The logo features a large red 'S' with a green tree inside it. To the right of the 'S' is the word 'STANFORD' in red, followed by 'Track & Field' in large black letters, and '1996 Season' in red script below it. A green tree is also positioned to the right of the 'Track & Field' text.

STANFORD
Track & Field
1996 Season

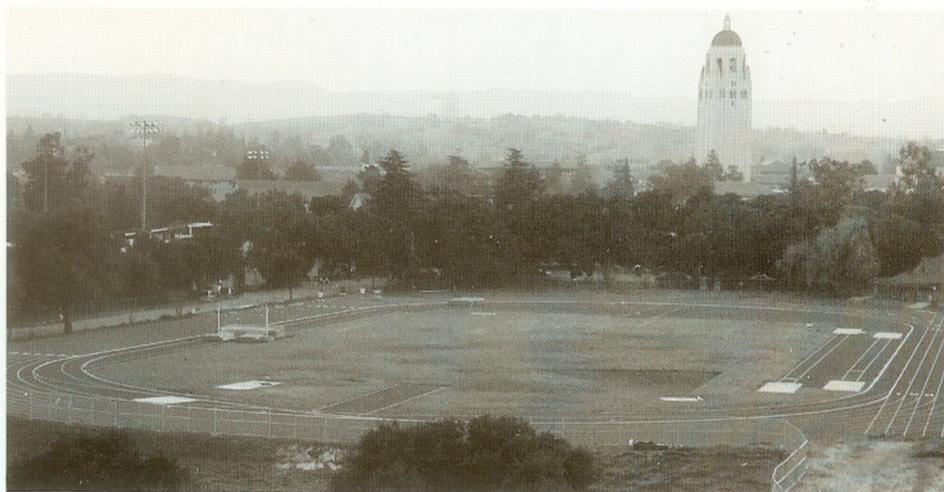


Cobb Track & Angell Field

Cobb Track & Angell Field

A new era of Stanford Track & Field takes center stage when the Cardinal competes at its new venue in 1996. The new state-of-the-art facility is built on the site of what was for many years the home of Stanford Track & Field, Angell Field. Thanks to lead gifts from Stanford athletic legends, Charles (Chuck) Cobb and Otis Chandler, this facility has become a reality. Cobb Track & Angell Field features a nine-lane all weather track named in honor of Chuck Cobb and his family. In addition, all field event competition venues will be contained within the track, including multi-direction runways for the pole vault, long and triple jumps, all throwing cages and areas, and an interior water jump to contest the steeplechase.

"The newly renovated Cobb Track & Angell Field is a wonderful homecoming for Stanford Track & Field," said Vin Lananna, Stanford's Director of Track & Field. "This restored facility not only makes it possible for us to host top quality, national level meets, but it also provides us a more intimate setting for the fans and a more visible location within the Stanford community. It is a tremendous step forward for our program, Stanford Athletics and the track & field world as a whole."



The newly renovated Cobb Track & Angell Field

Stanford Stadium

The new track & field venue replaces Stanford's long time home, Stanford Stadium. Nestled in an eucalyptus setting on the University campus, Stanford Stadium has been the site of many top international and national track meets. In 1978, a

tartan track was installed, providing Stanford with one of the finest outdoor running surfaces in the nation. Called "the best of all worlds for every event" by former head track coach Payton Jordan, the track design featured heavier texture on the inside lanes for distance running and harder, faster granules on the outside lanes for sprints.



Stanford Stadium has hosted numerous events, including Superbowl XIX in 1985, and an historic track meet featuring the teams from the United States and the former Soviet Union in 1962.

The funds made available by Otis Chandler will allow Stanford Track & Field to name the jumping and throwing venue in the Chandler family name.

Through the dedicated efforts of many people, including Mr. Cobb and Mr. Chandler, Stanford's dream for a track & field facility has become a reality. The list of distinguished donors and fundraisers include longtime Stanford head track & field coach Payton Jordan, John Arrillaga, Ben Anixter, Mr. & Mrs. Allan Cheney, Catherine Clark, Bud Deacon, Burt DeGroot, Stanley and Mary Doten, Ben Eastman, Robert Fess, Mrs. Milo S. Gates, Van Johns, Pitch Johnson, Raymond Malott, Robert Miller, William Miller, Mr. & Mrs. Harlow Rotherth, and Mark Thomas, Jr. Their efforts and the hard work of many other people have made Cobb Track & Angell Field one of the finest collegiate venues in the country.



Angell Field was the original home to Stanford Track & Field for many years.

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Stanford Directory

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Credits

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On The Cover

Breaking ground on the first season on the newly renovated Cobb Track & Angell Field are (left to right) Pete Swanson, Tyra Holt, Mark Fadil, Dena Dey, Jami Webb and Monica Hoggatt (Copyright Photo by Stacey Geiken).

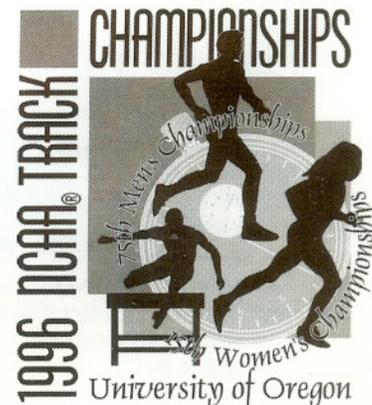


1996 Stanford Track & Field captains mark the premiere season on the newly renovated Cobb Track and Angell Field.

**STANFORD
 Track
 & Field**

Cardinal Quick Facts

Location.....Stanford, Calif. 94305
 Founded.....1891
 Total Undergraduate Enrollment.....6,556
 PresidentDr. Gerhard Casper
 Athletic Director.....Dr. Ted Leland
 Senior Associate Athletic DirectorCheryl Levick
 ColorsCardinal & White
 NicknameCardinal
 Home Track.....Cobb Track & Angell Field
 ConferencePacific-10
 Media RelationsBob Vazquez
 Head TrainerTodd Toriscelli
 Track TrainerKathy Poulsen
 Assistant Trainer.....Lisa Watley
 Team PhysicianDr. Michael Fredericson



VIN LANANNA

Director of Track & Field/
Cross Country



In only three years, Vin Lananna, Stanford's Director of Track & Field/Cross Country, has added several impressive accomplishments to his distinguished career.

In 1993, the Cardinal women's cross country team jumped from fourth place (1992) to win the Pac-10 crown, breaking Oregon's three-year hold on the conference crown. The Cardinal then went on to place second at the NCAA District-8 meet, and finish 11th at the NCAA's. It was Stanford's first appearance at the Nationals since 1984. For his efforts, he was named Pac-10 Women's Cross Country Coach of the Year. In 1994, the Cardinal women again captured the Pac-10 crown, finished first at the NCAA District-8 meet, and placed seventh at the NCAA's. Again for his efforts, he was named Pac-10 Women's Cross Country Coach of the Year for a second straight year. He was also named NCAA District-8 Cross Country Coach of the Year.

In 1995, Stanford's women's cross country team again enjoyed another excellent season, finishing ninth at the NCAA's, following a strong second place showing at the NCAA District-8 meet.

The men's cross country team and the track & field team have shown marked improvement. In 1994, the Cardinal cross country team placed second at the NCAA District-8 meet and sixth at the NCAA's. During the track & field season in 1994, Stanford placed fifth at the Pac-10 meet, its best finish since 1972.

During the 1995 Cardinal men's cross country season, Stanford finished fifth at the NCAA's, its best finish in 23 years. Earlier in the '95 season, Stanford placed second in an extremely strong field at the Pac-10 Championships, and captured top honors at the NCAA District-8 meet. For his efforts, Lananna won the NCAA District-8 Coach of the Year honors.

In 1992, he added Gary Stolz's name to a long list of All-American athletes at Stanford by virtue of Stolz's second place NCAA performance at the NCAA Cross Country Championships. Additionally, Louise Watson captured the NCAA District-8 title in 1993. In 1994, Greg Jimmerson, Kortney Dunscombe and Sarna Renfro gained All-American honors in cross country. In 1995, more All-American honors came Stanford's way as Mary Cobb, Jimmerson and Nathan Nutter continued Stanford's strong performances at the Nationals.

Lananna, the Assistant Athletic Director for Cross Country and Track for Men & Women at Dartmouth College (Hanover, NH) since 1985, was named Director of Track & Field/Cross Country at Stanford University on July 28, 1992. He has been widely recognized as one of the premier collegiate running coaches in the country by virtue of his consistent development of middle distance and distance

runners at every level. His recruited freshman classes are perennially among the best in the country.

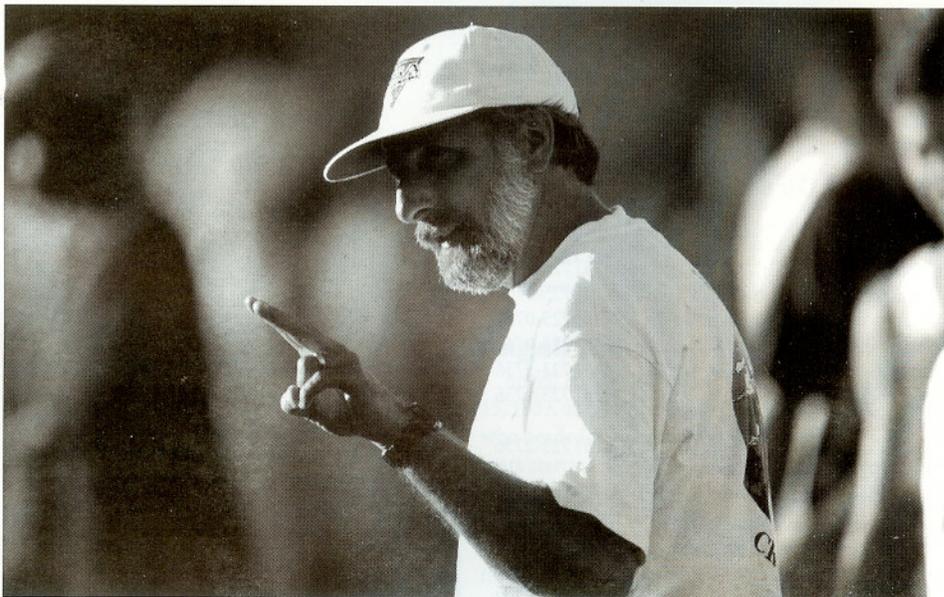
During his tenure at Dartmouth, his success was resounding. His team's performances included eight consecutive Ivy League cross country titles (1984-91), five Ivy League track & field championships (1987-91), four IC4A cross country titles (1986-90), twelve straight appearances at the NCAA cross country championships, including two second place finishes (1986-87), and selection of more than 50 All-Americans. His coaching philosophy included building a well-rounded team covering all events in track & field.

While at Stanford, he has continued this trend of providing a balance of team success and individual promise. During the 1993 indoor track & field season,

make the trip to South Africa in March as part of the Junior National Cross Country team, representing the U.S. at the World Championships.

His personal honors have included National Cross Country Coach of the Year (1986), District Cross Country Coach of the Year (1983-87, 89, 90, 94, 95), and District Track & Field Coach of the Year (1985, 87, 88, 91). In 1993 and 1994, he was selected the Pac-10 Women's Cross Country Coach of the Year.

Lananna is currently President of the NCAA Men's Cross Country Coach's Association. In the past, he has served as Chairperson for TAC in New England/New Hampshire, Meet Director for the Dartmouth Relays (1980-92), a member of the NIKE Coach's Advisory Committee, President of the Ivy



Director of Track & Field and Cross Country Vin Lananna.

Gary Stolz and Louise Watson established school records for 5,000 meters. His athletes have also enjoyed considerable success on the national and international level. In Lananna's first year at Stanford, Rob Reeder qualified to represent the United States at the World Cross Country Championships. Additionally, Lananna has produced a junior national champion or qualifier for a United States junior team virtually each of the last 13 years. In 1994, two members of the cross country team, earned individual honors at the U.S. Junior Cross Country Championships. Greg Jimmerson raced to his first national crown by capturing the men's juniors title. Stanford freshmen Nathan Nutter and Matt Farley finished fourth and fifth, respectively, and both qualified for the U.S. Junior World team that competed in Durham, England which Lananna coached. On the women's side, Kortney Dunscombe and Sarna Renfro placed one-two in the Women's Juniors race in 1994 and Dunscombe went on to represent the U.S. in England as well. This fall, twins Brad and Brent Hauser raced to a one-two finish at the U.S. Junior National Cross Country Championships, while fellow freshman Jorn Grimsley was fourth. All three will

League's Coaches Association (1990-91), Head Coach of the East Olympic Festival Team (1990), cross country coach for the United States at the 1990 World Championship in France, distance coach at the 1987 U.S. Olympic Festival, and meet director for the Ivy League Track & Field Championships (1982, 84-85, 89, 92). He has coached eight U.S. Olympic Trials qualifiers in 1988 and 1992, including Bob Kempainen, who recently made his second U.S. Olympic Team in the marathon.

Lananna began his coaching career in 1975 as Coach of Cross Country and Track & Field at C.W. Post College in Greenvale, N.Y.

Born June 17, 1953, Lananna obtained his Bachelor of Arts Degree in History and Psychology from C.W. Post and a Master's degree in Education from Long Island University.

During his undergraduate days at C.W. Post (1971-75), Lananna ran cross country and track, and was captain of the 1974 cross country team which finished fourth in the NCAA Division II Championship.

Lananna and his wife, Elizabeth, have two children, Brian (12) and Scott (10).

BETH ALFORD-SULLIVAN

Assistant Coach/Coordinator of Women's Track & Field



Beth Alford-Sullivan begins her first year as assistant cross country, and track & field coach at Stanford University having been head coach for women's cross country and track & field at Mankato State University for the past two years. She brings to Stanford a wealth of experience as an athlete, international and national coach, and as a sound technician in all running events. She will assist in all aspects of conducting a men's and women's combined cross country and track & field program. She will oversee the conduct of women's running events including cross country.

She has won numerous coaching awards, including the 1995 United States Track Coaches Association Indoor Regional Coach of the Year, and the 1995 North Central Conference Indoor Coach of the Year. In 1992, she was named Coach of the Year by the Missouri Track & Cross Country Coaches Association and Ohio Valley Conference Cross Country Coach of the Year. Her coaching success has earned her national prominence as she was named the 1994 head coach of a United States women's distance running team, which competed at the Beijing International Women's Ekiden. Her team finished fourth out of 20 nations competing. During the summer of 1995, she also served as an assistant track & field coach at the United States Olympic Festival for the North team in Colorado Springs, Co.

During her tenure at Mankato State, four of her athletes gained All-America honors. As a team Mankato State finished 20th at the NCAAs in 1995 and 24th in '94.

Prior to Mankato State, she was the head coach for men's and women's cross country, and assistant track & field coach for men and women at SE Missouri State from 1991-93. From 1989-91, she was the assistant track & field and cross country coach at Southern Illinois University.

She is currently a committee member of the NCAA Men's and Women's Track & Field Committee, a subcommittee member of USA Track & Field Women's Cross Country, and an executive member of the USA Track & Field Women's Track Coaches Association. In 1994, she was a NCAA subcommittee member for the Student Welfare, Access, and Equity Committee, representing the Division II Track Coaches Association.

Alford-Sullivan received her B.S. degree in Youth Studies in 1989 from the Univ. of Minnesota and her M.S. degree in Sport Management in 1993 from Southern Illinois. During her undergraduate days at Minnesota, she was a standout runner on the cross country and track & field teams. She served as team captain from 1986-88.

She is married to Jim Sullivan, a professor of Exercise Physiology at Mankato State.

MARK REIFF

Assistant Coach/Coordinator of Men's Track and Field



Mark Reiff, a widely recognized standout coach in the field events and sprints, is entering his third season at Stanford. Reiff works with the men's sprinters, men's and women's jumpers, and men's and women's multi-events.

Two years ago, he coached Travis Clark to the decathlon title at the Pac-10 Track & Field Championships, and second place for Jen McCormick in the javelin at the NCAA Outdoor Track & Field Championships. Last year, Clark qualified for the NCAA Nationals in the decathlon.

Reiff has worked on the major college level for nearly fifteen years, including six years at Long Beach State, five seasons at Yale and two years at Indiana University. In the field events, he has coached several conference champions, four All-Americans and two Olympians.

While at Yale, Reiff coached all of the field events for men and women. During that time, each of his athletes achieved personal bests in their respective events. Specifically, he had two 26-foot male long jumpers, a 6'2" female high jumper, a number of conference and regional throws champions, and outstanding relay teams.

His soft-spoken but deliberate demeanor serves him well in working well with the gifted student-athletes at Stanford University. In addition, Reiff has been the Vice-President of the National Strength and Conditioning Association, and editor of a NSCA personal training column. He is an international lecturer on strength and speed development, having lectured in Asia and Europe and is author and editor of a soon-to-be released book on personal training.

Reiff, who obtained his BS degree from the University of Indianapolis in Math and History and an MS degree in Exercise Physiology from Indiana University, was the East track & field team coach in the 1986 U.S. Olympic Festival.

Reiff and his wife, Susan, have two children; Lucas (age 7) and Caleb (age 3).

ROBERT WEIR

Assistant Coach



The acquisition of Robert Weir as a member of the Cardinal coaching staff two years ago has proven to be a coup for the throwers at Stanford University. His success as an international competitor, his vast technical knowledge, and his experience as a coach at

Brown University in 1987-90 have made him a perfect match for the crop of athletes currently competing in his events.

During the 1994 track & field season, he was responsible for Stanford's highly successful effort at the Pac-10 Track & Field Championships. Last year,

his throwers had a stellar year, with David Popejoy setting a new school record in the hammer and finishing second at the USAT&F Nationals. Popejoy went on to represent the U.S. in the World University Games last summer. In addition, three other Cardinal hammer throwers topped 200 feet in 1995 including Toby Norwood and returnees Adam Connolly and Justin Strand. He also coached senior Pete Swanson to a fourth place at the NCAA Indoor Championships in the shotput and a personal record of 60' 7 1/4". On the women's end, both Sami Jo Small, who armed the spear 175'11", a personal record by some 15' and represented Canada at the 1995 Pan American Championships in the discus, and Sue Demars, who improved her best in the discus (164'11") by a dozen feet, made great leaps forward.

During his coaching years at Brown, Weir coached several Ivy League, IC4A and New England Conference champions in the shot put, hammer throw, and discus. Under his guidance, all of his throwers improved their personal best dramatically.

As an international competitor, Weir represented Great Britain in both the hammer and discus in the 1984 Olympics, the 1983 World Championships, and the 1983 World University Games, where he won the silver medal in the hammer throw. In 1983, Weir set the world record for the 35-pound weight throw. During the summer of 1993, he again represented Great Britain in the discus at the World Track & Field Championships and in 1994, he placed in the discus at the British Commonwealth Games. He has already been selected to represent Great Britain in Atlanta for the 1996 Olympics.

Weir received his Bachelor of Arts degree in Business from Southern Methodist University in 1983. As an undergraduate at SMU, he was a three-time NCAA champion, and a 10-time All-American in the hammer, discus and the 35-pound weight throws. He was a member of the 1983 Indoor and Outdoor NCAA championship teams. In 1982, he set the collegiate record for the 35-pound weight throw.

An outstanding multi-sport athlete, Weir also played professional football in Canada.

Robert is married (Kim), and they have two children, Robert and Jillian.

ANDREW GERARD

Assistant Coach



Andy Gerard is in his third year on the Stanford staff after serving two years as an assistant cross country and track & field coach at Dartmouth College. Gerard's assistance as a recruiter, administrator, and coach has been invaluable. He has worked the three seasons with the

nationally-ranked men's & women's cross country teams. He helped guide the women's team to their second straight Pac-10 title and a seventh place showing at the NCAA's and the men's team to sixth place at the NCAA's in 1994. Last year, he helped coach the Cardinal men's team to a fifth place NCAA showing and a ninth place finish for the Stanford women.

Coaching Staff

During the track & field season, Gerard works with the middle and long distance runners and helps coordinate the Cardinal recruiting effort. At Dartmouth, Gerard held similar duties, helping guide the men's cross country team to the 1991 Heptagonal title and an appearance at the NCAA championships. He has earned his USA Track & Field Level I coaching certification.

A 1990 graduate of Colgate University, Gerard was a member of the cross country and track and field teams throughout his undergraduate years. In his senior year, as a team captain, he helped the Red Raiders to the New York State Collegiate Track & Field Association (NYSCT&FA) indoor title by winning the 1,500 and 3,000 meter races. Later that year, he added the NYSCT&FA outdoor steeplechase crown, his second consecutive title in that event. He still holds the Colgate indoor record in the 1,500.

A native of Lebanon, N.H., Gerard graduated from Lebanon High School in 1986.

CASEY ROCHE

Assistant Coach



Casey Roche, who has coached high school, college and championship-level pole vaulters, is entering his fourth year on the Stanford coaching staff.

Roche assisted at the Olympic Development Training Camps in 1982 and 1983. He also coached the pole

vaulters at Bellarmine Prep in San Jose for one year. At Stanford, he has been largely responsible for the emergence of top quality men's and women's pole vaulters. Last year, he coached Tyra Holt to an American outdoor record in the event.

He personally pole vaulted at the national level for ten years (1973-83), during which he was one of the top vaulters and decathletes in the East. As an undergraduate, he also competed in gymnastics.

Roche obtained his B.S. degree in Economics and Computer Science at Rutgers in 1976 and an M.S. degree in Econometrics from Rutgers in 1978.

He taught computer science at Rutgers, joined IBM for ten years and subsequently has been involved in several successful high-tech startup companies.

Roche comes from a family that has enjoyed success in track & field. His father, Gene, competed in

hurdles and triple jump at UCLA while his brother, Mike, was an Olympian in the 3,000 meter steeplechase. His wife, Debbie, was a 1980 Olympic Trials finalist in the 100 meter high hurdles.

