 x 800 meters (**Michael Stember, Gabe Jennings, Jonathan Stevens, Mark Hassell**).

Stanford Starts

The Stanford outdoor season is well underway and Cardinal athletes have put together excellent Pac-10 qualifying times and marks ... Sixth-two athletes (34 women, 28 men) have qualified for the Pac-10 Championships on May 19-20 at California ... Eighteen Stanford athletes (9 men, 9 women) have qualified provisionally for the NCAA's, and two athletes, **Jonathon Riley** and **Lauren Fleshman**, have met the NCAA automatic standard in the 10,000 meters, and 5,000 meters, respectively.

Pac-10 Potpourri

Several Stanford athletes lead or are near the top of the pack in their respective events in the Pac-10 rankings ... Stanford Olympian **Michael Stember** leads the conference in the 1,500 meters (3:41.80), **Jonathon Riley** in the 10,000 meters (28:33.71), **Michael Ponikvar** in the high jump (7-3), **Milton Little** in the long jump (25-4 3/4), and **Lauren Fleshman** in the 5,000 meters (15:49.84, #1 among American collegiate runners) ... **Jonathan Stevens** is second in the 800 meters (1:50.10), while three other Stanford athletes are also #2 in their respective events, **Nick Welihozkiy** in the hammer (201-4), **Chad Wassink** in the javelin (234-0) and **Jason Goff** in the decathlon (7,216 points) ... Stanford's men's runners rank 2-3-4-5-7 in the 800 meters, 1-3-5 in the 1,500 meters, 3-4-5-7 in the 5,000 meters, 3-5 in the women's 1,500 meters, and 6-7-8 in the women's 5,000 meters.

National Notes

Jonathon Riley and **Lauren Fleshman** 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 ... **Lauren 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 ... Eighteen Cardinal athletes have qualified provisionally for the NCAA's which will be held May 30-June 2 at the University of Oregon in Eugene.

Pacific-10 Qualifiers - Continued

Stanley Wilson, 100 meters (10.59)
Stanley Wilson, 200 meters (21.40)

Caroline Annis, 1,500 meters (4:35.68)
Caroline Annis, 3,000 meters (9:42.07)
Caroline Annis, 5,000 meters (17:01.05)
Ashley Beatty, javelin (151-8)
Lillian Bush, heptathlon (4,802 points)
Lillian Bush, 100hh (14.12)
Jillian Camarena, discus (154-0)
Jillian Camarena, shot put (51-3)
Maurica Carlucci, 800 meters (2:08.09)
Maurica Carlucci, 1,500 meters (4:25.46)
Victoria Chang, 5,000 meters (16:44.82)
Wilsa Charles, 100 meters (12.03)
Ashley Couper, 800 meters (2:08.35)
Ashley Couper, 1,500 meters (4:23.05)
Kathleen Donoghue, p. vault (13-1 3/4)
Malindi Elmore, 1,500 meters (4:31.03)
Mariel Ettinger, 1,500 meters (4:35.42)
Mariel Ettinger, 5,000 meters (16:51.13)
Melissa Feinstein, pole vault (12-4 1/2)
Colleen Flaherty, 1,500 meters (4:35.48)
Lauren Fleshman, 1,500 meters (4:26.86)
Lauren Fleshman, 3,000 meters (9:41.44)
Lauren Fleshman, 5,000k (15:49.84)
Lauren Fletcher, shot put (44-5 1/4)
Sally Glynn, 1,500 meters (4:24.03)
Sally Glynn, 5,000 meters (16:19.96)
Anne Gunnison, 1,500 meters (4:35.30)
Anne Gunnison, 3,000 meters (9:47.07)
Anne Gunnison, 5,000 meters (16:20.91)
Katie Hotchkiss, 1,500 meters (4:29.87)
Lindsay Hyatt, 800 meters (2:08.24)
Ashley Ivy, high jump (5-7)
Lindsay Johnson, 100hh (13.91)
Jillian Mastroianni, 5,000k (17:21.88)
Molly Meyer, discus (153-7)
Maureen Onyeagbako, hammer (183-3)
Shannon Overly, triple jump (38-7 1/2)
Jessica Pluth, hammer (187-0)
Jayna Smith, 400 meters (54.40)
Danielle Spurlock, 400 IH (61.42)
Kimberly Stone, high jump (5-10 1/2)
Erin Sullivan, 3,000 meters (9:36.56)
Erin Sullivan, 5,000 meters (16:22.98)
Julie Tinker, heptathlon (5,151 points)
Julie Tinker, 100hh (14.76)
Julie Tinker, high jump (5-7 1/4)
Julie Tinker, long jump (19-9)
Julie Tinker, triple jump (38-11 1/2)
Laura Turner, 1,500 meters (4:33.01)
Laura Turner, 3,000 meters (9:42.94)
Laura Turner, 3,000 steeple (10:44.20)
Laura Turner, 5,000 meters (16:35.99)
Elena Villarreal, 1,500 meters (4:31.92)
Elena Villarreal, 3,000 meters (9:26.76)
Elena Villarreal, 5,000 meters (16:20.52)
Robyn Woolfolk, 100hh (14.10)

Record Review

Four 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 ... **Pluth's** effort is also third-best overall all-time at Stanford, and only three feet short of the school record of 190-0 by **Maureen Onyeagbako** in 1999 ... **Jillian Camarena** broke the freshman school record in the shot put with a throw of 52-7 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.

Top Times/Marks

Michael Ponikvar's leap of 7-3 in the high jump is #2 in the Cardinal record book ... **Omer Inan's** throw of 190-10 in the discus is third-best in the school record book ... **Lauren Fleshman's** time of 15:49.84 in the 5,000 meters is third all-time at Stanford ... **Julie Tinker's** career-best of 5,151 points in the heptathlon this year is also fourth-best in school history ... **Lindsey Johnson's** time of 13.91 in the 100 meter hurdles is fourth-best all-time at Stanford ... **Leila Ben-Youssef** has pole vaulted 11-11 3/4 this year which also is fourth-best in school history ... **Jonathon Riley's** time of 28:33.71 in the 10,000 meters is fifth-best all-time at Stanford ... **Kim Stone's** high jump of 5-10 1/2 is fourth all-time in school history ... Freshman **Lillian Bush** has run a 14.12 in the 100 meter hurdles this year, fifth-best in school history ... **Milton Little's** long jump effort of 25-4 3/4 is fifth-best in school history ... **Jason Goff's** decathlon point total of 7,216 is fifth-best in school history ... Freshman **Stanley Wilson's** times in the 100 meters and 200 meters have already reached the school's top-10 ... **Wilson** has run a 10.59 this year, seventh-best in school history, and his time of 21.40 in the 200 meters is tenth all-time ... **Seth Hejny's** time of 13:46.81 in the 5,000 meters is sixth-best all-time at Stanford ... **Jayna Smith** has run a 24.04 in the 200 meters this year, sixth-best in Stanford history ... **Maurica Carlucci** has run a 2:08.9 in the 800 meters this year, sixth-best ever at Stanford ... **Julie Tinker** has a mark of 19-9 in the long jump this year, sixth-best in school history ... **Christy Von der Ahe** is ranked seventh-best all-time at Stanford in the pole vault ... Freshman **Lillian Bush** scored 4,802 points in the heptathlon this year, also eighth-best in school history ... **Nick Welihozkiy's** toss of 201-4 in the hammer is tenth-best in school history.