WIN BELTON

Assistant Coach (Volunteer)



Win Belton, a teacher and former track & field coach at Palo Alto High School, joined the Cardinal coaching staff seven years ago. Belton has been instrumental in establishing and directing one of the more successful track programs on the Peninsula. At Stanford, he

concentrates on the hurdle events and assists with the fall conditioning program.

The native of Arizona was a state champion in the 200-yard dash in 1957 and 1958. He was also selected as an all-state football player in 1958, averaging more than 10 yards a carry as a halfback. A promising collegiate career was cut short by a severe hamstring tear while at the University of New Mexico in 1959.

After graduating from Arizona State with a B.S. in Education in 1962, he spent three years (1962, '63 & '66) working for Mobil Oil Corporation in Milwaukee, Wisconsin. The intervening years (1964 & '65) were spent in the Armed Forces as a Communications Specialist, with one year of service in Vietnam. He received his Master's degree in Education from Northern Arizona in 1968.

In addition to his track & field duties at Palo Alto High School, he has been a teacher of history and art for 25 years.

PATTISUE PLUMER

Assistant Coach (Volunteer)



PattiSue Plumer, one of the world's premier long-distance runners, returns for her fifth season as an assistant women's track coach. Plumer, the American record holder in the 5,000 meters, competed for the United States at the 1988 and 1992 Olympics. At the 1992

Barcelona Olympics, Plumer was the top American

finisher and placed fifth in the 3,000 meters and 10th in the 1,500 meters. At the 1988 Olympics in Seoul, she placed 12th in the 3,000 meters. She has been ranked #1 in the world in the 3,000 and 5,000 meters. She is the only American to achieve this honor in the same year and only the second person in the world to be so ranked.

While an undergraduate at Stanford, she gained All-America honors in the 3,000 meters in 1982, 1983 and 1984. In '84, she gained All-America honors in winning the 5,000 meters (15:39.8) at the NCAA's. In 1983, she won the indoor 2-mile, and still holds the indoor 3,000 meter collegiate record. She holds the school record in the 3,000 meters (8:53.1) and 5,000 meters (15:29.0).

She has been nominated for the Jesse Owens Award, and in 1990 was voted the female Track & Field Athlete of the Year.

JASON ROBINSON

Assistant Coach (Volunteer)



Jason Robinson, a 1994 graduate of Stanford, joins the Cardinal staff for his first year of coaching, bringing with him added expertise in the jumps and hurdles. He will assist in both of these areas for the men and women.

A highly successful competitor while at Stanford and in his two post-graduate years, his experience as a top-level competitor will be invaluable for the Cardinal athletes. He has competed at the Canadian National Championships numerous times, medalling in 1994. While representing Stanford as an athlete, he finished third at the 1993 PAC-10 Championships with his career best jump of 24' 5 3/4".

Robinson received his master's degree from Stanford in the interdisciplinary area of Values, Technology, Science and Society and is currently living and training in San Francisco with an eye towards representing Canada at the 1996 Olympics in Atlanta.

Track & Field Staff



Kathy Poulson
Track & Field Trainer

Coaching Records

Seasons	Coach	Years	Dual Record	Seasons	Coach	Years	Dual Record
1893	No Coach	1	0-1	1919	Feg Murray	1	2-1
1893-95	W.M. Hunter	2	0-2	1920	Harry Maloney	1	5-1
1896	No Coach	1	0-1	1921-39	Dink Templeton	19	71-25-2
1897	J.F. King	1	0-1	1940	Bill Ellington	1	4-1
1898	William McLeod	1	0-1	1941-43	Franklin P. Johnson	3	4-9
1899	J.L. Bernard	1	0-1	1946-56	Jack A. Weiershauser	10	3-29-1
1900-01	Dr. W.H. Murphy	2	0-2	1957-79	Payton Jordan	21	70-92-1
1902-13	Dad Moulton	11	24-9	1980-92	Brooks Johnson	12	44-31 (women) 40-48 (men)
1914-15	Cap Campbell	2	7-0	1993-	Vin Lananna	3	14-5 (women) 12-10 (men)
1916	E.W. Moulton	1	3-1				
1917-18	Rick Templeton	2	4-0				

Cardinal Eyes Are on the Prize for '96 Teams

PROGRAM PERSPECTIVE

While the 1995 Track and Field season was touted as a breakthrough year for the Cardinal teams, there is much that VIN LANANNA'S 1996 men's and women's squads still want to prove to themselves. Although several key members of last years squad graduated, there is a new wave of young, exciting and excited talent more than ready to fill the shoes of last years graduates. The traditional Cardinal strength in the middle distance and distance events was evident last year and will continue to excel at the conference and NCAA level in 1996. Fresh off a pair of top 10 NCAA cross country team finishes, the events from 800 meters and up will form the backbone of the running corps. With several outstanding additions and a tremendous group of returnees, the sprints through 400 meters and relays are primed to repeat last years record setting trends, while the multi and jumping events will also be stronger and deeper than in recent years. The throwing squads similarly promises to continue as one of the conferences top programs, once again looking to challenge for top honors in all events come championship time.

With the whole coaching staff returning, a hungry group of newcomers and a solid and experienced core of athletes in all events returning, everyone is looking towards the goal of driving for the top of the PAC-10 and NCAA ranks. 1996 promises to find the Cardinal once again breaking new ground and setting new records.

MEN'S OUTLOOK

Sprints/Hurdles/Relays

Last year, this was a group that surprised many teams with both its unexpected depth and talent up front. JIMMIE JOHNSON, now a junior, made heads spin last year on both relays and in the long sprints recording times of 20.98 and 46.41 in the 200 and 400 meters, respectively. Teamed with senior co-captain JAMI WEBB and footballer ANTHONY BOOKMAN, they pose a lethal triple threat in the events up through 400 meters. BOOKMAN, WEBB, and JOHNSON were three of the four legs on last seasons 4x100 meter relay that ran 40.51 and defeated California in the classic Big Meet. BOOKMAN, only a sophomore, comes off

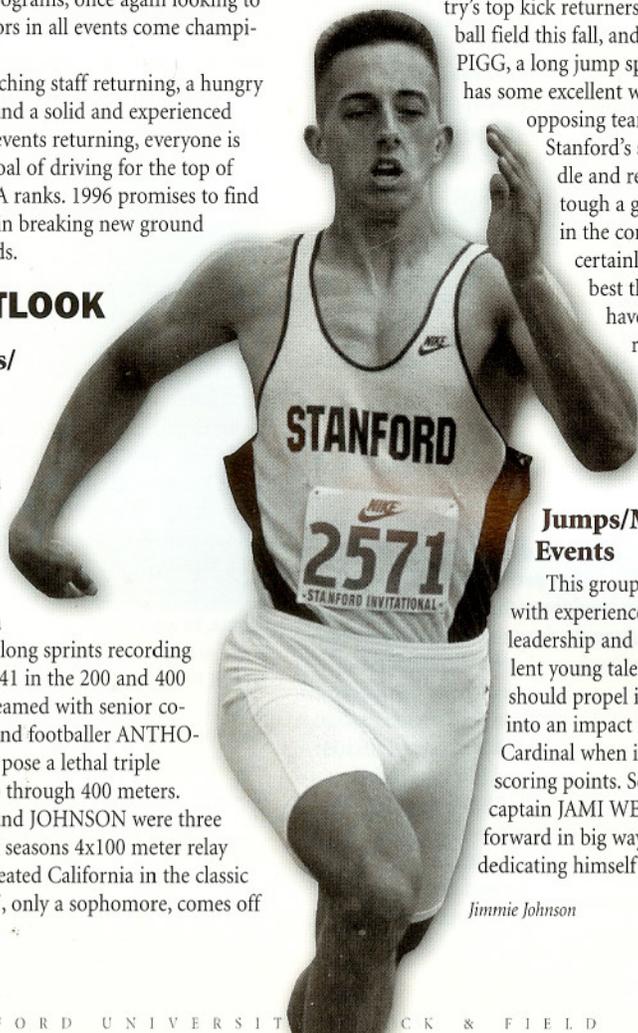
a tremendous season on the gridiron and brings with him valuable PAC-10 championship-level track experience, qualifying in the open 100 meters last year as only a frosh. WEBB emerged as an excellent team leader this fall and was rewarded by his teammates, who elected him co-captain of this years squad. He will be an integral part of this years sprint crew as well as covering both the horizontal jumps for the Cardinal. Sophomore JEFF ALLEN, primarily a 400 meter hurdle specialist, also contributed in the long sprints last year and will definitely add strength in the flat 400 meters as well. A PAC-10 finalist who ran 53.31 over the barriers in only his first year at the 400 meter distance, he projects to have a super sophomore year. Contributing in the short hurdles last season were freshmen JOSH GLEASON and DOUGLAS BROWN, who will form the core in that event now as sophomores. Add to this mix a healthy DAMON DUNN, who emerged as one of the country's top kick returners on the football field this fall, and JAURON PIGG, a long jump specialist who has some excellent wheels, and

opposing teams will find Stanford's sprint, hurdle and relay corps as tough a group as any in the conference and certainly one of the best the Cardinal have had in recent years.

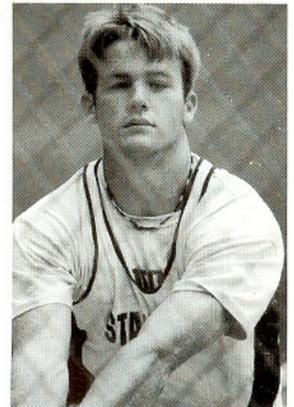
Jumps/Multi-Events

This group finds itself with experienced, mature leadership and some excellent young talent that should propel it this season into an impact role for the Cardinal when it comes to scoring points. Senior co-captain JAMI WEBB stepped forward in big way this fall, dedicating himself full-time to

track conditioning and is more than eager to get on the runways to test himself in competition. He possesses the proven ability to score big points, having placed the last two years in the PAC-10 Championships in the triple jump and the long jump in 1994. A competitor who rises to the occasion, his career bests of 23'10" in the long jump and 51'0" in the triple jump (an NCAA provisional qualifying mark) were both set at the PAC-10 Championships. Teamed with BRIAN MANNING, fourth at last years PAC-10 Championships in the triple jump and a career best of 51' 2 1/2", this is a tough duo. Junior JOE BURKE-NEWSUM had a very successful sophomore year and will look to continue improving this season, while freshman JAURON PIGG was one of the top prep jumpers in the country, leaping out to 24'6" and appearing in several prestigious post-season meets. In a very tough conference for jumping, this foursome will be looked upon to come up with points in pivotal events for Stanford. A solid trio returns in the pole vault, headed by junior CHRIS BUDDIN. BUDDIN enjoyed his most successful year in the event last year where he improved his personal best by almost a foot, clearing 16'9.25". Joining him in the quest for 'more air' are senior DAVID COLLERAN and red-shirt frosh ADAM FUSCO, who skyed 16' during his senior year in high school. The multi-events will feature a pair of outstanding athletes, sophomore JOSH GLEASON and frosh JASON BENGTON who will be looking to fill the shoes left by the graduation of NCAA qualifier Travis Clark. GLEASON has PAC-10 championship-level experience, while BENGTON brings the Arizona state shot put title with him. While still relatively young, this group has tremendous potential and will surprise people with their versatility as they gain strength and maturity.



Jimmie Johnson



Adam Connolly

Throws

With the graduation of NCAA and USAT&F National qualifying hammer throwers David Popejoy and Toby Norwood, one would expect then that there would be a lag, a hole, a gap, or at the very least a "rebuilding year." Surprise. Sophomore ADAM CONNOLLY steps up, already having scored at the PAC-10 Championships, qualified for the NCAAs and hungry to emerge from the shadows and make some noise. Presto...no rebuilding. Look past CONNOLLY, and junior JUSTIN STRAND pops up, the second of Stanford's 200+ foot hammer throwers that returns. STRAND also picked up points for the Cardinal in the discus, scoring at the PAC-10 Championships with a personal best of 164'2". In the shot put, junior co-captain PETE SWANSON returns with some unfinished business. After a stellar indoor season, where he scored in both the shot (fourth) and 35-lb weight throw (seventh) at the NCAA Championships and heaved the 16 pound ball 60' 7 1/4", he suffered a broken foot only weeks into the outdoor campaign. A tremendous competitor, he projects to lead the Cardinal in both the shot and discus, where he armed a career best of 179'2" despite the shortened season. Senior JOHN ROLDAN also enjoyed a big breakthrough season, winning the Big Meet versus California in the process setting a personal best of 191'7" in the javelin. With a great fall of training under his belt, he has the potential to surprise many people this year. On top of that bring in frosh MARC MAZZONI, the USAT&F Junior National Champion, who has thrown the 12 lb. hammer 199'7" and this summer represented the U.S. at the Pan Am Juniors. Add to that red-shirt frosh JEFF MCCARTY, a versatile performer in all the throwing disciplines, and frosh DESMOND COOK, a footballer who captured the Florida state discus title as senior, and Stanford is more than equipped to take on all-comers with a nice balance of upper-class talent and new blood.

Middle Distance

With virtually everyone returning and several additions who could have an immediate impact, this event area will be an exciting one to watch this season. Last season's top returnee is TAD HEATH, now a junior. Last year was the best of his career, having won the 800 meters at the Big Meet versus California and competed at the PAC-10 Championships in both the 800 meters (running a lifetime best of 1:52.07) and 4x400 meter relay. He heads a group that includes seniors JOE KARLGAARD and DAN MCGINN, and sophomores BRANDON MORRIS and MATT ABBINK. All have had an excellent fall worth of training and are eager for the competitive season to begin. In the 1,500 meters, RYAN MCCALMON and ZAK WRIGHT also had outstanding freshman

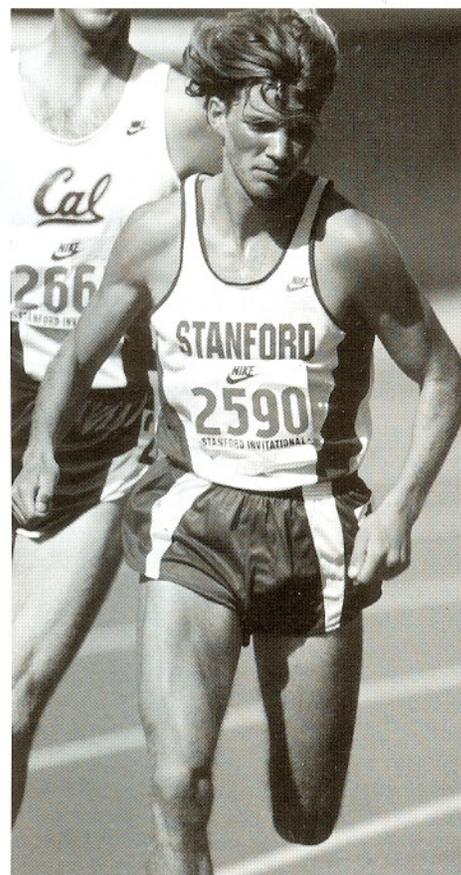
Jami Webb

years, both qualifying for the Pac-10 finals. Rounding out the trio of sophomores who all bettered 3:52 for the 1,500 meters as frosh is JONATHAN WELDON. In addition, local standout MICHAEL PRINDIVILLE returns to lineup after red shirting his sophomore year, while BILL STINEHART and JAMES SENECHAL round out the group of returnees who will cover the 800 and 1,500 meters events. Several newcomers will be big players right away in these events. Sophomore transfer JASON LUNN comes to the Farm with 1:48 800 meter credentials under his belt and can run anything from 400 to the mile, where he won the Southwest Conference indoor title as a freshman. He could be an immediate contender in all of the middle distance events and help push his new teammates to a higher level. Freshman JAKE MAAS, JEFF FISCHER and ALEX TEEKELL have impressed this fall, all entering with some excellent credentials. MAAS won both the 800 and 1,600 meters at the South Dakota State Championships last spring, while California product TEEKELL has run 1:53 and 4:13 for 800 and 1,600 meters, respectively. FISCHER comes from the outstanding Thousand Oaks High School program having also run sub-4:13 for the 1,600 meters and 9:08 for the 3,200 meters, advancing to the California state finals. Washington prep WES ARNETT missed the last half of his senior year with a hamstring injury, and will continue to improve this spring. Coupling the young talent with the emerging, experienced returnees makes this a group to watch in 1996.

Distance

Following a second consecutive NCAA cross country appearance, the Cardinal men's distance squad is primed to tear up the track.

Fronted by senior co-captain MARK FADIL, juniors J.J. WHITE, BRYAN ZMIJEWSKI and GREG JIMMERSON, and senior ROB REEDER this is an event area brimming with top quality performers. FADIL made a big breakthrough last spring, fulfilling the promise shown in his freshman year. Bursting from the chase pack with 800 meters remaining, he swept to a commanding second-place finish in the PAC-10 finals in the 3,000 meter steeplechase. J.J. WHITE used the same patient tactics, blazing a 1:59 closing 800 meters in the 5,000 meters to also grab second in the PAC-10 finals. He later went on to represent Stanford at the outdoor NCAA's, his second appearance at the

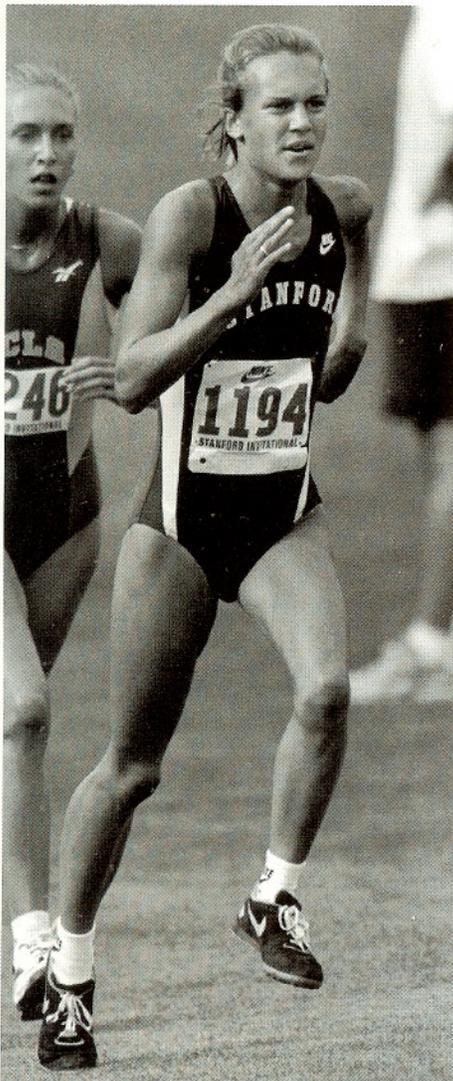


J.J. White

championship level having qualified indoors at the mile distance as well. BRYAN ZMIJEWSKI had a great sophomore season, dropping his best in the 3,000 meter steeplechase to 8:56.22, in the process garnering a NCAA provisional qualifying mark. GREG JIMMERSON, ROB REEDER and ANDY COWGILL picked up three of the scoring spots at the PAC-10 Championships in the 10,000 meters. All have matured into top-level, seasoned competitors and are more than eager to make a run for the front at both the conference and NCAA levels. NATHAN NUTTER and MATT FARLEY both red-shirted last track season after qualifying for the USAT&F World Junior Cross Country teams and also had tremendous fall seasons this year. NUTTER picked up his first All-American recognition from his performance at the NCAA Championships, where he finished 42nd overall. Fellow upperclassmen DAVID DYER, JOSE FIERRO, CHRIS LUNDSTROM, and JASON PERSCHIED will all be looking to step up and contribute. In addition, newcomer JAMES LONG, a junior transfer from Washington State, brings proven PAC-10 scoring capability. A distance specialist, he scored as a frosh in the 10,000 meters at the 1994 PAC-10 Championships. Frosh BRAD and BRENT HAUSER and JORN GRIMSLEY are three of the top youngsters in the country and, continuing Stanford's tradition, make up half of the 6-man USAT&F World Junior Cross Country team that will travel to South Africa in March. The three locked up their selection to the squad by virtue of their perfor-

mances at the Junior National Championships last fall, where BRAD was crowned Junior National Champion, BRENT placed second and JORN fourth. JASON BALKMAN also made the jump to collegiate level competition in cross country this fall and did it in style, sweeping to a top-15 finish at the Pac-10 Championships to top many of the conferences' best harriers. Between the proven scoring from the upperclassmen and the emergence of arguably one of the most talented freshman class in the country, this event area will be relied upon to anchor the Cardinal squad this spring.

WOMEN'S OUTLOOK



Kortney Dunscombe

Sprints/Hurdles/Relays

This event area is one which has come a long way in the last two years and with several exciting new prospects in this year's entering class, it will only continue to improve. Three-quarters of last spring's record-setting 1,600 meter relay team (3:41.27, just missing the NCAA qualifying standard) returns and

features two of the Cardinal women's team captains, MONICA HOGGATT and TYRA HOLT. HOGGATT has been a tremendously reliable and consistent performer the last three years, always running at her peak when needed most. She set personal records three different times last season, eventually running 55.74 for the open 400 meters and hitting several relay splits sub-:55. She will be a mainstay in the long sprints. Joining her on the relay is HOLT, who has anchored each of the last three school record squads. Only a junior, her versatility is a key to the Cardinal success. She competes regularly on both relay squads, in the long jump (19' 5 1/4") and pole vault and has had successful efforts at both the long and short hurdle races, all events where her aggressiveness and toughness are big assets. Backing them are sophomores HEATHER MILLER, AMY HENDERSON, and BERNADETTE ARMAND. MILLER notched the teams best 200 meter time last spring, clipping the half lap event in 24.64, and had several long relay carries in the :55 second range. HENDERSON and ARMAND will very capably split the hurdle duties. ARMAND returns for her sophomore campaign focused on the short relay and hurdles, while HENDERSON will look to duplicate the outstanding improvement she showed last year when she dropped her 400 meter hurdle best some seven full seconds from the beginning of the season, scoring at the Pac-10 Championships and qualifying for the USAT&F Junior Nationals in the process. Also returning to help with the short hurdling duties is junior PATTY FERGUSON who rejoins the squad after taking two seasons off to study abroad. Joining this crew are two accomplished long sprinters, JENNY CARR and SYLVIA PIESLAK, both of whom got a taste of the big time last summer. Primarily a 400 meter runner, CARR stepped up to 800 meters and promptly won the AAU Junior title in only her third race at the distance. PIESLAK, a local out of Atherton, specializes at 400 meters (55.99 best) and is a multiple time California state finalist. Last year, she competed at the USAT&F Junior Nationals as well. With a solid nucleus of upper-class performers and several quality newcomers, this squad should continue their record-setting pace in 1996.

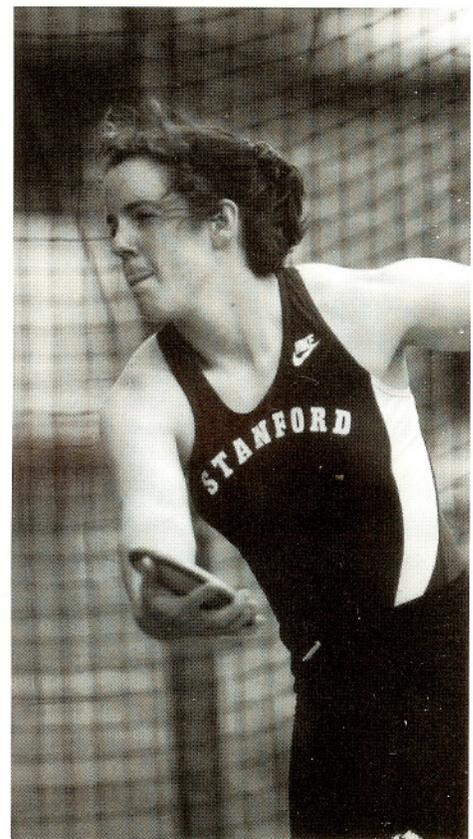
Jumps/Multi-Events

With the loss of two significant performers in Flo Adu and Anne Lee, the horizontal jump area took a hit this year from graduation, but there are a number of up-and-coming talents that project to step forward and fill the void. Returning sophomore RHONDA WITMER was sidelined last year and consequently still retains four years of eligibility and fully intends to put them to good use. A 40'+ triple jumper in high school, she has gained an extra year's worth of strength and technique work and looks to exceed that mark this year. TYRA HOLT will do double duty here as well. The top long jumper from last year at 19'5 1/4", she will be looking to crack the magic 20-foot barrier. The high jump will feature JESSICA HARTMAN and multi-eventer KATRINKA JACKSON. HARTMAN has a best of 5'10", achieved when she picked up the Missouri state high school title as a junior, while JACKSON scaled a career best

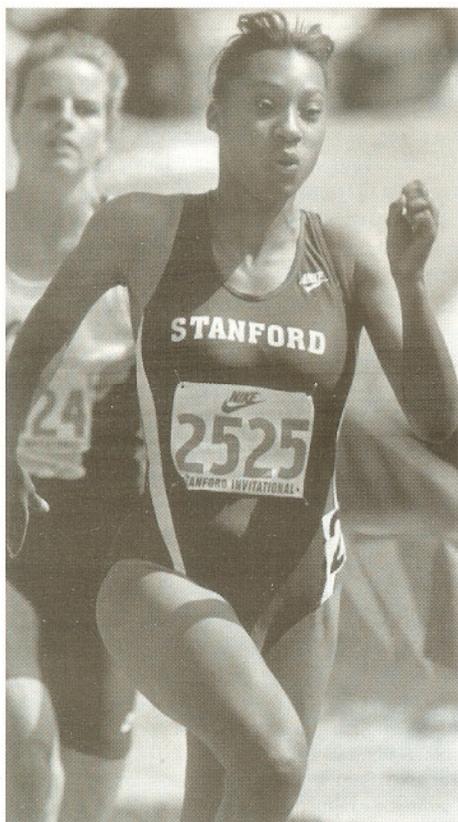
last year of 5'5", in addition to notching a heptathlon best just shy of the 4,000 point mark in her first year in the event. In the emerging women's pole vault, both HOLT and junior JEN DALTON are among the top in the country and are improving at a tremendous rate. Four newcomers should have a significant impact in the jumps immediately. TRACYE LAWYER and TARA OETTINGER are both former California state champions, LAWYER in the high jump (5'10") and OETTINGER in the long jump (19' 11 1/4"). LAWYER also racked up wins at the prestigious Golden West, Arcadia and Sunkist Invationals and was fourth at the USAT&F Junior National Championships during her prep career. A versatile all-around athlete, she will compete in the long jump (18'9 1/2") and heptathlon. Looking to challenge in one of the best jumping conferences in the country will be JENNIFER TEST and MANDY CLAYTON. Both have competed at the California state championships in the triple jump, recording bests of 38'5" and 37'9", respectively. Although young, this area has the talent and championship-level experience to make a significant scoring impact this spring.

Throws

With the entire corps returning, the throws events will once again be a scoring bonanza for the Cardinal. Leading the charge will be NCAA qualifiers SUE DEMARS, who upped her discus best by almost 5 yards last season (164'2"), and SAMI JO SMALL, a double threat in the javelin (175'11") and discus (163'5"). SMALL represented Canada against



Sue Demars



Heather Miller

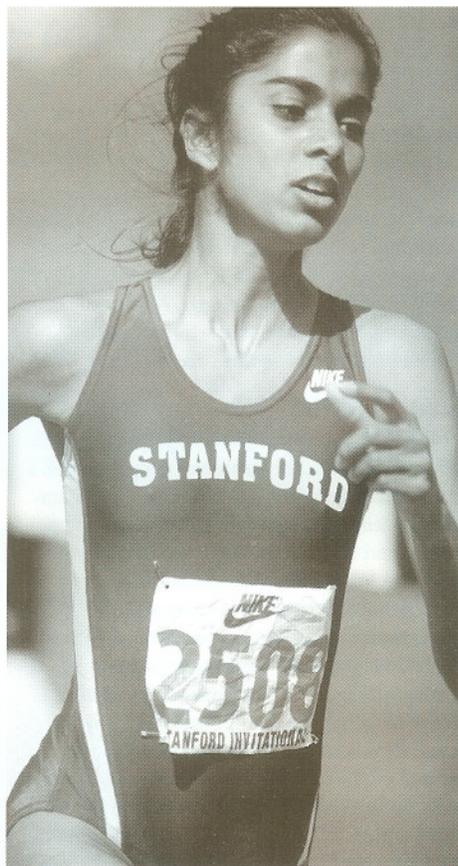
the U.S. junior squad and at the Pan Am Junior championships last summer, while DEMARS has scored at the Pac-10 championships each of the last two years. Sophomore GINA HEADS gained valuable experience at the collegiate level last year and will be seeking to up her best in the shot from 47' 5 1/4". In only her first year with the hammer, she qualified for the USAT&F Junior National Championships, finishing third overall in the event. Multi-eventer KATRINKA JACKSON will also see more action in the throwing events this spring, particularly the shot, an event where she has tremendous potential due to her athletic nature.

MONIQUE BRADSHAW and MICHELLE BREAUX will both be embarking upon their first year of collegiate level competition and will look to contribute in a variety of throwing events. A traditional strength for the Cardinal, this year's women's throwing crew will feature top competitors who have the ability to score against any adversary in the country.

Middle Distance

At last year's Pac-10 championships, the Cardinal women had a scoring feast in the middle distances. This year, with every point scorer back, the goal is to push over the top and bring home even more titles. Senior co-captain DENA DEY placed second at the Pac-10 championships in the 1,500 meters, and looks to close out a stellar career with a title this spring. She is the top Cardinal returnee at 800 and 1,500 meters with bests of 2:07.92 and 4:27.06, respectively. Indoors last winter, she picked up her

first All-America selection as a member of the school record setting Distance Medley relay squad that was sixth at the NCAAs. Juniors LEILA BURR, AMANDA WHITE and senior KAY LUO all made the finals of the 1,500 meters at the Pac-10 championships with DEY and will be looked upon to move up and take control at the conference level once again this year. They are joined by SARA MOORE, who enjoyed a spectacular freshman year, winning the Big Meet versus California and sweeping to an outstanding third place finish in the 800 meters at the Pac-10s. Having improved her best all the way from 2:13 to 2:09.38, she is one of the top threats at 800 meters and will surprise at 1,500 meters, an event she is only beginning to get comfortable with. At the longer events, MONAL CHOKSHI has come in to her own. A tremendous competitor, if she is close at the end of races, the competition had better beware. CHOKSHI swept past defending NCAA champion Karen Hecox of UCLA in the last 50 meters of the 3,000 meter event at last year's Pac-10 championships to claim her first conference title. She later went on to win her qualifying heat at the NCAAs and finish eighth overall, claiming the second All-American selection of her young career. She looks to make another big jump this year. Teammate SARNA RENFRO joined CHOKSHI in the NCAA finals of the 3,000 meters and picked up her third All-American selection in only three seasons on the Farm. She scored at both 3,000 and 5,000 meters in



Monal Chokshi

the conference championships and is eager to move to the front of the pack. She enjoyed her most successful cross country season this fall and has shown early on that she is ready to run even faster in 1996. Senior MELISSA FREEBERG has significant Pac-10 championship-level experience, while sophomore RYAN THOMAS competed at the USAT&F Junior Nationals last summer. Both are eager and primed to achieve even more this spring. Added to the mix is frosh phenom MARY COBB, a high school and collegiate cross country All-American. COBB was fifth at last fall's NCAA Cross Country Championships. The top prep in the country at the 1,500 meter and mile distances last year, she will have an immediate impact at whatever distance she takes on. From 800 to 3,000 meters, the Cardinal will continue to challenge for titles in all events at the Pac-10 championships and will be a formidable force at the NCAAs.

Distance

Like their counterparts in the middle distances, the Cardinal pose a big threat to all rivals in the longer distances as well. Sophomore KORTNEY DUNSCOMBE broke onto the college scene in a big way last winter, notching a freshman school record at the NCAA indoor championships in the 5,000 meters (16:17.12). She went on to represent the U.S. at the World Cross Country Championships after winning the junior women's trials race. At the Pac-10 championships, she pulled double duty, competing and scoring in both the 5,000 (4th) and 10,000 meter (2nd) races. At that event she led three Cardinal women into the scoring at both distances. Senior cross country captain ANN SHEEHY has been an impact performer in the 3,000 meter and 5,000 meter races at the Pac-10 level the last two years and will continue that trend this spring. An excellent competitor, she always delivers her best performances at the championship levels. A distance specialist, junior AMY MACARTHUR capped an excellent sophomore year last spring by scoring in the 10,000 meter race at the Pac-10 championships and picked up several personal records during the course of the spring from 3,000 to 10,000 meters. She is one of the top threats on the conference level once again this spring. New additions ALISON WHITE, KRISTINA BETZOLD, and LINN SCHULTE-SASSE will also be looked upon to help cover the events from 3,000 meters to 10,000 meters on the track. WHITE brings credentials as the New England high school two-mile champion, while BETZOLD recorded one of the top five prep two-mile times in the country last spring. SCHULTE-SASSE was an All-Midwest cross country selection as a high school senior. All three made excellent transitions to collegiate level racing in the fall and will benefit from the experience they gained as they shift to the track. With the combination of experienced upper-class talent and an infusion of new, talented frosh this event area will continue to dominate races and rivals at all levels of competition.

MEET THE CAPTAINS



MARK FADIL
Senior
Liverpool, NY
Distances

A top competitor for Stanford in the distance events ... Placed second behind Arizona's Martin Keino in the 3,000 meter steeplechase (9:03.20) at the 1995 Pac-10 Track & Field Championships ... Had a 1995 season-best of 9:02.47 ... A member of the cross country team ... Was one of the keys to Stanford's success during 1995 season, running in the top seven each meet ... Best finish of 1995 was his 11th place finish at the Stanford Invitational, sparking a victory over 22 other teams ... Nailed down the team's victory at the NCAA District 8 champi-

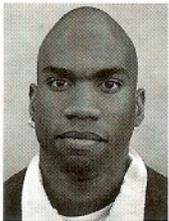
onships with a 17th place performance ... Was the team's fourth runner at the NCAA championships ... Was selected as the 1995 Coaches Award winner for his outstanding leadership ... Also a 1994 and 1995 All Pac-10 academic conference selection in cross country and track ... A transfer from Dartmouth where he ran 9:06 in the 3,000 meter steeplechase and 3:55 in the 1,500 meters as a freshman ... Was sidelined most of 1994 with an injuries ... Enjoyed athletic and academic success at Liverpool HS in Liverpool, NY ... International Studies major ... Born February 20, 1973.



PETE SWANSON
Senior/Junior (ath)
Hollister, CA
Throws

A two-sport athlete in football and track & field at Stanford ... A tremendous competitor who always rises to the occasion ... Broke his foot during a late season practice session in 1995, preventing him from competing at the Pac-10 and NCAA meets ... Had NCAA provisional marks of 60-7 1/4 in the shot put, and 179-2 in the discus ... Has also competed in the hammer ... Competed in the shot put (58-3 1/4), discus (167-0) and hammer (178-10) during the 1994 track & field season ... Competed at the 1994 Pac-10's in the shot put ... His shot

put mark of 58-3 1/4 was an NCAA provisional mark ... At the 1995 NCAA Indoor Championships, he placed fourth in the shot put (59-11), and eighth in the 35-lb throw ... He gained All-America honors in both events ... During the 1994 Indoor season, he threw the 35-pound weight 60-8, also an NCAA provisional mark ... Given the Steve Chelbay 110 Percent award ... A standout defensive lineman ... Stanford's starting defensive tackle in 1995 ... Accounted for 27 total tackles, two quarterback sacks and five tackles-for-loss ... Injured during much of the 1994 football campaign ... Played in six games, started five ... During the 1993 football campaign, he played in 10 games, compiling 20 total tackles ... Redshirted his freshman season in track ... Three-year starter on both offensive and defensive lines while at San Benito High School ... Also competed in track and field in high school ... Threw the discus over 200-feet consistently and put the shot put 62-2 ... Was an all-league performer in the shot put and discus since his freshman season in high school ... Psychology major ... Born March 26, 1974.



JAMI WEBB
Senior
Las Vegas, NV
Sprints/Jumps

Will compete in the sprints and jumps in 1996 ... During the 1995 track season, he competed in the sprints, the long jump and triple jump ... Scored in the triple jump and as a member of the 400 meter relay team at the Pac-10 championships ... Also competed on the 400 meter relay team ... Placed seventh at the 1995 conference meet in the triple jump ... During the 1994 track season, he placed second in the triple jump at the Pac-10 Track & Field Championships, jumping a career-best and NCAA provisional mark of 51-0 ... Also

competed in the long jump at the Pac-10 Championships with a season best of 23-10 which placed him fourth ... During the indoor season, jumped 23-7 for the Cardinal ... Received the 1994 Coaches Award, symbolic of his improvement during the course of the season ... Has played offense (wide receiver) and defense (defensive back) while at Stanford ... A starter in seven games in 1994, chalking up 27 total tackles ... Played quarterback and cornerback at Chaparral High School in Las Vegas ... Also competed in track at Chaparral where his best marks included a 10.7 in the 100 meters, 49-2 in the triple jump and 23-7 in the long jump ... Reached the state finals in the triple jump and long jump ... Economics major ... Born March 18, 1974.

STANFORD MEN'S PROFILES



JEFF ALLEN
Sophomore
Olympia, WA
Hurdles

Will be Stanford's top long hurdler in 1996 ... Competes primarily in the 400 meter hurdles ... Qualified for the 1995 Pac-10 Track & Field Championships and the USAT&F Junior Nationals with a time of 53.31 in his first year over the 400 meter hurdles ... Also competed as a member of the 1,600 meter relay team ... At Capital High School, he was the Washington state champion in the 300 meter hurdles and ran a meet record 37.65 at the state championship meet ... Has also run a 21.82 in the 200 meters ... Gives Stanford great depth in the

long sprints ... A member of the Cardinal football team ... Outstanding special teams players for Stanford in 1995 ... Played a reserve role at free safety ... Recorded nine tackles, all on special teams ... Blocked a punt in game vs USC ... Awarded a game ball for his special teams play

in the Big Game vs California in 1995 ... Human Biology major ... Born March 1, 1976.



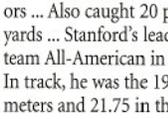
JASON BALKMAN
Freshman
Saratoga, CA
Distance

Will develop this year as he becomes more track savvy, which is bad news for opponents ... A local product out of Lymbrook High School, he won the California state two-mile (9:05) and cross country titles as a senior ... Also won the 1995 Footlocker Western Regional title but did not compete in the finals due to a prior commitment ... He was a key part of the cross country team's success this fall, helping to solidify the Pac-10 runner-up performance with his top-15 finish as just a frosh ... Also gained valuable national level experience competing at the NCAAs ... A Literature/Asian Languages major ... Born February 3, 1977.



ANTHONY BOOKMAN
Sophomore
Grand Prairie, TX
Sprints/Jumps

Will compete in the sprints and relays ... Competed in the 100 meters (10.62) and the 200 meters (22.57) last year ... Also ran a leg on the 400 meter relay team which defeated California last year and scored at the Pac-10 championships ... A standout in football ... In two seasons at Stanford, he has not only established himself as one of the top all-purpose backs in the Pac-10, but he is on his way to becoming one of the best running backs in Stanford football history ... Rushed for 872 yards in 1995 to gain second team All Pac-10 honors ... Also caught 20 passes for an additional 221 yards and accounted for 1,178 all-purpose yards ... Stanford's leading rusher in 1994 with 577 yards on 129 carries ... A consensus first team All-American in football during his senior season at South Grand Prairie High School ... In track, he was the 1994 district champion in the 100 meters ... His bests are 10.38 in the 100 meters and 21.75 in the 200 meters ... Political Science major ... Born January 11, 1976.



CHRIS BUDDIN
Junior/Sophomore (ath)
San Diego, CA
Pole Vault

Had an outstanding fall season in preparation for the 1996 track & field season ... Will compete in the pole vault ... Recorded a Pac-10 qualifying mark of 16-9 1/4 at the Stanford Quadrangle in his first season ... Also gained valuable experience competing at the Pac-10 championships ... A standout athlete at Orange Glen High School ... He finished fourth in the California State meet in 1993 with a vault of 15-9 ... Economics major ... Born February 3, 1975.



ADAM CONNOLLY
Sophomore
Silver Spring, MD
Throws

Is a tremendous addition to the Cardinal track & field team, and has already made an immediate impact and on the conference and national level ... The heir-apparent to Stanford's long tradition of outstanding hammer throwers ... Was an NCAA provisional qualifier in his freshman season in the hammer with a freshman record throw of 208-0 ... That throw earned him a berth at the 1995 NCAA Track & Field Championships, where he finished 16th (204-1) in an extremely talented field ... At the 1995 Pac-10 Track & Field

Championships, he finished eighth with a throw of 202-4 ... At Silver Spring High School, he threw the hammer 197-7, and competed for the United States Junior National team against Canada and at the World Junior Championships in Lisbon, Spain, during the summer of 1994 ... Was the top-ranked prep hammer thrower in the country during his senior season in 1994 ... He won the Golden South and the National Scholastic meets ... Finished second at the U.S. Junior Nationals ... Mother and father competed at the 1968 Olympics in Mexico City, where his father, Harold, won the gold medal in the hammer ... Economics major ... Born September 17, 1975.



ANDREW COWGILL
Junior/Sophomore (ath)
St. Paul, MN
Distances

Gives strength to an already strong distance running team ... Has run 30:42.82 for the 10,000 meters ... Placed tenth at the 1995 Pac-10 Track & Field Championships in the 10,000 meters ... Projects to be one of the top runners in the conference this year ... A valuable member of Stanford's nationally-ranked cross country team as both a freshman and a sophomore, he redshirted his junior year while taking the fall to do an internship ... His best finish of the 1994 cross country season was second place at the Stanford Invitational ... Also

competed at the NCAA District-8 Regionals and at the NCAA's ... An All Pac-10 academic selection in cross country and track ... The Minnesota state champion in the mile and two-mile from St. Paul Academy ... He also finished seventh at the Kinney Cross Country Nationals ... Ran a 9:19 in the two-mile at St. Paul's Academy ... Earth Sciences/Latin American Studies major ... Born October 19, 1974.



MATTHEW FARLEY Sacramento, CA
Sophomore/Freshman (ath) Distances

Redshirted in 1995, thus has four years of track eligibility remaining ... A member of Stanford's nationally-ranked cross country team ... Best results of 1994 included a ninth place finish at the NCAA

District-8 Regionals ... Also gained experience running at the Pac-10 and NCAA meets ... At the 1994 U.S. Junior Cross Country Championships, he finished fifth in a time of 25:33 over 8,000 meters, thus qualifying for the U.S. Junior World team that competed in Durham, England, in March of 1995 ... A standout runner at Jesuit

High School ... A California state champion, national finalist and All-American in cross country ... Finished second to Nathan Nutter in the two-mile (9:03) at the 1994 Golden West Invitational ... English major ... Born August 1, 1976.



BRAD HAUSER Kingwood, TX
Freshman Distance

One half of the Hauser duo which had opponents seeing double this fall ... Had a tremendous fall, racing remarkably consistently all season ... Was in the top seven men every race and helped nail down the NCAA District 8 title for the Cardinal ... Also competed at the NCAAs which will pay valuable dividends when the Cardinal returns next fall ... Following the NCAAs, competed at and won the Junior National cross country title in Boston ... By virtue of that performance will represent the U.S. at the World Cross Country Championships in South Africa

this March ... A three time Footlocker National High School Cross Country Finalist, he was fourth at the meet in 1993 ... Also was Texas state champion in the 3200 meters in 1994 ... Has run 4:12 for 1600 meters and 9:01 for 3200 meters ... Will help the Cardinal distance efforts immediately in the events from 3000 meter steeplechase on up ... Human Biology major ... Born March 28, 1977.



BRENT HAUSER Kingwood, TX
Freshman Distance

Like his brother, a distance ace who will help the Cardinal distance corps immediately ... The taller of the two twins, he similarly was a key factor in the success of this year's cross country squad, picking up valuable places to ensure Stanford's victory at the NCAA District 8 championships, and their fifth place finish at the NCAAs ... Runner-up to his brother by a step at the USAT&F Junior Nationals, he will be representing the U.S. at the World Junior Cross Country Championships in March ... A two-time Footlocker National High School Cross Country

Finalist, he ran 9:08 for 3200 meters and 4:12 for 1600 meters while at Kingwood High School in Texas ... Human Biology major ... Born, like his brother, March 28, 1977.



TAD HEATH Tustin, CA
Junior Middle Distances

Provides talented depth in the middle distances ... Has competed in the 400 meters and the 800 meters (1:52.07) the past two seasons ... Won the Big Meet versus California last year in convincing style, sweeping through on the rail to nail the leaders with 50 meters to go ... Went on to run his seasonal best at the Pac-10 championships in Tucson ... Ran the opening leg on Stanford's 1,600 meter relay team ... A standout athlete at Foothill High School ... Placed third at the Golden West Invitational in Sacramento ... Ran a 1:53.56 in the 800

meters while at Foothill High School ... Civil Engineering major ... May 28, 1975.



GREGORY JIMMERSON Rapid City, SD
Junior/Sophomore (ath) Distances

Expected to be one of Stanford's top runners on the 1996 Cardinal track team ... Last year, he placed fourth in the 10,000 meters at the Pac-10 Track & Field Championships and doubled back less than 24 hours later, placing ninth in a tactical, sit-and-kick 5,000 meters ... Had 1995 season-best times of 14:30.41 in the 5,000 meters and 30:24.00 in the 10,000 meters ... Captured the 5,000 meters (14:39.00) and the 10,000 meters (30:33.14) at the 1994 U.S. Junior Track & Field Nationals qualifying for the U.S. team which competed at the Junior World

Championships in Lisbon, Portugal in July of 1995 ... Pac-10 All-Academic selection ... Redshirted during his freshman year in 1994 ... This fall, as co-captain, he led Stanford to its best finish (fifth) at the NCAA championships since 1972 and the NCAA District 8 championship... He finished 23rd individually at the NCAAs to pick up his second consecutive All-America selection ... During the 1994 cross country season, he led Stanford to a sixth place finish at the NCAAs, and a second place finish at the NCAA District-8 Regionals ... At the NCAAs, he finished sixth and, as the second American in the race, earned All-America honors ... He finished third at the NCAA District-8 meet and sixth at the Pac-10 meet ... He raced to victory at the 1994 U.S. Junior Cross Country Championships ... Winner of the Block "S" outstanding male sophomore award - presented to the outstanding male athlete of the sophomore class at Stanford ... Chosen the Most Valuable Athlete on the 1994 and 1995 cross country teams ... During the 1993 cross country campaign, he enjoyed an excellent freshman season, placing fifth at the Michigan Invitational, seventh at the Pac-10s, 11th at the NCAA District-8 meet ... Competed for the United States at the 1993 World Junior

Cross Country Championships ... An academic first team All-American selection by the United States Cross Country Association and the Pacific-10 Conference in 1994 and 1995... While at Stevens High School in Rapid City, SD, he placed second at the Kinney Nationals ... He was the South Dakota state champion in cross country and track (two-mile), and won the Golden West championships in the two-mile in Sacramento ... Engineering major ... Born February 1, 1975.



JIMMIE JOHNSON Fremont, CA
Junior Sprints

Is one of Stanford's best long sprinters ... Had a real breakthrough year last spring ... Has run the 100 meters, 200 meters (20.98) and the 400 meters (46.41) at Stanford ... His time in the 400 meters last year was an NCAA provisional qualifying time ... Also runs on both relay teams, last year anchoring the 400 meter relay to stunning upset of California in the Big Meet ... Was the 1994 MPSF indoor champion in the 200 meters and runner-up in 1995 at the Cal-Nevada State Championships by a scant one-hundredth of a second ... A Pac-10

All-Academic selection ... Also a member of Stanford's football team where he successfully walked on this fall ... Gained numerous academic and athletic honors at Mission San Jose High School in Fremont ... Political Science major ... Born October 27, 1974.



JAMES LONG Redmond, WA
Junior Distances

A transfer from Washington State University only this fall, he immediately made his presence known, helping to guide the squad to the District 8 title and victories at the Iowa State Memorial Classic and Stanford Invitationals ... A distance specialist, he has run 30:27 for the 10,000 meters ... Represented Washington State University at the 1995 Pac-10 championships in the 10,000 meters ... Placed seventh at the 1994 Pac-10 championships held on his home turf at Washington State as only a freshman ... Biochemistry major ... Born May 27, 1974.



JASON LUNN Littleton, CO
Junior/Sophomore (ath) Middle Distance

A transfer from Rice University in Texas who is looking forward to his first year on the Farm ... Has the potential to become a dominant middle distance runner in the Pac-10 conference immediately ... Has run 4:08 for the indoor mile, where he captured the 1994 SWC crown as a freshman ... Has split sub 1:49 several times for the 800 meters and is eager to better that mark in a big way this year ... With excellent natural speed, he could also vie for a slot on the 1,600 meter relay squad this year ... Originally from Dulles High School in

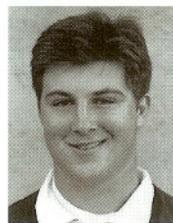
Texas, where he qualified for the 1993 Footlocker National Cross Country finals ... He finished sixth in that meet ... Engineering major ... Born September 19, 1974.



BRIAN MANNING Kansas City, MO
Junior Jumps

Will compete in both the horizontal jumps ... Placed fourth in the triple jump (48-11 3/4) at the 1995 Pac-10 Track & Field Championships ... Had a 1995 season-best of 49-4 ... Leaped a season-best 23-8 3/4 in the long jump, a conference qualifying mark ... Has improved both his strength and speed which will translate into even better jumping during his junior season ... Also a standout wide receiver on the Cardinal football season ... In three seasons at Stanford, has caught 103 passes for 1,897 yards and 12 touchdowns

... He is already #8 on Stanford's career receiving yards chart ... In 1995, caught 40 passes for 616 yards and three TD's and was named honorable mention All Pac-10 ... Stanford's second leading receiver in 1994 with 46 catches for 899 yards and five touchdowns ... Started all eleven games in 1994 ... During his freshman season in 1993, he caught 17 passes for 382 yards and four touchdowns ... One touchdown catch went for 91 yards against Arizona, third longest in Stanford football history ... Considered one of the top athletes in the state of Missouri and one of the best wide receiver prospects in the nation out of Ruskin High School ... Gained numerous All-America honors ... Won the state triple jump ... Has a best of 51-2 1/2 in the triple jump which was the 4th longest prep jump of 1993... Also played basketball for two seasons ... Honor roll student ... Psychology major ... Born April 22, 1975.



MARC MAZZONI Los Gatos, CA
Freshman Throws

Another outstanding hammer thrower from Bellarmine Prep High School in San Jose, the same high school that produced Stanford school record holder David Popejoy ... Won the USAT&F Junior National championships in the hammer last summer and was chosen to represent the U.S. at the Pan Am Junior Championships held in Santiago, Chile in August where he finished seventh... Has already thrown the international implement 178'0" ... Career best of 199'7" with the high school (12 lb) implement ... Also threw the shot 58' for

Bellarmine as a senior, placing eighth at the California state championships ... Biology major ... Born April 6, 1977.



RYAN McCALMON
Falmouth, ME
Sophomore Distances

Has tremendous potential in the middle distance and distance events ... Competed in the 800 meters (1:53.42) and the 1,500 meters (3:49.78, Pac-10 qualifying time) last year, both of which were gigantic personal records ... Enjoyed a very successful cross country season this fall, his first for Stanford ... Based upon his added strength and cross country experience, he projects to once again have a ground-breaking year ... Also ran several 3000 meter steeplechases last spring, an event where he will eventually be an impact athlete ... Ran

a 4:16 mile at Cheverus High School in Portland, ME ... The Maine state cross country champion as a senior ... Competed at the Millrose Games in the mile as a senior ... Art History major ... Born December 4, 1975.



JUSTIN STRAND
Coeur D'Alene, ID
Junior Throws

A two-sport athlete in track & field and football (linebacker) at Stanford ... Competes primarily in the hammer ... Threw the hammer a career-best 205-4 last year... That throw was a NCAA provisional mark ... Also has competed in the shot put, discus, and javelin ... Placed sixth in the discus at the 1995 Pac-10 Championships ... A prep All-American from Gonzaga Prep in Idaho ... Played both running back and linebacker ... Won the state discus title as a junior with a best of 185-0 ... Threw 196-0 in the discus as a senior and threw the javelin 206-0 ... Played two years

on his high school basketball team ... Economics major ... Born July 22, 1974.



NATHAN NUTTER
Tempe, AZ
Sophomore/Freshman (ath) Distances

A talented freshman who will play a major role in Stanford's success in 1996 ... An integral member of Stanford's nationally-ranked cross country team ... Finished in the top 10 at both the Pac-10s and NCAA District 8 regionals ... Both performances were keys to Stanford's success ... Picked off his first All-American selection based upon his 42nd place finish at the NCAA Championships ... Also recognized as an Academic All-America for his outstanding work in the classroom ... As a freshman was a tremendously consistent cross

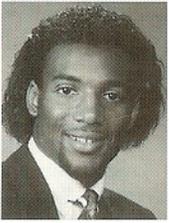
country racer, running in Stanford's top five every meet ... Competed at the Pac-10's, NCAA District-8 and NCAA meets ... At the 1994 U.S. Junior Cross Country Nationals, finished fourth over 8,000 meters in a time of 25:29, thus qualifying for the U.S. Junior World team that competed in Durham, England, in March, 1995 ... A talented runner from Tempe Corona Del Sol High School ... Has run the two-mile in 8:54 and was the 1994 Golden West Invitational champion in that event ... Engineering major ... Born February 13, 1976.



JONATHAN WELDON
Thomasville, NC
Sophomore Middle Distances

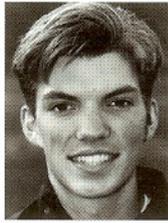
Will give strength to the middle distance corps in 1996 ... Last track season was a big breakthrough for him, dropping his best all the way to 3:51.76 in the 1500 meters ... Based upon his fall training looks ready to make another big improvement this season ... A member of Stanford's nationally-ranked cross country team in 1994, he redshirted in the fall of 1995 ... Best finishes of 1994 cross country season included a seventh place showing at the Stanford Invitational and eleventh at the Cal Poly SLO Invitational ... In high school, he ran

3:54.7 for the 1,500 meters, the third fastest time in the country in 1994 for prep runners ... Competed at the U.S. Junior Nationals and placed fifth at the National Scholastic meet during his senior seasons at Thomasville High School ... English major ... Born November 9, 1975.



JAURON PIGG
Kokomo, IN
Freshman Jumps

Potentially a big point scorer for the Cardinal in the long jump ... Walked on with the football squad as well this fall and impressed with his speed and agility ... Has a personal best of 24'6" set when he was runner-up to his own teammate at the 1994 Indiana state championships ... His speed will also make him a contender for a spot on the 400 and 1600 meter relays ... Competed at the Golden West Invitational (third place) following his senior year, where he was awarded the Founder's Cup for "personal life achievement in athletics, scholarship and citizenship" ... International Relations major ... Born April 25, 1977.



J.J. WHITE
Dublin, OH
Junior Distances

Expected to be one of the top runners on the Cardinal track team in 1996 ... In 1995, competed in the 800 meters, 1,500 meters (3:48.03), and 5,000 meters (14:02.87) ... His 1,500 meter and 5,000 meter times were conference qualifying times, and his 5,000 meter time was an NCAA provisional time ... As only a sophomore he has represented Stanford at the NAAs each of the last three seasons ... Indoors, he qualified for the NCAA championships with an altitude-adjusted mile time of 4:04.17 run at the Mountain-Pacific Indoor Championships in

Reno ... Finished a close second to Arizona's Martin Keino in the 5,000 meters at the 1995 Pac-10 Track & Field Championships with a dramatic finishing charge ... Competed at the 1995 NCAA's in the 5,000 meters ... A promising and talented athlete ... As a freshman, placed second in the Cal-Nevada state championship meet in the 5,000 meters coming within tenths of the freshman school record ... One of the top runners on both the 1994 and 1995 nationally-ranked cross country teams ... Finished 10th at the Pac-10 championships and 14th at the NCAA District-8 championships in 1995 to help the team lock up an automatic NCAA selection ... His best race of 1994 was sixth at the NCAA District-8's ... An All Pac-10 cross country academic selection in 1994 ... While at Dublin High School, he won the Ohio State title in cross country and track (two-mile), and won the 1993 Midwest Meet of Champions in the two-mile ... Placed third at the Kinney Cross Country Nationals during his senior season ... Ran the second fastest 3,200 meters in the nation for a high school senior in 1993 ... Biology major ... Born December 17, 1974.



ROBERT REEDER
Allendale, NJ
Senior/Junior (ath) Distances

A veteran of both the track and cross country teams ... Has competed in the 5,000 meters (14:29.76) and the 10,000 meters (29:46.61, NCAA provisional time) during his two previous seasons at Stanford, notching career-bests in both events as a sophomore ... Finished fifth in the 10,000 meters at the 1995 Pac-10 Track & Field Championships ... Finished third in the 10,000 meters two years ago at the conference meet where he also placed fourth in the 5,000 meters ... Winner of the 1994 Margaret Storey-Garnett Young award

given to the most improved runner on the track team ... A member of the cross country team and the 1993 World Junior Cross Country team ... Cross country team captain ... Competed at the Pac-10, NCAA District-8 and NCAA meets ... Was 13th at the 1994 Pac-10 Cross Country Championships ... The 1993 Mountain Pacific Sports Federation indoor champion in the 5,000 meters ... A Pac-10 all-academic choice in cross country and track ... A standout athlete and student at North Highlands High School in Allendale, NJ ... Computer Science/Economics major ... Born July 31, 1974.



ZAK WRIGHT
Jaffrey, NH
Sophomore Middle Distances

One of the top middle distance runners ... Competed in the 800 meters and the 1,500 meters (3:51.7) last year ... Gained valuable experience competing at the Pac-10 championships last spring ... Has ran a leg at the conference meet in the 1,600 meter relay team ... Ran a 4:09.8 for the 1,600 meters in high school, placing third at the Golden West Invitational ... Also ran 2:27.2 in the 1,000 meters (indoors), to set a New England high school record ... A national finalist and All-American in cross country ... A standout student athlete at Conant

High School in Jaffrey, NH ... English/Creative Writing major ... Born April 24, 1975.



JOHN ROLDAN
Visalia, CA
Senior Throws

A senior who has progressed steadily since his first year ... A javelin specialist, he picked the right time to peak last spring, winning the javelin with a 10-foot personal best (191'7") in the Big Meet against California ... His tremendous attitude, work ethic and enthusiasm for the sport are models for his teammates ... Is looking forward to the upcoming outdoor season ... Has done some tremendous workouts this fall and is stronger than ever before ... A 1995 Pac-10 All-Academic choice ... Civil Engineering major ... Born June 24, 1973.



BRYAN ZMIJEWSKI
Matthews, NC
Junior Distances

One of Stanford's top runners in track and cross country ... Has made outstanding improvement since his freshman year ... A dedicated, mentally tough athlete who is committed to achieving his best every time he takes the track ... Stanford's top steeplechaser the past two years ... Ran a 8:56.22 against California, an NCAA provisional time ... Placed eighth at the 1995 Pac-10 Track & Field Championships in the 3,000 meter steeplechase ... Finished ninth at the 1994 conference meet in the 3,000 meter steeplechase ... Also a

Pac-10 finalist in the 5,000 meters in 1995 ... Top cross country finishes in 1994 were second place at the USF Invitational and seventh at the UC Irvine Invitational ... Also competed at the Pac-10's, the NCAA District-8's, and at the NCAA's ... An Pac-10 academic cross country and track selection ... A standout student-athlete at Sun Valley High School ... Ran a 9:23 for two miles as a high school senior ... Engineering major ... Born October 15, 1974.

OTHERS TO WATCH

MATT ABBINK
Sophomore

Will compete primarily in the 800 meters this year ... At Littleton High School, he was the Colorado state champion in 1993 and 1994 in the 800 meters ... Also established a Colorado state record with a time of 1:52.20 in the 800 meters ... A standout wide receiver on the football team at Littleton ... Economics major ... Born September 22, 1975.

Littleton, CO
Middle Distances

JASON BENGTON
Freshman

An excellent all-around athlete, he competed in all four throwing disciplines ... In the Arizona state championships, he won the shot put (54'5") ... Also competed at the Golden South meet taking fourth and sixth in the hammer and javelin, respectively ... Due to his excellent build and natural ability, will focus on the multi-events for the 1996 season ... Ranked in the top one percent of his graduating class at Horizon High School ... Math/Physics major ... Born August 6, 1976.

Scottsdale, AZ
Throws/Multi-events

DOUGLAS BROWN
Sophomore

A dual sport athlete, competing both on the track and the football field for the Cardinal ... With long legs, he easily made the transition to the 42" high hurdles last year ... With another season to hone his technique, he will be a big impact performer in the event ... Also has good leaping ability, long jumping 23'2 1/2" as a senior in high school ... Played briefly in three football games for Stanford in 1995 ... A standout student-athlete at Gunderson High School ... Mathematics major ... Born December 31, 1976.

San Jose, CA
Hurdles

JOSEPH BURKE-NEWSUM
Junior

A talented and versatile performer ... Will compete primarily in the long jump during the outdoor season ... Has potential to make an immediate impact at the Pac-10 level ... Has personal bests of 23-0 in the long jump and 49.6 in the 400 meters ... A standout athlete at Los Altos HS in Los Altos, CA ... Economics major ... Born August 22, 1975.

Los Altos, CA
Jumps

DESMOND COOK
Freshman

Another of Stanford's outstanding dual sport athletes ... Plays football as well as competes in track and field ... Won the Florida state discus title as a junior, heaving the platter out to 184'0" ... Initially, will specialize in that event at Stanford ... Out of Piper High School ... Undeclared major ... Born January 21, 1977.

Sunrise, FL
Throws

DAMON DUNN
Sophomore/Freshman (ath)

Will give strength to the Cardinal sprint corps ... A standout special teams player on the 1995 Cardinal football team ... A first team All Pac-10 selection as a return specialist ... His season average of 28.4 placed him #1 in the Pac-10 and #3 nationally ... He began the 1995 football season in fine fashion as he took the first kickoff of the year against San Jose State 91 yards for a touchdown, Stanford's first score of the season ... Returned 17 kickoffs for 412 yards for an average of 24.2 yards in 1994 ... His longest return was 100 yards for a touchdown ... Competed in track at Sam Houston High School in Arlington, Texas ... Recorded bests of 10.4 in the 100 meters and 21.8 in the 200 meters ... An All-American wide receiver from Sam Houston High School in Arlington, Texas ... Economics major ... Born March 15, 1967.

Arlington, TX
Sprints

DAVID DYER
Junior/Sophomore (ath)

A member of a strong distance running corps ... Competes on the nationally-ranked cross country team ... In 1995, he won the tri-meet versus UC Irvine and UC San Diego ... His best finish of 1994 was sixth at the USF Invitational ... Had good finishes at the Santa Clara Invitational (2nd), UC Davis Invitational (12th) and the Stanford Invitational (14th) in 1993 ... Competed at the 1993 U.S. Junior National Cross Country Trials ... A 1994 All Pac-10 academic selection in cross country ... A standout student-athlete at Lathrop High School in Fairbanks, Alaska ... Has run the 1,500 meters and 3,000 meters (8:33.0) ... Engineering major ... Born June 4, 1975.

Fairbanks, AK
Middle Distances

JEFFREY FISCHER
Freshman

The latest in a longline of outstanding distance and middle distance runners to come out of Thousand Oaks High School ... Redshirted the 1995 cross country campaign ... Will stick with the middle distances initially and will look to possibly make an impact in the 3000 meter steeplechase ... Has run 4:13.8 and 9:08.1 for 1600 and 3200 meters respectively ... Was the first finisher on the state record holding team for fewest number of points (23) at the 1993 California State Championships ... Engineering major ... Born October 15, 1976.

Thousand Oaks, CA
Middle Distance

ADAM FUSCO
Sophomore/Freshman (ath)

Has the potential to be an excellent pole vaulter ... Leaped a season-high 15-0 indoors in his freshman season in 1995 ... Redshirted the outdoor season ... Vaulted 16-0 feet as a senior at Willard High School ... Will also compete in the decathlon, due to his outstanding athletic nature ... Philosophy major ... Born October 9, 1974.

Willard, OH
Pole Vault

JOSH GLEASON
Sophomore

Has the talent to be an outstanding decathlete ... In his freshman season in 1995, scored 6,483 points at the Mt. Sac Relays ... That point total was a Pac-10 qualifying effort ... Was the sixth best prep decathlete in the country in 1994, scoring over 6,000 points with the international implements ... Should develop in 1996 due to increased strength and added maturity ... Also will add to Stanford's depth in many events, including the hurdles and jumps ... Biology major ... Born January 19, 1976.

Redmond, WA
Jumps/Decathlon

JORN GRIMSLEY
Freshman

A nice surprise for the Cardinal coaching staff this fall ... Progressed nicely throughout the cross country racing season and capped it off with a fourth place finish at the USAT&F Junior National cross country championships, which earned him a berth on the U.S. Junior World team heading to South Africa in March ... An All-Western regional cross country selection as a senior at Skyview High School, he is also the AA Montana state record holder at three miles (14:41) ... Engineering major ... Born March 3, 1977.

Billings, MT
Distance

JOSEPH KARLGAARD
Senior

One of the top 800 meters on the Cardinal track team ... Has progressed solidly since arriving at Stanford ... Put in a very solid fall of training and is hungry to make his senior year his best ... Ran a personal record 1:52.31 in the 800 meters at the Mt. Sac Relays last year ... A member of the KZSU radio broadcast team for Stanford football and baseball ... History major ... Born August 2, 1974.

Bismark, ND
Middle Distances

JACOB MAAS
Freshman

A four sport varsity athlete out of South Dakota, he possesses great athletic ability ... Will focus on the middle distance events at least initially, but has tremendous potential no matter where he concentrates ... Won the South Dakota state cross country, 1600 and 800 meter titles his senior year, while concurrently playing football, basketball and baseball ... Has personal bests of 1:54.5 and 4:17 for the 800 and 1600 meters, respectively ... A top student as well as athlete at Rapid City Central High School ... Social Science major ... Born February 17, 1977.

Rapid City, SD
Middle Distances

BRANDON MORRIS
Sophomore

A talented runner in the 800 and 1,500 meters ... In his freshman season in 1995, ran a 1:53.5 in the 800 meters ... A standout 400 and 800 meter runner at Capital High School ... Was the state champion in the 800 meters, running 1:55.2 ... Also placed at the state level in the 400 meters ... The Montana state record holder and champion in weight lifting in his weight class ... Computer Science major ... Born November 27, 1975.

Helena, MT
Middle Distances

JASON PERSCHEID
Junior/Sophomore (ath)

Will be one of the top distance runners this year ... Has competed in the 5,000 meters and the 10,000 meters the last two years ... A member of Stanford's nationally-ranked cross country team ... His best finish of 1994 was eighth place at the UC Irvine Invitational ... Competed at the Pac-10 Championships in cross country ... In 1993, he finished ninth at the Stanford Invitational and 15th at the UC Davis Invitational ... A 1994 Pac-10 academic selection for cross country ... Gained numerous athletic and academic honors at Jesuit High School in Sacramento, Ca ... Has run 9:14 for two miles ... Human Biology major ... Born July 2, 1975.

Fair Oaks, CA
Distances

MICHAEL PRINDIVILLE
Junior/Sophomore (ath)

Will be one of Stanford's top distance runners in 1995 ... Redshirted the 1994 cross country campaign ... Captured the individual honors at the Santa Clara Invitational in 1993 ... Gained top honors at DeLaSalle High School in Pinole ... Has been state champion for Division II and has run 4:11 and 9:13 for the mile and two-mile, respectively ... Engineering major ... Born March 23, 1975.

Antioch, CA
Middle Distances

ALEX TEEKELL
Freshman

A strong, speedy addition to the middle distance corps ... Ran large personal bests last spring as a senior at Bishop O'Dowd High School, clipping 1:53.15 and 4:13.52 for 800 and 1600 meters, respectively ... Possesses a tough, gritty attitude that will serve him well on the collegiate circuit ... Two top-ten finishes at the California state cross country championships as a junior and senior ... Will contribute as a frosh primarily in the middle distance events ... Biology major ... Born September 9, 1977.

Oakland, CA
Middle Distances

1996 Stanford Track Men's Roster

Name	Year	Event	High School	Hometown
Matt Abbink	Sophomore	Middle Distances	Littleton	Littleton, CO
Jeff Allen	Sophomore	Sprints/Hurdles	Capital	Olympia, WA
Wesley Arnett	Freshman	Middle Distances	Shorewood	Seattle, WA
Jason Balkman	Freshman	Distances	Lynbrook	Saratoga, CA
Jason Bengtson	Freshman	Multi-events/Throws	Horizon	Scottsdale, AZ
Anthony Bookman	Sophomore	Sprints	S. Grand Prairie	Grand Prairie, TX
Douglas Brown	Sophomore	Sprints/Hurdles	Gunderson	San Jose, CA
Chris Buddin	Junior	Pole Vault	Orange Glen	San Diego, CA
Joseph Burke-Newsum	Junior	Multi-Events/Jumps	Los Altos	Los Altos, CA
David Colleran	Senior	Pole Vault	Benet Academy	Downers Grove, IL
Adam Connolly	Sophomore	Throws	Springbrook	Silver Spring, MD
Desmond Cook	Freshman	Throws	Piper	Sunrise, FL
Andrew Cowgill	Junior	Distances	St. Paul Academy	St. Paul, MN
Adeh DeSandies	Freshman	Hurdles	Moreau Catholic	Fremont, CA
Damon Dunn	Sophomore	Sprints	Sam Houston	Arlington, TX
David Dyer	Junior	Distances	Lathrop	Fairbanks, AK
Nate Evans	Junior	Sprints	Redwood	Greenbrae, CA
Mark Fadil	Senior	Distances	Liverpool	Liverpool, NY
Matt Farley	Sophomore	Distances	Jesuit	Sacramento, CA
Jose Fierro	Junior	Distances	Singapore American	Martinez, CA
Jeff Fischer	Freshman	Middle Distances	Thousand Oaks	Thousand Oaks, CA
Adam Fusco	Sophomore	Jumps	Willard	Willard, CA
Josh Gleason	Sophomore	Jumps/Multi-events	Lakeside	Redmond, WA
Jorn Grimsley	Freshman	Distances	Skyview	Billings, MT
Brad Hauser	Freshman	Distances	Kingwood	Kingwood, TX
Brent Hauser	Freshman	Distances	Kingwood	Kingwood, TX
Tad Heath	Junior	Middle Distances	Foothill	Tustin, CA
Gregory Jimmerson	Junior	Distances	Stevens	Rapid City, SD
Jimmie Johnson	Junior	Sprints	Mission San Jose	Fremont, CA
Joe Karlgaard	Senior	Middle Distances	Bismarck	Bismarck, ND
James Long	Junior	Distances	Redmond	Redmond, WA
Chris Lundstrom	Sophomore	Distances	Northfield	Northfield, MN
Jason Lunn	Junior	Middle Distances	Dulles	Littleton, CO
Jacob Maas	Freshman	Middle Distances	Central	Rapid City, SD
Brian Manning	Junior	Sprints/Jumps	Ruskin	Kansas City, MO
Marc Mazzoni	Freshman	Throws	Bellarmine Prep	San Jose, CA
Ryan McCalmon	Sophomore	Middle Distances	Cheverus	Falmouth, ME
Jeff McCarty	Sophomore	Throws	Clackamas	Boring, OR
Brandon Morris	Sophomore	Middle Distances	Capital	Helena, MT
Nathan Nutter	Sophomore	Distances	Tempe Corona Del Sol	Phoenix, AZ
Jason Perscheid	Junior	Distances	Jesuit	Sacramento, CA
Jauron Pigg	Freshman	Sprints/Jumps	Kokomo	Kokomo, IN
Michael Prindiville	Junior	Middle Distances	DeLaSalle	Antioch, CA
Robert Reeder	Senior	Distances	Northern Highlands	Allendale, NJ
John Roldan	Senior	Javelin	Mt. Whitney	Visalia, CA
James Senechal	Sophomore	Middle Distances	Niceville	Niceville, FL
Bill Stinehart	Junior	Middle Distances	Harvard-Westlake	Los Angeles, CA
Justin Strand	Junior	Throws	Gonzaga Prep	Coeur d'Alene, ID
Pete Swanson	Junior	Throws	San Benito	Hollister, CA
Alex Teekell	Freshman	Middle Distances	Bishop O'Dowd	Oakland, CA
Jami Webb	Senior	Jumps/Sprints	Chaparral	Las Vegas, NV
Jonathan Weldon	Sophomore	Middle Distances	Thomasville	Thomasville, NC
J.J. White	Junior	Distances	Dublin	Dublin, OH
Zak Wright	Sophomore	Middle Distances	Conant	Jeffrey, NH
Bryan Zmijewski	Junior	Distances	Sun Valley	Matthews, NC

1996 Stanford Track Women's Roster

Name	Year	Event	High School	Hometown
Alexandra Arch	Freshman	Middle Distances	Cleveland	Portland, OR
Bernadette Armand	Sophomore	Sprints/Hurdles	S. Plantation	Plantation, FL
Kristina Betzold	Freshman	Distances	Eau Claire North	Eau Claire, WI
Monique Bradshaw	Junior	Throws	Lake Washington	Leavenworth, WA
Michelle Breaux	Sophomore	Throws	Bonita Vista	Bonita, CA
Leila Burr	Junior	Middle Distances	Friend's	New York, NY
Sara Buss	Sophomore	Pole Vault	Valley Center	Valley Center, PA
Jenny Carr	Freshman	Sprints	Columbus	Columbus, WI
Monal Chokshi	Junior	Distances	Raritan	Bridgewater, NJ
Lisa (Mandy) Clayton	Freshman	Jumps	Newport Harbor	Newport Beach, CA
Mary Cobb	Freshman	Middle Distances	Pittsfield	Santa Barbara, CA
Shannon Conroy	Freshman	Distances	Metairie Park Country Day	Metairie, LA
Jennifer Dalton	Senior	Pole Vault	McQueen	Reno, NV
Sue Demars	Senior	Throws	Walker	Walker, MN
Dena Dey	Senior	Middle Distances	Mercer Island	Mercer Island, WA
Kortney Dunscombe	Sophomore	Distances	Bend	Sunriver, OR
Leila Durr	Senior	Manager	Tustin	Tustin, CA
Patricia Ferguson	Junior	Hurdles	Zachary	Zachary, LA
Sara Foster	Junior	Distances	Delavan Darien	Delavan, WI
Melissa Freeberg	Senior	Middle Distances	California	San Ramon, CA
Jessica Hartman	Sophomore	Jumps	Springfield Catholic	Springfield, MO
Laura Hayward	Senior	Distances	Agoura	Agoura Hills, CA
Gina Heads	Sophomore	Throws	Newport Harbor	Costa Mesa, CA
Amy Henderson	Sophomore	Sprints	Ames	Ames, IA
Monica Hoggatt	Senior	Sprints	Carondelet	Pittsburg, CA
Tyra Holt	Junior	Sprints/Long Jump	Fairfield	Fairfield, IL
Katrinka Jackson	Sophomore	Throws/Multi-events	Astoria	Astoria, OR
Tracye Lawyer	Freshman	Jumps/Multi-events	Cate School	Santa Barbara, CA
Kay Luo	Senior	Middle Distances	Kentwood	Renton, WA
Amy MacArthur	Junior	Distances	University	Tucson, AZ
Heather Miller	Sophomore	Sprints	Westridge	Altadena, CA
Sara Moore	Sophomore	Distances	Richland	Richland, WA
Cynthia Morman	Freshman	Middle Distances	Chugiak	Chugiak, AK
Tara Oettinger	Freshman	Jumps	Foothill	Santa Ana, CA
L. LaShawndra Pace	Freshman	Middle Distances	Phillips Andover	Los Angeles, CA
Sylvia Pieslak	Freshman	Sprints	Menlo-Atherton	Atherton, CA
Jennifer Raab	Freshman	Middle Distances	Mt. Greylock	Williamstown, MA
Sarna Renfro	Sophomore	Distances	Bellarmine	Federal Way, WA
Linn Schulte-Sasse	Freshman	Distances	Southwest	Minneapolis, MN
Ann Sheehy	Senior	Distances	Middleton	Middleton, WI
Samantha Jo Small	Sophomore	Throws	College Jeane Sauve	Winnipeg, CAN
Jennifer Test	Freshman	Jumps	Bret Harte	Altaville, CA
Ryan Thomas	Sophomore	Distances	John Burroughs	St. Louis, MO
Allison Twist	Freshman	Distances	San Marino	San Marino, CA
Sarah Vestal	Sophomore	Distances	Capital	Boise, ID
Alison White	Freshman	Distances	Mt. Greylock	Dalton, MA
Amanda White	Junior	Distances	Dulaney	Cockeysville, MD
Rhonda Witmer	Sophomore	Jumps	Greenwood	Liverpool, PA

MEET THE CAPTAINS



DENA DEY
Senior

Mercer Island, WA
Middle Distances

Outstanding competitor with unlimited potential ... Competed in the 800 meters, 1,500 meters (4:27.06) and 3,000 meters last year qualifying for the Pac-10 in both the 800 meters and 1,500 meters ... Finished second in the 1,500 meters at the 1995 Pac-10 Track & Field Championships ... Gained All-America honors as a member of the distance medley relay team, which placed sixth at the 1995 NCAA Indoor Championships ... Stanford's top runner in 1994 in the 800 meters (2:07.92) and in the 1,500 meters (4:29.48) ... Placed

fifth in the 800 meters and sixth in the 1,500 meters at the 1994 Pac-10 Track & Field Championships ... A 1994 and 1995 All Pac-10 Academic Team selection ... Winner of the 1994 Steve Chelbay 110 Percent Award ... Enjoyed an excellent season as a freshman ... Stanford's top runner in the 800 (2:10.23) and 1,500 meters (4:34.30) ... Placed fourth at the Pac-10s in the 800 meters ... A member of the Stanford women's soccer team, which chalked up a 16-4 overall record and a #9 national ranking in 1995, and a 16-2-2 overall record and a #3 national ranking in 1994 ... A starter in 17 of 20 games in 1995 (finished with 23 points, #3 on the Cardinal) ... A starter in 15 of the team's 18 games in 1994 ... In 1993, Stanford's women's soccer team chalked up a 18-2-2 record and a #2 national ranking ... In 1992, she was third on the team in goals (11), assists (5) and points (27) ... Had five game-winning goals ... Started eleven of the 18 games she played in for the Cardinal in 1992 ... Named USA Today Washington State High School Athlete of the Year in 1991 ... Two-time Seattle Times Female Athlete of the Year ... All-American and four-time state champion in track ... National Merit Scholar ... National Honor Society ... American Studies major ... Born May 31, 1975.



MONICA HOGGATT
Senior

Pittsburg, CA
Sprints

Will be a key performer in sprints and both relays in 1996 ... Has enjoyed three productive years at Stanford, competing in the 100 meters, 200 meters (24.85), and 400 meters (55.74) ... Has set personal bests at both 200 and 400 meters every year at Stanford ... Selected by her peers as captain this fall ... Always committed to doing her best, she is a remarkably consistent performer ... Her outstanding work ethic, attitude and commitment make her a role model for her teammates ... Also a member of 400 meter and school

record holding 1,600 meter relay teams both of which scored at the Pac-10 Championships ... Graduated from Carondelet HS where she was a standout athlete in track and volleyball ... Psychology major ... Born October 10, 1974.



TYRA HOLT
Junior

Fairfield, IL
LJ/Sprints/400 M/Pole Vault

A talented athlete who will compete in the long jump, sprints, the 400 meters and the pole vault ... Enjoyed an excellent sophomore season in 1995 ... Tied the American record in the women's pole vault with a leap of 11-6 ... Also competed in the 400 meters, setting a personal best of 56.31 and the long jump (19-5 1/2) ... Her leap in the long jump was a Pac-10 qualifying mark ... A tough and aggressive competitor on the track and runways, she is a role model for all members of the team for her attitude ... Ran the anchor leg on the

school record setting 1,600 meter relay team (3:41.27) in 1995 ... Also ran the opening leg on the 400 meter relay team ... A member of the distance medley relay team, which finished sixth at the 1995 NCAA Indoors to gain All-America honors ... Competed in the 200 meters and 400 meters in her freshman season in 1994 ... Won back-to-back state titles in the 400 meters in Illinois ... Winner of the 1994 Michael Antonacci Award, given to the most inspirational female track & field athlete ... Biology major ... Born June 24, 1975.

STANFORD WOMEN'S PROFILES



BERNADETTE ARMAND
Sophomore

Plantation, FL
Sprints/Hurdles

Enjoyed a productive freshman season in 1995 ... Ran her season-best of 14.44 in the 100 meter hurdles at the Cal Poly SLO Invitational ... Will contribute in both the short and long hurdles for the Cardinal this spring, as well as assuming a greater share of the relay duties, especially in the 400 meter relay ... The Florida state champion in the 100 meter hurdles and 300 meter hurdles ... Political Science major ... Born July 7, 1976.



LEILA BURR
Junior

New York, NY
Middle Distances

A talented and versatile middle distance runner ... Has competed in the 800 meters (2:13.7), 1,500 meters (4:33.07) and the 3,000 meters (9:49.25) in the last two years at Stanford ... At the 1995 Pac-10 Track & Field Championships, she placed seventh in the 1,500 meters ... Finished seventh in the 3,000 meters at the 1994 Pac-10 Track & Field Championships ... Enjoyed outstanding cross country seasons in 1994 and 1995 ... Was fourth runner for the Cardinal in both the Pac-10 (14th) and NCAA District 8 championships, helping to secure and automatic NCAA bid for the third consecutive year ... In 1994, helped the Cardinal to first place titles at the Pac-10 and NCAA District-8 Regionals, and seventh place at the NCAA's ... Her best finish was tenth at the UC Invitational ... Best cross country finish in 1993 was 13th at the Stanford Invitational and at the Pac-10 championships ... Helped lead Stanford to the conference title, second place at the NCAA District-8 meet and eleventh at the NCAAs in 1993 ... A Pac-10 All Academic selection in 1994 and 1995 ... Originally from Australia ... Attended the Friends Seminary in Riverdale, New York, and recorded the fifth fastest time (4:55.6) in the mile for high school girls in 1993 ... Finished 14th at the Kinney meet in 1992 ... English/Political Science major ... Born February 26, 1975.



MARY COBB
Freshman

Santa Barbara, CA
Middle Distances

A tremendously talented runner with the versatility to compete at all events from 800 meters to 5,000 meters ... Was the top runner as a freshman for the Cardinal women's cross country team that was ninth at the 1995 NCAA championships ... Finished fifth at the NCAA championships last fall ... During the spring of 1995, she represented the U.S. as a member of the Junior National Cross Country team at the World Cross Country Championships held in Durham, England ... Was third at the Footlocker National High School Cross Country Championships as a senior and went on to win the prestigious National Scholastic Invitational track meet in the mile ... Also won the Penn Relays 3000 meter event in 1995 ... Has run 4:41.93 for 1600 meters and 9:37.51 for 3000 meters ... Claimed top honors as a Track and Field News All-American in both events in 1995 and finished 11th in the prep Athlete of the Year voting by the same source ... A standout student-athlete, graduating from Pittsfield High School, in Pittsfield, MA ... Psychology or Biology major ... Born December 10, 1976.



MONAL CHOKSHI
Junior/Sophomore (ath.)

Bridgewater, NJ
Distances

Another of Stanford's outstanding young distance runners ... Co-winner of the Block "S" outstanding female freshman award ... The 1995 Pac-10 champion in the 3,000 meters ... She won the race in dramatic fashion over 1994 NCAA champion Karen Hexco ... Entering the final lap, Chokshi was 30 meters behind Hexco in the hot desert of Tucson, but caught and passed Hexco just before the finish line ... Ran the 1,500 meters (4:31.88) and 3,000 meters (9:31.06) during the 1995 track & field season ... Her 3000 meter time was an NCAA qualifying time ... Gained All-America honors at the 1995 NCAA's with an eighth place finish, where she won her heat to advance to the finals ... Also a member of the distance medley relay team, which gained All-America honors at the 1995 NCAA Indoor Championships ... Red-shirted the 1994 season, hence she enters this season as only a sophomore in eligibility ... Helped lead the nationally-ranked Stanford cross country team to a Pac-10 title, a first place finish at the NCAA District-8 Regionals, and a seventh place finish at the NCAA's in 1994 ... Her best finishes were eighth place at the NCAA District-8 Championships, ninth at UC Irvine, and tenth at the Pac-10's ... In 1993, her best finish of the year was a 13th place showing at the NCAA District-8 cross country meet ... Competed at the 1993 NCAAs at Lehigh, an event where Stanford placed eleventh ... A Pac-10 Academic cross country and track selection ... A three-time finalist at the Kinney National Cross Country Meet ... A three-time cross country state champion in New Jersey ... Hails from Bridgewater Raritan High School in Bridgewater, NJ ... Ran the ninth fastest high school 3,200 meter time during her senior season at 10:45.27 ... Symbolic Systems major ... Born May 29, 1975.



JENNIFER DALTON
Senior

RENO, NV
Pole Vault

A real team leader with great spirit who has found a real niche in the emerging women's pole vault ... Competed both indoors and outdoors at the USAT&F National Championships ... Has a best of 11' 1/2" ... Moved over after a solid career as a 400 meter hurdler (64.5) for the Cardinal ... A 1995 Pac-10 All-Academic selection ... A stand-out student athlete at McQueen High School ... Political Science/Public Policy major ... Born October 22, 1974.



SUE DEMARS
Senior

A versatile and talented athlete who has chosen to focus on the throws in college ... Threw the discus an NCAA provisional mark of 164-2 against California in 1995 ... Placed eighth at the 1995 Pac-10 Track & Field Championships with a throw of 157-11 ... Was fifth in the discus at the 1993 Pac-10 Championships with a throw of 152-7 ... A 1995 Pac-10 All-Academic selection ... This season has expanded her repertoire to include the newly added women's 20lb weight indoors ... Took a year off (1994) to study in Berlin ... A standout student-athlete at Walker High School ... A four-sport letterwinner in high school ... Industrial Engineering major ... Born September 9, 1972.



KORTNEY DUNSCOMBE
Sophomore

Co-winner, with Monal Chokshi, of the Block "S" outstanding female freshman award ... A standout runner who made an immediate impact in 1995 ... Finished second in the 10,000 meters at the 1995 Pac-10 Track & Field Championships ... Also finished fourth at the conference meet in the 5,000 meters ... Ran the 3,000 meters (9:35.49), 5,000 meters (16:17.12) and the 10,000 meters (36:08.50) during the 1995 Cardinal track & field season ... Placed tenth at the 1995 NCAA's in the 5,000 meters to earn All-America honors ... Gained All-America honors in the 5,000 meters with a seventh place finish at the 1995 NCAA Indoors running her personal best of 16:17.12, a new freshman school record ... Stanford's top runner during the 1994 cross country season ... Won the 1995 U.S. World Junior Cross Country Trials and represented the U.S. in Durham, England at the World Cross Country Championships last March ... Helped lead Stanford to the 1994 Pac-10 Cross Country championship, a first place title at the NCAA District-8 crown and seventh place at the NCAA's as a team ... Placed fourth at the Pac-10 and NCAA District-8 meets ... At the NCAA's, she was the top American freshman placing 18th overall to gain All-America recognition ... At the U.S. Junior Cross Country Championships, she captured first place honors over 5,000 meters in a time of 17:44, finishing ahead of teammate Sarna Renfro ... From Bend High School where she was the 1994 Oregon state 1,500 meter (4:32) and 3,000 meter champion ... A Kinney national cross country finalist ... Engineering major ... Born August 28, 1976.



MELISSA FREEBERG
Senior

A runner with the potential to compete for top honors in the Pac-10 ... An excellent student with a remarkable potential at 800 or 1,500 meters ... Has career bests of 2:12.65 in the 800 meters, and 4:35.81 in the 1,500 meters ... Placed eighth in the 1,500 meters at Pac-10's in 1993 ... Also has competed on Stanford's nationally-ranked cross country team ... Best finish during the 1993 cross country season was sixth place at the UC Davis Invitational ... Honor Roll student ... A Pac-10 honorable mention all-academic cross country choice ... Biology/Education major ... Born June 16, 1973.



GINA HEADS
Sophomore

A valuable addition to the Stanford women's weight throwing program ... As a freshman in 1995, she qualified for the Pac-10 championships in the shot put ... Also qualified for and competed at the USAT&F Junior Nationals in the hammer throw in only her first year with the implement ... Threw 47-5 1/4 in the shot put while a senior in high school ... Won the 1994 National Scholastic Championship while at Newport Harbor High School ... Will also compete in the hammer throw for the Cardinal in 1996 ... A tremendously strong athlete who competes on a national level in weightlifting ... Biology major ... Born July 10, 1976.



AMY HENDERSON
Sophomore

An excellent addition to the hurdles corps ... Ran the 100 meter hurdles and the 400 meter hurdles (61.77) last year ... Will help in both events as well as potentially on both relays in 1996 ... Competed at the 1995 Pac-10 Championships in the 400 meter hurdles where she placed seventh ... Also qualified for and competed at the USAT&F Junior National Championships in the 400 meter hurdles ... The Iowa state champion as both a junior and senior in the 100 and 300 meter hurdles ... Spanish/Biology major ... Born July 28, 1976.

Walker, MN
Throws



KATRINKA JACKSON
Sophomore

A versatile athlete who will compete in the heptathlon, hurdles, throwing events and jumps ... Had a season-best leap of 5-5 in the high jump in 1995 ... A tough competitor, she scored in four events at the Oregon state championships in 1994 including the shot put, 100 and 300 meter hurdles and the high jump ... District champion in all four events her senior year ... Projects to be an excellent heptathlete ... A standout competitor and student at Astoria High School ... Education/History major ... Born September 2, 1976.



TRACYE LAWYER
Freshman

A phenomenal athlete with unlimited potential ... A dual sport athlete at Stanford where she competes for the nationally-ranked women's soccer team at midfield ... During the 1995 soccer season, Stanford chalked up a 16-4 record and a #9 national ranking ... Has the ability to make an immediate impact in a variety of events for the Cardinal ... Won the California State championship and Sunkist Invitational as a sophomore and Golden West and Arcadia Invitationals as a junior ... Placed fourth at the USAT&F Junior Nationals in 1995 as a senior and was third at the Golden West ... Has a personal record of 5'10" in the high jump and 18'9 1/2" in the long jump ... Will compete in both jumps and the heptathlon at Stanford ... A 1996 graduate of the Cate School, has her sights set on becoming and M.D. ... Human Biology major ... Born August 28, 1977.



AMY MacARTHUR
Junior/Sophomore (ath.)

A distance specialist who shows great promise in the 5,000 and 10,000 meters ... As a freshman in 1995, she placed eighth, scoring at the conference meet in the 10,000 meters ... Set personal records at all distances from 3,000 meters to 10,000 meters last spring ... A member of Stanford's nationally-ranked cross country team ... Her best finish of 1995 was third at the Stanford Invitational helping the Cardinal win the collegiate division title ... Competed for Stanford at the 1994 NCAA District-8 meet and at the NCAA's ... Best cross country finish of 1993 was a fifth place showing at the Santa Clara Invitational ... Gained numerous athletic and academic honors at University High School where she was the runner-up in the state cross country meet ... A Pac-10 academic cross country selection in 1994 and 1995 ... Engineering major ... Born September 11, 1975.



HEATHER MILLER
Sophomore

An excellent long sprinter with a rich family tradition in those events ... Stanford's top sprinter in the 100 meters (12.22) and 200 meters (24.64) ... Has only scratched the surface of her potential ... Also ran the 400 meters ... Also ran a leg on Stanford's 400 and 1,600 meter relay teams ... Ran the third leg of Stanford's school record setting 1,600 meter relay team (3:41.27) ... Competed at the Inger Miller state meet as a junior and senior ... Is the younger sister of Inger Miller, former USC sprint star and daughter of Lenox Miller, Olympic medalist in the sprints ... Psychology major ... Born March 24, 1976.



SARA MOORE
Sophomore

Gives strength to the middle distance corps ... A conference qualifier in the 800 meters (2:09.38), where she improved her best by over 4 seconds ... Finished third at the conference meet in the 800 meters (2:10.12) ... Has great instincts and possesses both excellent strength and a tremendous closing kick ... Also ran the 1,500 meters as a freshman last year ... Chose to run cross country for the first time as a frosh, competing well at the Stanford Invitational and the Cal Poly SLO Invitational ... Made a big jump this fall (1995), and enjoyed an excellent cross country season, representing Stanford at the Pac-10 Championships, NCAA District 8 meet and NCAA Championships in only her second year running cross country ... A Pac-10 All-Academic selection ... Primarily a 400 and 800 meter runner who excelled at both at Richland High School ... Was the Washington state champion in the 800 meters (2:13.7) in 1993 and anchored the state runnerup 1,600 meter relay ... Also an excellent soccer player invited to compete on several regional all-star teams ... Human Biology major ... Born April 23, 1976.

Bend, OR
Distances

Santa Barbara, CA
Jumps/Multi-Events

Tucson, AZ
Distances

Altadena, CA
Sprints

Richland, WA
Middle Distances



TARA OETTINGER Santa Ana, CA
Freshman Jumps

Primarily a jumper, but will see time on the track as well due to her excellent speed in the long sprints ... Was the California state champion as a junior in the long jump and has a best of 19'11 1/2" ... Became the first female to win four events at the Orange County championship, taking home victories in the 100, 200, 400 and long jump, for which she was named Orange County MVP ... Will compete for a place on both the long and short relays at Stanford, having run :57.3 for the 400 meters ... An excellent student-athlete at

Foothill High School ... Biology major ... Born December 12, 1977.



SYLVIA PIESLAK Atherton, CA
Freshman Sprints

An outstanding long sprinter with range up to 800 meters ... A highly motivated and tough competitor, she participated in the California State meet all four years ... Has personal bests of 24.80 and 55.99 for the 200 meters and 400 meters, respectively ... A two-time CCS Champion ... Will vie for a spot on the 1,600 meter relay squad this year ... A tremendous local student-athlete, she graduated from Menlo-Atherton High School ... Born December 21, 1977.



SARNA RENFRO Federal Way, WA
Sophomore Distances

A standout sophomore distance runner, who has already made immediate impact in the Stanford track & field program ... During the 1995 season, she competed in the 1,500 meters, 3,000 meters (9:36.03), and 5,000 meters (17:08.33) ... All three times were Pac-10 qualifying times ... At the 1995 Pac-10 Track & Field Championships, placed sixth in both the 3,000 meters and the 5,000 meters ... Placed eleventh at the NCAA's in the 3,000 meters to earn All-America honors ... Also ran on the Cardinal distance medley

relay team, which placed sixth at the 1995 Indoor NCAAs to earn All-America honors ... Has contributed substantially to the success of Stanford's nationally-ranked cross country team ... Had an outstanding 1995 cross country campaign ... This fall, she moved up a dozen spots to 36th place overall at the NCAAs ... Had top-15 finishes at both the NCAA District-8 and Pac-10 championships ... A Pac-10 Academic selection ... In 1994, she helped lead Stanford to first place titles at the Pac-10 and NCAA District-8 meets, and seventh place at the NCAA's ... Placed tenth at the Pac-10 meet and was the third American freshman at the NCAA's which garnered her All-America honors ... At the 1994 U.S. Junior Cross Country Championships, she finished second behind teammate Kortney Dunscombe over 5,000 meters in a time of 17:55 ... At Bellarmine Prep in Tacoma, Wa, she was the U.S. high school leader in the mile (4:46) and was also ranked third nationally in the 3,000 meters (9:28) taking second at the USAT&F Junior Nationals ... Represented the U.S. at the World Junior Championships in the 3,000 meters in Lisbon during the summer of 1994 ... Was also a cross country All American placing third at the 1993 Footlocker Championships ... She was the Washington state mile and two-mile champion in 1994 ... Human Biology major ... Born September 19, 1976.



ANN SHEEHY Middleton, WI
Senior/Junior (ath.) Distances

A veteran Cardinal runner ... Placed tenth at the 1995 Pac-10 Track & Field Championships in the 5,000 meters ... Was a Pac-10 qualifier and scorer in 1994 as a freshman ... At the 1994 Pac-10 Track & Field Championships, she placed sixth in the 3,000 meters and seventh in the 5,000 meters ... Captain of the 1994 cross country team ... A walk-on who developed into a team leader with a great attitude ... In 1993, placed 14th at the Pac-10s and 18th at the NCAA District-8 Regionals in cross country, and also competed at the

NCAAs ... Pac-10 honorable mention academic selection in cross country and track ... Human Biology major ... Born February 19, 1974.



SAMANTHA JO SMALL Winnepeg, Canada
Sophomore Throws

An outstanding young thrower ... Qualified for the 1995 NCAA's in the javelin with a throw of 175-11, more than six feet over the national qualifying standard ... Placed third at the 1995 Pac-10 Track & Field ... The 1993 and 1994 Canadian Junior National champion in the javelin with a best of 148-0, and the 1992 Junior National Discus champion (156-2) ... Has competed on the international level, representing Canada in dual meets versus the U.S. and at the Pan American junior championships placing fourth in the javelin in 1993 ... Also represented

Canada at the Pan Am Games again in 1995 in Santiago, Chile in the discus where she set a personal best, topping out over 164' ... Was also named the Manitoba Female Athlete of the Year for her accomplishments in track, ice hockey, volleyball and badminton ... Was the first woman to represent Manitoba in national level ice hockey competition as a goalie ... Plays goalie for Stanford's ice hockey club team ... French/Chemistry major ... Born March 25, 1976.



RYAN THOMAS St. Louis, MO
Sophomore Middle Distances

Will give Stanford valuable depth in the distance events ... Qualified for the USAT&F Junior Nationals in both the 1,500 meters and 3,000 meters in 1995 ... Won the 3,000 meters at the University of San Francisco Invite last spring ... A member of the nationally-ranked cross country team ... Placed third at the Stanford Cross Country Invitational in 1994 ... Showed great potential in the fall and will continue to develop throughout the year ... Was the 1993 Missouri state cross country champion and won state titles at multiple distances in track for John Burroughs High School ... Art History major ... Born April 16, 1976.



AMANDA WHITE Cockeysville, MD
Junior Distances

A standout distance runner ... Has competed primarily in the 1,500 & 3,000 meters ... Placed ninth in the 1,500 meters at the 1995 Pac-10 Track & Field Championships ... Finished eighth in the 3,000 meters at the 1994 Pac-10 Track & Field Championships ... Helped lead the Cardinal to the 1994 Pac-10 cross country title, a first place showing at the NCAA District-8 meet, and a seventh place showing at the NCAA's ... Placed 16th at the Pac-10's, 17th at the NCAA District-8 meet and competed at the NCAA's ... Her best finishes

during the '95 cross country seasons were fourth at the USF Invitational and sixth at the UC Irvine Invitational ... Helped lead the Cardinal to the 1993 Pac-10 title and a second place finish at the NCAA District-8 Regionals ... A Pac-10 all-academic selection ... The 1992 Kinney National Cross Country champion ... Placed second the year before ... The Maryland state cross country champion during her senior season at Dulaney High School ... Also won the state track titles in the 800 meters, one mile and two-mile ... In 1993, she won the Penn Relays in the 3,000 meters, and recorded the second fastest 3,000 meters for high school girls in 1993 ... She has run 4:56 for the mile, 9:45 for 3,000 meters and was second at the Junior Pan American Games during the summer of 1993 ... She is a national caliber swimmer and competes on Stanford's nationally-ranked women's swim team ... Competes in the 100 and 200 breast for the national champion Cardinal swim team ... One of only a handful of three-sport female athletes ever to compete at Stanford, as she competes in swimming, track and cross country ... Biology major ... Born June 8, 1975.



RHONDA WITMER Liverpool, PA
Sophomore/Freshman (ath.) Jumps

An outstanding jumper who projects to strengthen an already tough jump corps ... Competes in both the long and triple jumps for Stanford ... Redshirted the 1995 track season ... Was the 1994 Pennsylvania state triple jump champion for Greenwood High School with a best effort of 40-3 3/4 which was the ninth best prep jump of the year ... Has terrific natural leaping ability ... Biochemistry major ... Born January 18, 1976.

OTHERS TO WATCH

KRISTINA BETZOLD Eau Claire, WI
Freshman Distances

A true distance specialist ... Will compete at events from 3,000 to 10,000 meters for the Cardinal ... Two-time Wisconsin state champion in cross country ... Also recorded the sixth fastest prep two-mile time by a senior in the country last year at 10:38.23 taking third at the prestigious Arcadia Invitational ... Had a great fall in cross country, competing for the Cardinal at the Pac-10 and NCAA District 8 Championships ... Graduated as Valedictorian at North High School ... Science major ... Born September 28, 1976.

JENNIFER CARR Columbus, WI
Freshman Sprinter

A long sprinter with the ability and natural talent to run a great 800 meters ... Won the AAU Junior Olympic 800 meter title in only her third attempt at the distance ... Has a personal best of 2:13 for 800 meters ... Will cover all events from 200 meters to 800 meters ... Biology major ... Born September 25, 1977.

LISA (MANDY) CLAYTON Newport Beach, CA
Freshman Jumps

An outstanding all-around athlete who will focus on the horizontal jumps at Stanford ... Placed at the California state track championships in the triple jump with a personal record jump of 37'9" ... Was also league champion in the long jump (17'1/2") ... MVP and All-CIF in basketball both her junior and senior year for Newport Harbor High School ... Political Science major ... Born March 22, 1977.

1996 Women's Profiles

JESSICA HARTMAN Sophomore

A tremendous boost to the Stanford jumping program ... During her freshman season, she leaped 5-3 in the high jump, just a ¼ inch shy of the conference qualifying mark ... Leaped a career-best of 5-10 to capture the Missouri state championship in 1993 ... Projects to score points for the Cardinal at the conference meet ... Anthropology major ... Born January 24, 1976.

Springfield, MO HIGH JUMP

LAURA HAYWARD Senior

A veteran of the Cardinal track & field program ... Has competed in the 5,000 meters (17:22.34) and the 10,000 meters ... Finished ninth at the Pac-10 Track & Field Championships in the 10,000 meters in 1994 ... In 1993, competed in the 3,000, 5,000 and 10,000 meters (36:06.84) ... Placed third in the 10,000 meters in 1993 at Pac-10s, the highest finish for a Cardinal female runner at the conference meet ... A member of the nationally-ranked cross country team ... Her best finish in 1994 was tenth at the Cal Poly San Luis Obispo Invitational ... Helped lead Stanford to the 1993 Pac-10 title and an eleventh place showing at the NCAAAs ... In 1994, named winner of the Dorothy M. Fontes Academic Award, given to the Cardinal woman who combines outstanding academic and athletic achievement ... Named All Pac-10 academic in 1992, 1993, 1994 & 1995 ... Graduated from Agoura High School where she gained numerous athletic and academic honors ... Biology major ... Born November 9, 1974.

Agoura Hills, CA Distances

KAY LUO Senior

A veteran Cardinal performer ... Pac-10 finalist in the 1,500 meters (4:37.10) last year ... She competes primarily in the 800 and 1,500 meters ... A Pac-10 All-Academic selection ... Also a member of the cross country team ... Spent the spring of 1994 studying in Berlin ... A graduate of Kentwood School ... Psychology major ... Born March 2, 1973.

Renton, WA Distances

LINN SCHULTE-SASSE Freshman

A versatile distance runner who is only beginning to come into her own ... Was named All-Midwest Regional for her performance at the Footlocker regional cross country championships her senior year ... Enjoyed good success and consistent progress through her first collegiate cross country season ... Ran personal bests of 5:07 and 11:11 for 1600 and 3200 meters respectively ... Will make a big jump this spring ... Father was a top 800 meter runner for Germany in the 1950's ... International Relations major ... Born August 3, 1977.

Minneapolis, MN Distances

JENNIFER TEST Freshman

A young jumper with great potential ... Competed at the California State meet in both the long and triple jumps as a junior and senior and was the San Joaquin Section champ in both as a senior ... Also was invited to the prestigious Golden West Invitational following her senior year, where she placed fifth in the triple jump ... Has bests of 18' 6 ½" and 38' 5" in the long and triple jumps, respectively ... Class Salutatorian at Bret Harte High School ... Chemistry major ... Born November 11, 1977.

Altaville, CA Jumps

ALISON WHITE Freshman

A runner with a great deal of untapped talent ... Despite limited training, won the Massachusetts state two-mile title and followed that up by winning the New England crown her senior year ... Ran a personal record 10:56 to take the New England title ... Also state runner up in cross country as a junior ... A great student at Mt. Greylock Regional High School ... Spanish major ... Born April 22, 1977.

Dalton, MA Distances

Stanford Athletics Sponsors



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AMERICAN
Track & Field



DELTA
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TOGO'S

CHEVROLET
STEWART
CHEVROLET

WORLD RECORD PERFORMANCES

- 1904 Norman Dole, pole vault, 12-1 7/8
- 1910 Leland Scott, pole vault, 12-10 7/8
- 1912 George Horine, high jump, 6-7
- 1921 Morris Kirksey, 100-yard dash, 9.6
- 1925 Glen Hartranft, discus, 157-1 7/8
- 1928 Bud Spencer, 400-meter dash 47.0, member of the U.S. 1600-meter relay team, 3:14.2, and member of the U.S. mile relay team, 3:13.4
- 1930 Harlow Rothert, shot put, 52-1 5/8; Eric Krenz, discus, 167-5 7/8
- 1931 Mile relay team of Maynor Shove, Abe Hables, Ike Hables, Ben Eastman, 3:12.6
- 1932 Ben Eastman, 440, 46.4, and 880 1:49.8; Bill Miller, pole vault, 14-1 7/8; Hector Dyer, member of U.S. 400-meter relay team, 40.0
- 1933 Gus Meier, 120 high hurdles, 14.2
- 1934 John Lyman, shot put, 54-1
- 1935 Sam Klopstock, high hurdles, 14.1
- 1937 880-yard relay team of Jim Kneubuhl, Ray Malott, Stan Hiserman, Jack Weierhauser, 1:25.0
- 1940 Clyde Jeffrey, 100-yard dash, 9.4; Paul Moore, 1320-yard run, 2:58.7; mile relay team of Charles Shaw, Ernie Clark, Craig Williamson, Clyde Jeffrey, 3:10.5
- 1950 Bob Mathias, decathlon, 8,042 points
- 1952 Bob Mathias, decathlon, 7,887 points (old scoring system)
- 1953 Bud Held, javelin, 263-10
- 1955 Bud Held, javelin, 266-2 1/2



Chryste Gaines

- 1956 Bud Held, javelin, 270-0 (made after leaving Stanford)
- 1961 Ernie Cunliffe, 1000-yard run (indoor), 2:07.3
- 1965 440-yard relay team of Eric Frische, Dale Rubin, Bob McIntyre, Larry Questad, 39.7
- 1973 880-yard relay (indoor) team of Ken Curl, John Kessel, Matt Hogsett, John Anderson, 1:27.4
- 1974 Mile intermediate hurdle relay team of Matt Hogsett, Dave Bagshaw, Reggie Mason, Kenny Kring, 3:37.8
- 1976 Terry Albritton, shot put, 71-8 1/2

STANFORD IN THE OLYMPICS

- 1908 Sam Bellah, pole vault, sixth (tie); John O. Miller, 400-meter dash and 800-meter run, (injured in trials)
- 1912 George Horine, high jump, third; Sam Bellah, pole vault, seventh
- 1920 Dink Templeton, long jump, fourth; Morris Kirksey, 100-meter dash, second, and member of the U.S. 400-meter relay team, first; John Norton, 400-mtr hurdles, second; Feg Murray, 110-high hurdles, third; Reg Caughey, shot put, unplaced; Herc Bihlman, shot put, unplaced; Flint Hanner, javelin, unplaced
- 1924 Glen Hartranft, shot put, second and discus, sixth; Bill Richardson, 800-meter run, fifth
- 1928 Bob King, high jump, first; Bud Spencer, member of U.S. 1600-meter relay team, first; Eric Krenz, shot put, fourth; Harlow Rothert, shot put, unplaced
- 1932 Bill Miller, pole vault, first; Ben Eastman, 400-meter dash, second; Hec Dyer, 400-meter relay, first; Harlow Rothert, shot put, second; Henry Laborde, discus, second; Nellie Gray, shot put, fifth
- 1936 Gordon Dunn, discus, second
- 1948 Bob Mathias, decathlon, first
- 1952 Bob Mathias, decathlon, first (world record); Bud Held, javelin, ninth
- 1960 Ernie Cunliffe, 800-meter run, unplaced
- 1964 Dave Weill, discus, third
- 1968 Larry Questad, 200-meter dash, fifth; Peter Boyce, high jump, unplaced
- 1972 Chuck Francis, 100-meter dash, unplaced, and member of Canadian 400-meter relay team, unplaced
- 1976 Don Kardong, marathon, fourth; Duncan McDonald, 5000-meter run, unplaced
- 1980 Mary Osborne, javelin, unplaced (U.S. boycott); Tony Sandoval, marathon, unplaced (U.S. boycott)
- 1984 Carol Cady, shot put, seventh



Coach Payton Jordan (left) with Chuck Cobb

- 1988 Jeff Atkinson, 1500 meters, tenth; Carol Cady, discus, eleventh; Gus Envela, 100 meters, unplaced; Regina Jacobs, 1500 meters, unpl.; Brian Marshall, high jump, unpl.; PattiSue Plumer, 3000 meters, 12th
- 1992 Pam Dukes, shot put, unpl.; Jackie Edwards, long jump, unpl.; Gus Envela, sprints, unpl.; Chryste Gaines, 4 x 100 relay, alt.; Regina Jacobs, 1,500 meters, unpl.; PattiSue Plumer, 1500 meters, 10th; and 3,000 meters, fifth; Steve Schadler, 1,500 meters, unpl.; Dave Strang, 1,500 meters, unpl.



Otis Chandler

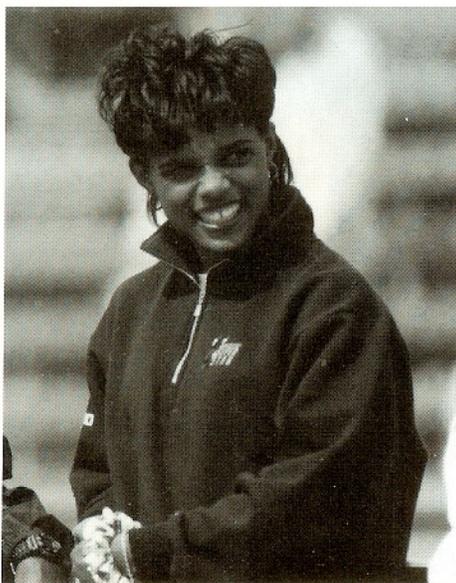
STANFORD NCAA INDIVIDUAL CHAMPIONS

MEN

- 1921 Flint Hanner, javelin, 191-2 ¼, Clifford Hoffman, discus, 148-4, Glenn Hartranft, shot put, 50-0
- 1928 Bud Spencer, 440-yard dash, Ward Edmonds, pole vault, 13-6 ¼, Eric Krenz, discus, 149-2, Harlow Rothert, shot put, 49-10 ¼, Robert King, high jump, 6-6 ¾
- 1929 Ward Edmonds, pole vault, 13-8 ¾ (tie), Harlow Rothert, shot put, 50-3
- 1930 Harlow Rothert, shot put, 51-1 ¼
- 1933 August Meier, 120 hurdles, 14.2, Henri Laborde, discus, 163-3 ¼
- 1934 Sam Klopstock, 120 hurdles, 14.4, Gordon Dunn, discus, 162-7
- 1936 James Reynolds, shot put, 50-5 ½
- 1937 Pete Zagar, discus, 156-3
- 1938 Ray Malott, 440-yard dash, 46.8, Pete Zagar, discus, 162-3 ¼
- 1939 Clyde Jeffrey, 220-yard dash, 21.1, Pete Zagar, discus, 164-0 1/4
- 1948 Bud Held, javelin, 209-8
- 1949 Bud Held, javelin, 224-8 ¼
- 1950 Bud Held, javelin, 216-8 ¾
- 1954 Leo Long, javelin, 226-8 ¾
- 1962 Dave Weill, discus, 188-1
- 1963 Dave Weill, discus, 181-2 ¼, Larry Questad, 100-yard dash, 9.7
- 1965 Bob Stoecker, discus, 183-7 ¼
- 1977 Terry Albritton, shot put, 67-3 ½
- 1978 James Lofton, long jump, 26-11 ¼

WOMEN

- 1982 Ceci Hopp, 3000 meters, 8:57.0, Kim Schnurpfeil, 10,000 meters, 32:36.51
- 1983 Alison Wiley, 3000 meters, 9:03.51, Carol Cady, shot put, 56-0



Jackie Edwards

- 1984 PattiSue Plumer, 5000 meters, 15:39.38, Carol Cady, Discus, 198-5
- 1992 Jackie Edwards, long jump, 21-7 ½, indoor/outdoor, Chryste Gaines, 100 meters, 11.05w, outdoor; 55 meters, indoors

STANFORD ALL-AMERICANS

MEN

- 1959 Ernie Cunliffe, 880-yard run, John Kelly, triple jump
- 1960 Ernie Cunliffe, 880-yard run, John Kelly, triple jump, Jerry Winter, shot put
- 1961 Dave Weill, discus
- 1962 Dave Weill, discus, Art Batchelder, javelin, Harry McCalla, cross country
- 1963 Dave Weill, discus, Steve Cortwright, 120-yard high hurdles, Larry Questad, 100 and 200-yard dashes
- 1964 Harry McCalla, cross country
- 1965 Bob Stoecker, discus, 440-relay team of Eric Frische, Dale Rubin, Bob McIntyre, Larry Questad
- 1966 Bob Stoecker, discus
- 1968 Peter Boyce, high jump, Tom Colby, javelin, Brook Thomas, cross country, Greg Brock, cross country
- 1970 Casey Carrigan, pole vault, Don Kardong, 3-mile and cross country
- 1976 James Lofton, long jump
- 1977 James Lofton, long jump, Terry Albritton, shot put
- 1978 James Lofton, long jump, Roy Kissin, 10,000 meter run
- 1980 Rick Buss, hammer, Dave Thomson, hammer
- 1984 Shaun Pickering, hammer
- 1985 Jeff Atkinson, 1500 meters, Brian Masterson, hammer
- 1986 Jeff Atkinson, 1500 meters, Brian Marshall, high jump, Jay Thorson, decathlon
- 1988 Brian Marshall, high jump, Marc Olesen, 1500 meters, Glenn Schneider, discus
- 1989 Brian Boggess, shot put
- 1990 Bill Crowley, 800 meters, Eric Mastalir, 1,500 meters, Dave Strang, 800 meters
- 1991 Marcus Hickerson, long jump, Mark Mastalir, 1,500 meters, Dave Strang, 800 meters
- 1992 Dave Scudamore, 10,000 meters, Gary Stolz, cross country
- 1993 Dave Scudamore, 10,000 meters, Gary Stolz, 5,000 meters (indoors)
- 1994 Dave Popejoy, hammer, Rene Rodriguez, 400 meters (indoors), Greg Jimmerson, cross country
- 1995 Dave Popejoy, hammer & 35-lb throw (indoors), Pete Swanson, shot put & 35-lb throw (indoors), Toby Norwood, hammer, Greg Jimmerson, cross country, Nathan Nutter, cross country

WOMEN

- 1982 Carol Cady, discus, Ceci Hopp, 3000 meters, Regina Jacobs, 800 meters, Ann Locke, 10,000 meters, Michelle Mason, 5000 meters, PattiSue Plumer, 3000 meters, Kim Schnurpfeil, 10,000 meters
- 1983 Carol Cady, shot put, discus, Alison Wiley, 3000 meters, PattiSue Plumer, 3000 meters, Mary Osborne, javelin, Regina Jacobs, 1500 meters
- 1984 PattiSue Plumer, 3000 & 5000 meters, Carol Cady, discus, shot put, Alison Wiley, 3000 & 5000 meters
- 1985 Pam Dukes, shot put, Regina Jacobs, 1500 meters, Karen Nickerson, discus
- 1986 Lisa Bernhagen, high jump, Pam Dukes, shot put, Denise Gaztambide, heptathlon, Karen Nickerson, discus, Patty Purpur, discus, Alison Wiley, 5000 meters
- 1987 Patty Purpur, shot put, Erica Wheeler, javelin
- 1988 Lisa Bernhagen, high jump, Carol Gray, 10,000 meters, Patty Purpur, shot put & discus, Erica Wheeler, javelin
- 1989 Patty Purpur, shot put & discus
- 1990 Peggy Oditia, heptathlon
- 1991 Jackie Edwards, long jump, Chryste Gaines, 100 meters, Debbie Malueg, discus
- 1992 Jackie Edwards, long jump, Chryste Gaines, 100 meters
- 1993 Jen McCormick, javelin
- 1994 Jen McCormick, javelin, Louise Watson, 10,000 meters, 5,000 meters (indoors), Kortney Dunscombe, cross country, Sarna Renfro, cross country
- 1995 Distance Medley Team – Dena Dey, Tyra Holt, Monal Chokshi, Sarna Renfro (indoors), Kortney Dunscombe, 5,000 meters (indoors and outdoors), Monal Chokshi, 3,000 meters, Sarna Renfro, 3,000 meters, Mary Cobb, cross country

TOP NCAA TEAM PERFORMANCES

MEN

- First 1925, 1928, 1934
- Second 1937, 1938, 1939, 1940, 1950, 1963
- Third 1935 (tie), 1933, 1936, 1952 (tie)
- Fourth 1929, 1930, 1947, 1957, 1962
- Fifth 1995 (Cross Country)
- Sixth 1948, 1954, 1994 (Cross Country)

WOMEN

- Second 1992 (Indoor), 1984 (Cross Country), 1983 (Cross Country), 1982 (Cross Country)
- Third 1984 (Outdoor), 1983 (Indoor), 1981 (Cross Country)
- Fourth 1992 (Outdoor)
- Fifth 1982 (Outdoor)
- Sixth 1983 (Outdoor), 1986 (Outdoor)
- Seventh 1994 (Cross Country)
- Ninth 1995 (Cross Country)
- 11th 1993 (Cross Country)

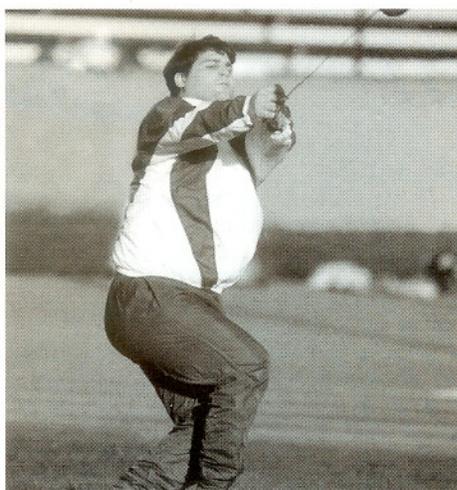
MEN'S RECORDS

YARDS

100-Yard Dash	9.3
Larry Questad, 1963, 1965	
200-Yard Dash	20.6
Larry Questad, 1963	
440-Yard Dash	46.4
Ben Eastman, 1921	
880-Yard Dash	1:47.3
Ernie Cunliffe, 1960	
Mile Run	3:55.3
Jeff Atkinson, 1986	
2-Mile Run	8:37.8
Don Kardong, 1971	
3-Mile Run	13:20.8
Don Kardong, 1971	
6-Mile Run	28:00.6
Don Kardong, 1971	
Marathon	2:14:58.0
Tony Sandoval, 1976	
120-Yard Hurdles	13.7
Rick Tipton, 1971	
220-Yard Hurdles	23.2
Sam Klopstock, 1934 Jack Weierhauser, 1937	
440-Yard IM Hurdles	50.7
Randy White, 1971	
440-Yard Relay	39.7
Eric Frische, Dale Rubin, Bob McIntyre, Larry Questad, 1965	
880-Yard Relay	1:23.7
Marvin Holmes, James Lofton, Gordon Banks, Alan Sheats, 1977	
Mile Relay	3:08.5
Alan Sheats, Tom Shellworth, Gordon Banks, James Lofton, 1977	
2-Mile Relay	7:23.5
Bob Miltz, Bill Pratt, Harlan Andrews, Harry McCalla, 1964	
Sprint Medley Relay	3:21.9
Don Chesarek (440), Chuck Cobb (220), Dean Smith (220), Ernie Cunliffe (880), 1958	
Distance Medley Relay	9:32.85
James Cramton (440), Bill Crowley (880), Dave Strang (1320), Marc Olesen (Mile), 1988	
4-Mile Relay	16:43.4
Bob Miltz, Bill Pratt, Harlan Andrews, Harry McCalla, 1963	
4 x 1500 Meter Relay	15:13.3
Bill Crowley, Eric Mastalir, Mark Mastalir, Dave Strang, 1990	

METERS

100-Meter Dash	10.2
Larry Questad, 1964	
200-Meter Dash	20.5
Larry Questad, 1963 James Lofton, 1978	
400-Meter Dash	45.85
Rene Rodriguez, 1994	
800-Meter Run	1:46.6
Ernie Cunliffe, 1960	



Dave Popejoy

1500-Meter Run	3:39.26
Marc Olesen, 1988	
5000-Meter Run	13:53.52
Tony Sandoval, 1976	
10,000-Meter Run	28:54.2
Bill Graham, 1982	
110-Meter H Hurdles	13.7
John Foster, 1976	
400-Meter IM Hurdles	50.4
Randy White, 1971	
3000 Steeplechase	8:38.19
David Frank, 1984	
400-Meter Relay	39.7
Darrin Nelson, Ken Margerum, Gordon Banks, James Lofton, 1978	
1600-Meter Relay	3:06.6
Paul McCarthy, Alan Sheats, Gordon Banks, James Lofton, 1978	

FIELD

Shot Put	70-6 1/2
Terry Albritton, 1977	
Discus	196-1
Glenn Schneider, 1988	
Hammer Throw	240-10
David Popejoy, 1995	
Pole Vault	17-8 1/2
John Gash, 1987	
Javelin (Old)	265-8
Tom Colby, 1978	
Javelin (New)	233-11
Dave Pickett, 1988	
Long Jump	26-11 3/4
James Lofton, 1978	
High Jump	7-5 3/4
Brian Marshall, 1988	
Triple Jump	52-3
Allen Meredith, 1970	
Decathlon (old)	7887
Bob Mathias, 1952	
Decathlon (new)	7287
Travis Clark, 1995	
Pentathlon	3140
Kenny King, 1973	

WOMEN'S RECORDS

YARDS

Mile Run	4:36.50
Ceci Hopp, 1982	
2-Mile Run	10:01.89
Kim Schnurpfeil, 1981	
4x440-Yard Relay	3:48.15
Pam Donald, Margaret Demorest, Marcia Martin, Regina Jacobs, 1983	

METERS

100-Meter Dash	11.16
Chryste Gaines, 1992	
200-Meter Dash	23.0
Chryste Gaines, 1992	
400-Meter Run	54.8
Marcia Martin, 1983	
800-Meters	2:04.38
Regina Jacobs, 1982	
1500-Meters	4:12.3
Regina Jacobs, 1982	
3000-Meters	8:53.1
PattiSue Plumer, 1983	
5000-Meters	15:29.0
PattiSue Plumer, 1984	
10,000-Meters	33:06.09
Kim Schnurpfeil, 1982	
100-Meter Hurdles	14.20
Christy Boyd, 1993	
400-Meter Hurdles	58.31
Pam Board, 1987	
400-Meter Relay	45.32
Jackie Edwards, Rhonda Oliver, Alysia Hubbard, Chryste Gaines, 1991	
1600-Meter Relay	3:44.06
Monica Hoggatt, Christy Boyd, Heather Miller, Tyra Holt, 1995	
Sprint Medley	1:52.9
Pam Donald, Andrea Cheek, Johnna Hansen, Shelly Poerio, 1980	
3200-Meter Relay	9:43.0
Andrea Dewey, Ann Wotherspoon, Pura Knight, PattiSue Plumer, 1981	

FIELD

Triple Jump	43-4 1/2
Jackie Edwards, 1992	
Long Jump	21-11 3/4
Jackie Edwards, 1991	
High Jump	6-2
Lisa Bernhagen, 1987	
Discus	207-8
Carol Cady, 1983	
Shot Put	57-1
Carol Cady, 1984	
Javelin	192-2
Erica Wheeler, 1988	
Hammer	188-8
Carol Cady, 1984	
Heptathlon	5439
Peggy Odita, 1989	

Indoor Records

MEN'S INDOOR RECORDS

YARDS

60-Yard Dash.....	6.2
Larry Questad, 1963; Ken Curl, 1973	
100-Yard Dash.....	9.6
Rick Tipton, 1971	
600-Yard Run.....	1:11.0
Brian Conolly, 1985	
880-Yard Run.....	1:51.3
Ernie Cunliffe, 1961	
1000-Yard Run.....	2:07.3
Ernie Cunliffe, 1961	
60-Yard High Hurdles.....	7.0
Dave Bagshaw, 1973	
120-Yard High Hurdles.....	13.9
Rick Tipton, 1971	
Mile Relay.....	3:17.2
Matt Hogsett, John Kessell, Dave Bagshaw, John Anderson, 1973	

METERS

55-Meter Hurdles.....	7.38
Jay Thorson, 1986	
200-Meters.....	21.73
Jimmie Johnson, 1994	
400-Meters.....	47.06
Rene Rodriguez, 1994	
500-Meters.....	1:03.4
Terry Parks, 1983	
800-Meters.....	1:50.1
Dave Strang, 1988	
1500-Meters.....	3:49.7
Brian Pettingill, 1983	
5000-Meters.....	13:50.85
Gary Stolz, 1993	

Freshman Records

MEN'S RECORDS

YARDS

400-Yard Dash.....	47.5
Jim Ward, 1965	
880-Yard Run.....	1:51.8
Mark Stillman, 1978	
Mile Run.....	4:06.2
Tom Lobsinger, 1978	
2-Mile Run.....	8:58.0
Tom Lobsinger, 1978	
120-High Hurdles.....	14.2
Dave Bagshaw, 1972	
440-Hurdles.....	52.2
Randy White, 1968	
440-Yard Relay.....	41.6
Andy Sears, Russ Taplin, Dell Martin, Roger Cox, 1965	
Mile Relay.....	3:17.1
Dell Martin, Russ Taplin, Mike Hughes, Jim Ward, 1965	

METERS

100-Meter Dash.....	10.4
Gordon Banks, 1977	
200-Meter Dash.....	21.0
Gordon Banks, 1977	
400-Meter Dash.....	46.46
Rene Rodriguez, 1993	
800-Meter Run.....	1:47.4
Dave Strang, 1988	
1500-Meter Run.....	3:41.7
Marc Olesen, 1984	

1600-Meter Relay.....	3:15.11
Jimmie Johnson, Tad Heath, Travis Clark, Rene Rodriguez, 1994	
Two-Mile Relay.....	7:33.2
Christian Skoog, Brian Pettingill, Brian Conolly, Jeff Atkinson, 1986	
Sprint Medley.....	1:32.5
(110-110-220-440) Ken Curl, John Kessel, John Anderson, Dave Bagshaw, 1973	
Distance Medley.....	9:44.01
(800-400-1200-1600) Jake Maas, Jimmie Johnson, Mark Fadil, Jason Lunn, 1996	

FIELD

Shot Put.....	70-6 1/2
Terry Albritton, 1977	
35 lb.-Weight.....	67-0 1/2
Shaun Pickering, 1983	
Pole Vault.....	16-10 1/2
Jim Eshelman, 1967	
Long Jump.....	25-7 1/4
James Lofton, 1977	
High Jump.....	7-3 1/2
Brian Marshall, 1986	
Triple Jump.....	50-2
Phil Cannon, 1986	

WOMEN'S INDOOR RECORDS

YARDS

Mile Run.....	4:37.0
PattiSue Plumer, 1983	
Two-Mile Run.....	10:01.89
Kim Schnurpfeil, 1980	
Mile Relay.....	3:54.0
Marcia Martin, Regina Jacobs, Pam Board, Terri Givens, 1983	

METERS

50-Meter Dash.....	6.25
Chryste Gaines, 1991	
55-Meter Dash.....	6.87
Chryste Gaines, 1991	
300-Meters.....	40.7
Margaret Demorest, 1982	
400-Meters.....	56.84
Heather Miller, 1996	
800-Meters.....	2:07.6
Regina Jacobs, 1982	
1500-Meters.....	4:23.5
PattiSue Plumer, 1983	
3000-Meters.....	8:53.1
PattiSue Plumer, 1983	
5000-Meters.....	16:11.52
Louise Watson, 1994	
55-Meter Hurdles.....	8.21
Christy Boyd, 1994	
1600-Meter Relay.....	3:49.43
Monica Hoggatt, Tyra Holt, Jen Carr, Heather Miller, 1996	
Distance Medley.....	11:18.85
(800-400-1200-1600) Dena Dey, Tyra Holt, Monal Chokshi, Mary Cobb, 1996	

FIELD

Shot Put.....	57-1
Pam Dukes, 1987	
High Jump.....	6-5 1/2
Lisa Bernhagen, 1987	
Long Jump.....	21-8 3/4
Jackie Edwards, 1992	
Triple Jump.....	42-6
Jackie Edwards, 1992	
35-lb Weight.....	49-11
Samantha Jo Small, 1996	

3000-Meter Run.....	8:27.6
Eric Sappenfield, 1981	
5000-Meter Run.....	14:20.03
Brent Hauser, 1996	
3000 Steeplechase.....	9:04.8
Jason Martin, 1988	

FIELD

Shot Put.....	61-6 1/2
Terry Albritton, 1973	
Discus.....	185-0
Glenn Schneider, 1986	
Hammer.....	208-0
Adam Connolly, 1995	
Javelin.....	236-0
Fred Mondragon, 1985	
Long Jump.....	25-7 1/2
Darrin Nelson, 1978	
Triple Jump.....	50-7
Brian Manning, 1994	
High Jump.....	7-3 1/2
Brian Marshall, 1985	
Pole Vault.....	16-1
Jamie Marek, 1990	

WOMEN'S RECORDS

YARDS

Mile Run.....	4:36.5
Ceci Hopp, 1982	
Two-Mile Run.....	10:02.7
Alison Wiley, 1983	

METERS

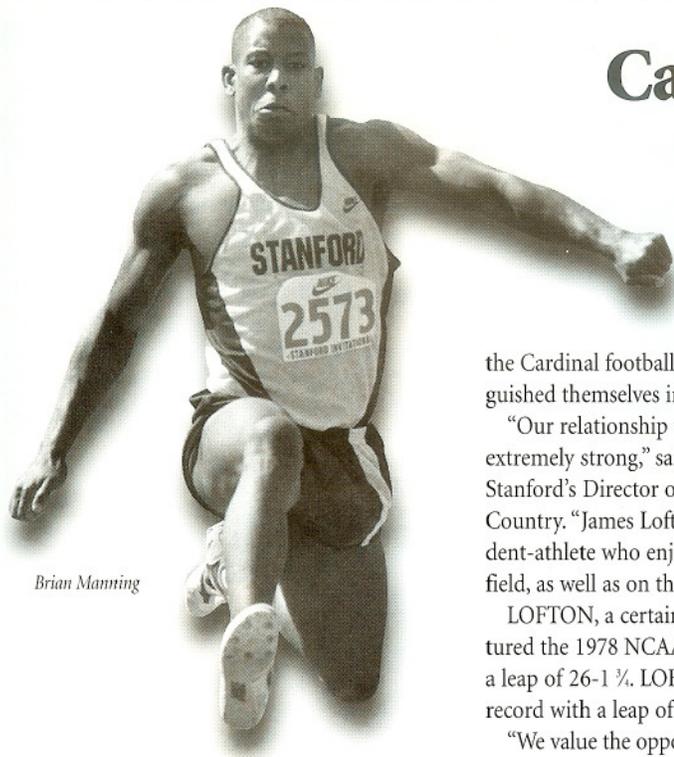
100-Meter Dash.....	11.44
Chryste Gaines, 1989	
200-Meter Dash.....	24.0
Chryste Gaines, 1989	
400-Meter Run.....	56.09
Marcia Martin, 1981	
800-Meter Run.....	2:04.38
Regina Jacobs, 1982	
3000-Meters.....	8:57.27
Ceci Hopp, 1982	
5000-Meters.....	16:17.12
Kortney Dunscombe, 1995	
10,000-Meters.....	34:10.0
Ellen Lyons, 1981	
100-Meter Hurdles.....	14.74
Pam Board, 1984	
400-Meter Hurdles.....	59.64
Pam Board, 1984	

FIELD

Long Jump.....	20-1
Pam Donald, 1980	
High Jump.....	6-0
Lisa Bernhagen, 1985	
Shot Put.....	50-9 1/4
Patty Purpur, 1986	
Discus.....	177-7
Patty Purpur, 1986	
Javelin.....	181-3
Mary Osborne, 1980	
Triple Jump.....	39-1
Dana Weeks, 1991; Anne Lee, 1992	

Success in Both Fields

Cardinal Has Long History of Standout Football & Track Athletes



Brian Manning

In its storied athletic tradition, Stanford University has always been a leader in allowing a student-athlete to compete in more than one sport.

The football program and the track & field program have always enjoyed a strong bond. In fact, some of the greats in Cardinal football history have also enjoyed great success in track & field.

BOB MATHIAS, JAMES LOFTON, DARRIN NELSON, the immortal ERNIE NEVERS, GORDON BANKS, and KENNY MARGERUM are just a few who have etched their names not only in

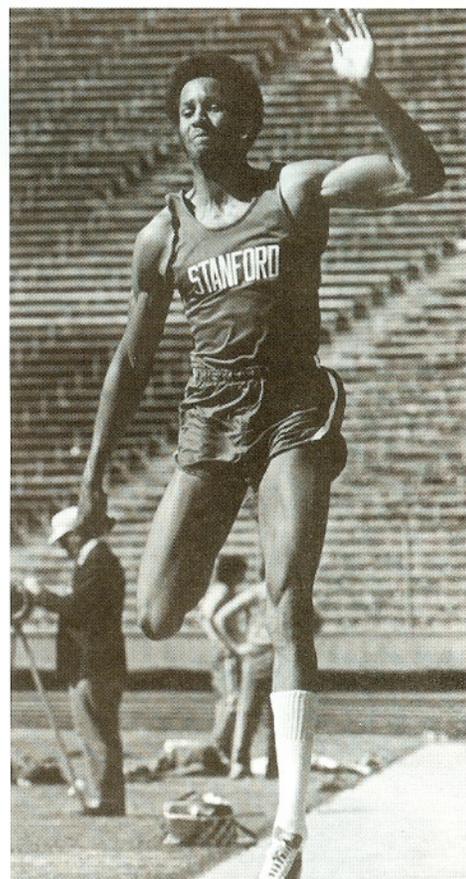
the Cardinal football record book, but also distinguished themselves in the track & field program.

"Our relationship with the football program is extremely strong," said VIN LANANNA, Stanford's Director of Track & Field/Cross Country. "James Lofton is one example of a student-athlete who enjoyed success on the football field, as well as on the track."

LOFTON, a certain NFL Hall of Famer, captured the 1978 NCAA title in the long jump with a leap of 26-1 $\frac{1}{2}$. LOFTON still holds the school record with a leap of 26-11 $\frac{1}{2}$.

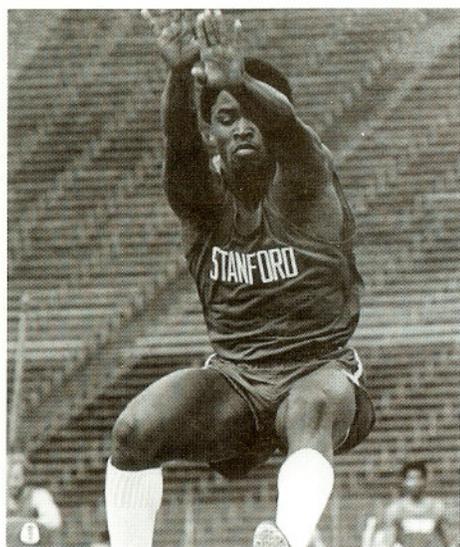
"We value the opportunity for Stanford student-athletes to participate in two sports," said Cardinal head football coach TYRONE WILLINGHAM. "Having our football players compete in track and field helps complement both programs."

LOFTON, NELSON and BANKS were three members of the 400-meter relay team which still hold the school record of 39.7, set in 1978. BANKS still is the freshman record holder in the 100 and 200 meters, while NELSON is the freshman record holder in the long jump. JON VOLPE, Stanford's seventh all-time leading rusher and now a star in the Canadian Football League, also performed in sprint events on the Cardinal track & field team.

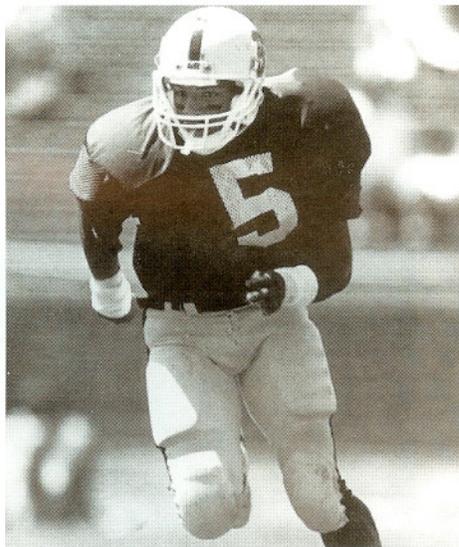


James Lofton

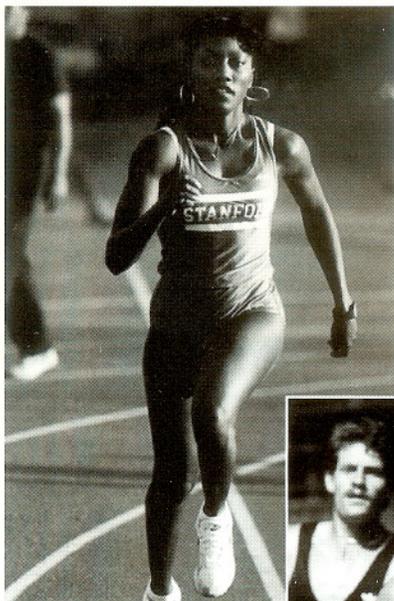
In recent years, a number of Cardinal football players have been members of the Stanford track & field teams, including GLYN MILBURN (sprinter and now member of the Denver Broncos), JOHN HOPKINS (high jump), DAVE CALOMESE (LJ/TJ) and RON REDELL (javelin/sprints). This year's track-football members include JEFF ALLEN, ANTHONY BOOKMAN, DOUGLAS BROWN, DESMOND COOK, DAMON DUNN, JIMMIE JOHNSON, BRIAN MANNING, JAURON PIGG, JUSTIN STRAND, and PETE SWANSON.



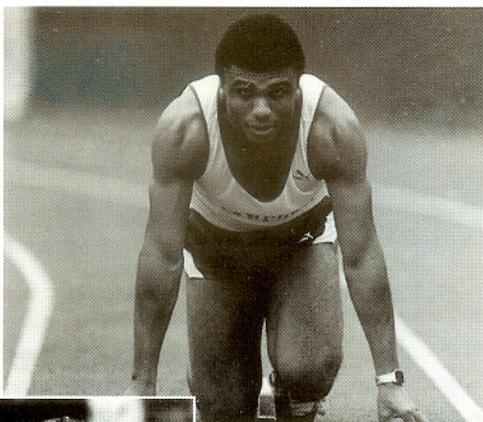
Darrin Nelson



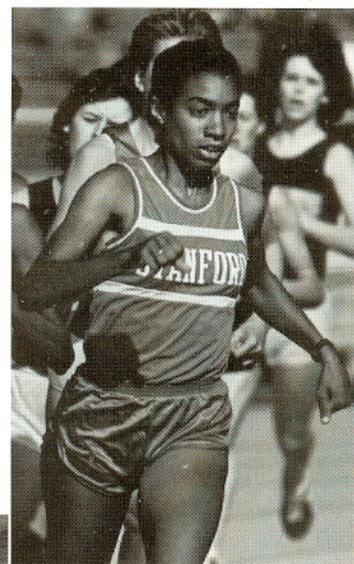
Glyn Milburn



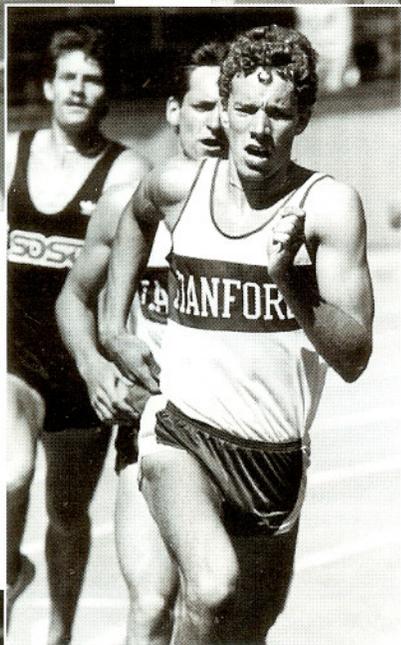
Chryste Gaines
Relays (alternate)



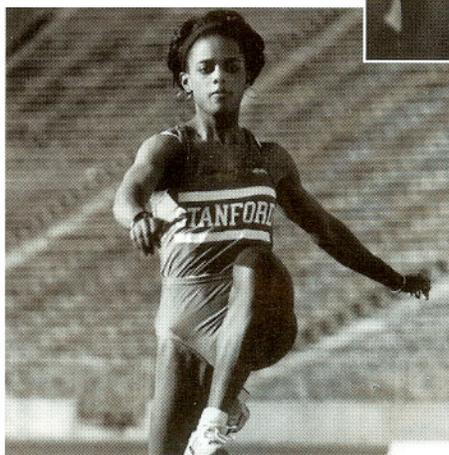
Gus Envela
Sprints



Regina Jacobs
1,500 meters



Steve Schadler
1,500 meters

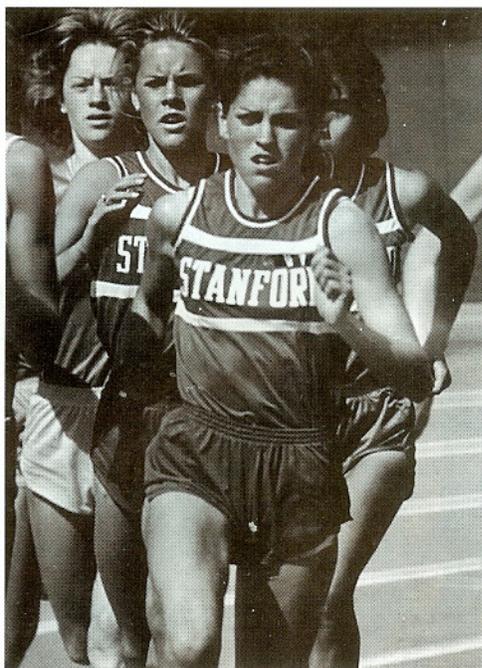


Jackie Edwards
Long Jump

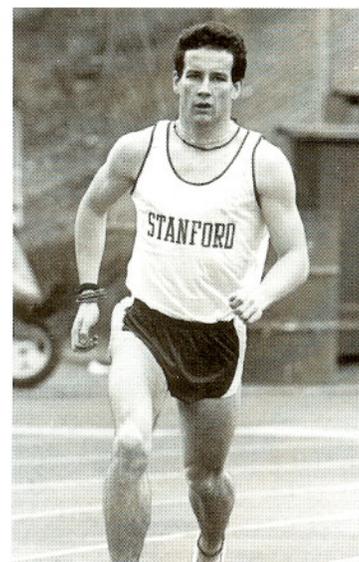
STANFORD
Track & Field
Stanford Olympians
Barcelona • 1992



Pam Dukes
Shot Put



PattieSue Plumer
3,000 meters (5th pl); 1,500 meters (10th pl.)



Dave Strang
800 meters

Stanford at a Glance

On October 1, 1891, the 465 new students who were on hand for opening day ceremonies at Leland Stanford Junior University greeted Leland and Jane Stanford enthusiastically, with a chant they had made up and rehearsed only that morning. Wah-hoo! Wah-hoo! L-S-J-U! Stanford! Its wild and spirited tone symbolized the excitement of this bold adventure. As a pioneer faculty member recalled, "Hope was in every heart, and the presiding spirit of freedom prompted us to dare greatly."

For the Stanfords on that day, the university was the realization of a dream and a fitting tribute to the memory of their only son, who had died of typhoid fever weeks before his sixteenth birthday. Far from the nation's center of culture and unencumbered by tradition or ivy, the new university drew students from all over the country: many from California; some who followed professors hired from other colleges and universities; and some simply seeking adventure in the West. Though there were many difficulties during the first months – housing was inadequate, microscopes and books were late in arriving from the East – the first year foretold greatness. As Jane Stanford wrote in the summer of 1892, "Even our fondest hopes have been realized."

Ideas of "Practical Education"

Governor and Mrs. Stanford had come from families of modest means and had built their way up through a life of hard work. So it was natural that their first thoughts were to establish an institution where young men and women could "grapple successfully with the practicalities of life." As their thoughts matured, these ideas of "practical education" enlarged to the concept of producing cultured and useful citizens who were well-prepared for professional success.

More than one hundred years later, the university still enjoys the original 8,180 acres (almost 13 square miles) of grassy fields, eucalyptus groves, and rolling hills that were the Stanfords' generous legacy, as well as the Quadrangle of "long corridors with their stately pillars" at the center of campus. It is still true, as the philosopher William James said, during his stint as a visiting professor, that the climate is "so friendly ... that every morning wakes one fresh for new amounts of work."

Current perspectives

In other ways, the University has changed tremendously on its way to recognition as one of the world's great universities. At the hub of a vital and diverse Bay Area, Stanford is an hour's drive south of San Francisco and just a few miles north of the Silicon Valley, an

area dotted with computer and high technology firms largely spawned by the University's faculty and graduates. On campus, students and faculty enjoy new libraries, modern laboratories, sports facilities, and comfortable residences. Contemporary sculpture, as well as pieces from the Stanford Museum's extensive collection of sculpture by Auguste Rodin, is placed throughout the campus, providing unexpected pleasures at many turns. At the Stanford Medical Center, world-renowned for its research, teaching, and patient care, scientists and physicians are searching for answers to fundamental questions about health and disease. Ninety miles down the coast, at Stanford's Hopkins Marine Station on the Monterey Bay, scientists are working to better understand the mechanisms of evolution, human development, and ecological systems.

The University is organized into seven schools: Earth Sciences, Education, Engineering, the Graduate School of Business, Humanities and Sciences, Law and Medicine. In addition, there are more than 30 interdisciplinary centers, programs, and research laboratories – including the Hoover Institution on War, Revolution and Peace; the Institute for International Studies; the Stanford Linear Accelerator Center; and the Stanford Center for the Study of Families, Children and Youth – where faculty from a wide range of fields bring different perspectives to bear on issues and problems. Stanford's Overseas Studies Program offers students in all fields remarkable opportunities for study abroad, with campuses in Paris, Kyoto, Santiago, Berlin, Oxford, Krakow, Florence, and Rome.

Stanford people

By any measure, Stanford's faculty – which numbers approximately 1,300 – is one of the most distinguished in the nation. It includes 12 Nobel laureates, 6 Pulitzer Prize winners, 19 National Medal of Science winners, 92 members of the National Academy of Sciences, 168 members of the American Academy of Arts and Sciences, 61 members of the National Academy of Engineering, and 18 members of the National Academy of Education. Yet beyond their array of honors, what truly distinguishes Stanford faculty is their commitment to sharing knowledge with their students. The great majority of professors teach undergraduates both in introductory lecture classes and in small advanced seminars.

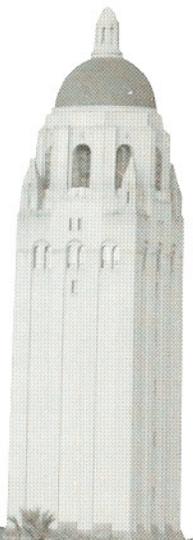
Currently 13,900 students, of which 6,500 are undergraduates, live and study on campus. About 45 percent come from California, but all 50 states and approximately 100 countries are represented as well. Among undergraduates, 42 percent are African American, Asian American, Hispanic or Native

American. Like the faculty, the Stanford student body is distinguished. Approximately eight students apply to Stanford for every place in the freshman class. Seventy-one Stanford students have been named Rhodes Scholars and 39 have been named Marshall Scholars. Nearly 90 percent of graduating seniors plan to attend graduate or professional schools. Stanford students also shine in a tremendous array of activities outside the classroom – from student government to music, theater, and journalism. Through the Haas Center for Public Service, students participate in dozens of community service activities, such as tutoring programs for children in nearby East Palo Alto, the Hunger Project, and the Arbor Free Clinic.

In the athletic arena, Stanford students have enjoyed tremendous success as well. Stanford fields teams in 31 Division I varsity sports – equally divided between men's and women's teams. Of Stanford's 56 NCAA team titles, 16 have been captured in the past 4 years, placing Stanford at the top among the nation's most title-winning schools of the early '90s. Thirty-eight of Stanford's athletes and coaches participated in the 1992 Olympics in Barcelona. Intramural and club sports are also popular; over 1,000 students take part in the club sports program, while participation in the intramural program has reached 13,000, with many students active in more than one sport.

Looking ahead

In her address to the Board of Trustees, in 1904, Jane Stanford said, "... Let us not be afraid to outgrow old thoughts and ways, and dare to think on new lines as to the future of the work under our care." Her thoughts echo in the words of current Stanford President Gerhard Casper, who has said, "The true university must reinvent itself every day. . . . At Stanford, these are days of such reconsideration and fresh support for our fundamental tasks – teaching, learning, and research."





STANFORD
Track & Field  **1996**
Schedule

Date	Opponent/Meet
Jan. 27	at Wolf Pack Invitational (Reno, NV)
Feb. 3	at Bill Cosby Invitational (Reno, NV)
Feb. 10	at Holiday Inn Classic (Reno, NV)
Feb. 10	at Canon IV Track Classic (Indianapolis, IN)
Feb. 23-24	at Mountain Pacific Indoor Championships (Reno, NV)
Mar. 2	vs Cal Poly SLO, Fresno State (San Luis Obispo, CA)
Mar. 2	at USA Track & Field Indoor Championships (Atlanta, GA)
Mar. 8-9	at NCAA Indoor Track & Field Championships (Indianapolis, IN)
Mar. 16	at Mustang Invitational (San Luis Obispo, CA)
Mar. 22-23	Stanford Invitational
Mar. 30	vs Air Force, UC Irvine, Wisconsin (women)
Apr. 6	vs Oregon, Washington State (Eugene, OR)
Apr. 13	at Pierce Golden Bear Challenge (Berkeley, CA)

Date	Opponent/Meet
Apr. 19-21	at Mt. SAC Relays (Walnut, CA)
Apr. 19-21	at Azusa-Pacific Decathlon/Heptathlon (Azusa, CA)
Apr. 20	at UC Davis Wilson Invitational (Davis, CA)
Apr. 25-27	at Penn Relays (Philadelphia, PA)
Apr. 26-27	at Drake Relays (Des Moines, IA)
Apr. 27-28	at Cal/Nevada State Championships (Davis, CA)
May 4	vs California (Berkeley, CA)
May 10	Cardinal Invitational
May 11-12	at Pac-10 Decathlon/Heptathlon Championships (Los Angeles, CA)
May 18-19	at Pac-10 Championships (Los Angeles, CA)
May 29- June 1	at NCAA Outdoor Track & Field Championships (Eugene, OR)
June 15-23	at USA Track & Field Olympic Trials (Atlanta, GA)
June 29-30	at USA Track & Field Junior National Championships (Columbus, OH)

