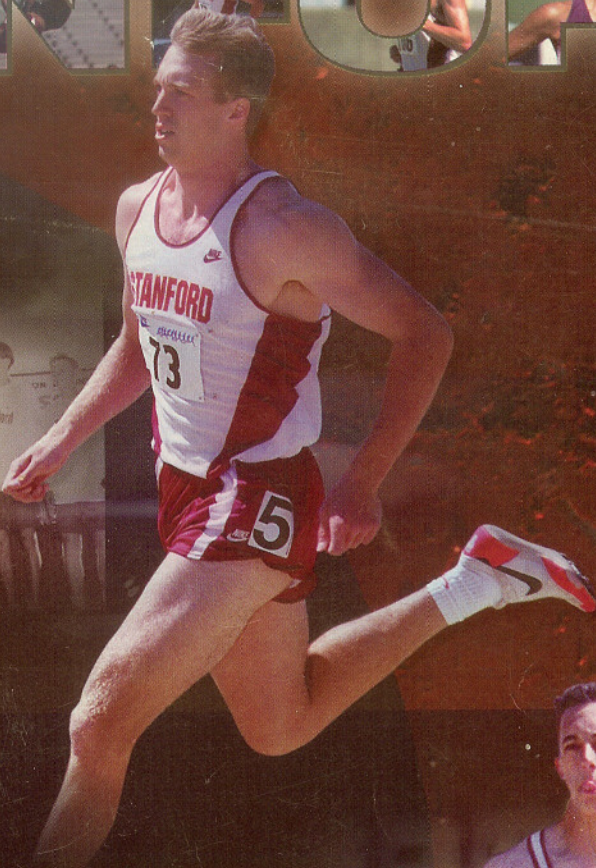


STANFORD



1997 TRACK & FIELD

Cobb Track & Angell Field

New Home of Stanford Track

A new era of Stanford Track & Field took center stage when the Cardinal competed 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



Long-time Stanford coach Payton Jordan (left) with Chuck Cobb, benefactor and namesake for the new Cobb Track.

"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 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.

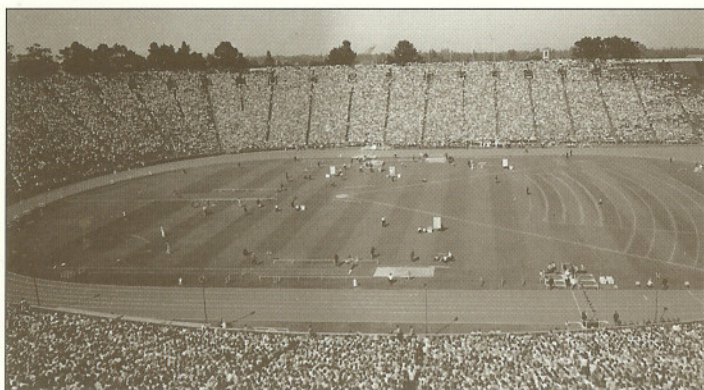
Stanford Stadium

The new track & field venue replaces Stanford's track & field long time home, Stanford Stadium. Nestled in an eucalypt 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 "the best of all worlds for every event" by former head track coach Payton Jordan, the track design featured heavier texture on the inside lades for distance running and harder, faster granules on the outside lanes for sprints.

Angell Field

Angell Field was originally dedicated on March 13, 1933, and named in honor of Dr. Frank Angell, who headed the Faculty Athletic Committee for 20 years starting in 1892. A graduate of the University of Vermont, Angell served on the faculty of Cornell University, came to Stanford in 1892, retired at 65 in 1922, and died at age 82 in 1939. After retiring, he timed track meets, and that included Ben Eastman's world record in the 400-yard dash at Stanford on March 26, 1932. Ray Lyman Wilbur, Stanford's third president, once wrote, "He (Frank Angell) had a keen appreciation of excellence and of competition, but at the same time was interested in those who struggled for third or fourth place. This led him to accept responsibility for leadership in athletics in the early days of Stanford."



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.



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



General Information

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Stanford Directory

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 Cross Country (415) 723-2736
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 Beth Alford-Sullivan, Asst. Coach (415) 723-0761
 Robert Weir, Asst. Coach (415) 725-0760
 Mike Reilly, Asst. Coach (415) 723-2736
 Casey Roche, Asst. Coach (415) 723-2736
 Wendy Raatjes, Asst. Coach (415) 723-2736
 PattiSue Plumer, Volunteer Asst. (415) 723-2736
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 FAX Machine (415) 725-2957

Cardinal Quick Facts

Location Stanford, Calif. 94305
 Founded 1891
 Total Undergraduate Enrollment 6,556
 President Dr. Gerhard Casper
 Athletic Director Dr. Ted Leland
 Senior Assoc. Athletic Director Cheryl Levick
 Colors Cardinal & White
 Nickname Cardinal
 Home Track Cobb Track & Angell Field
 Conference Pacific-10
 Media Relations Director Bob Vazquez
 Track Trainer Lisa Whatley
 Team Physician Dr. Michael Fredericson



Credits

The 1997 Stanford Track & Field Press Guide was written and edited by Bob Vazquez, Media Relations Director. Special thanks to the Cardinal track and field staff. Photography by Rod Searcey and David Gonzalez. Color photography provided by Rod Searcey and David Gonzales. Design and layout by Hogue Design.

Vin Lananna

**Director of Track & Field/
Cross Country**



As Vin Lananna enters his fifth year as Director of the Stanford Track & Field program, he does so as one of the most successful track & cross country coaches in the country. His athletes, staff, facilities, and program have received multiple honors at the international, national, regional and conference level.

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 ('87-91), four ICA cross country titles ('86-90), twelve straight appearances at the NCAA cross country championships, including two second place finishes ('86-87), 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, 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 14 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. 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. In the fall of 1995, twins Brad and Brent Hauser raced to a one-two finish at the U.S. Junior National Cross Country Championships, while Jorn Grimsley was fourth. All three made the trip to South Africa as part of

the Junior National Cross Country team, representing the U.S. at the World Championships.

In 1996, Stanford's men's and women's cross country team captured the NCAA title, the school's first NCAA titles in cross country, and the first time since 1985 that a school had won both the men's and women's titles. Both teams also won the NCAA District-8 meet, and the Pac-10 title. For his efforts, Lananna was named NCAA Division I men's Coach of the Year by the United States Country Coaches Association, the United States Coaches Association NCAA Division I Women's Cross Country National Coach of the Year, the NCAA District-8 Coach of the Year, and the Pac-10 Cross Country Coach of the Year.

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 Years 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 since Lananna's arrival. 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. Earlier in the '95 season, Stanford placed second in an extremely strong field at the Pac-10 Championships, and captured top hon-

ors 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' 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-America honors came Stanford's way as Mary Cobb, Jimmerson and Nathan Nutter continued Stanford's strong performances at the Nationals. During the 1996 NCAA Cross Country meet, Jimmerson, Brad Hauser, J.J. White, Brent Hauser and Nutter gained All-America honors, all with Top 15 finishes. At the 1996 NCAA Women's Cross Country meet, Monal Chokshi, Jessica Fry and Mary Cobb gained All-America honors with Top 17 finishes.

At the 1996 USAT&F Cross Country Championships, several Stanford runners were prominent including Brent Hauser, who captured the junior men's title, Sally Glynn, who won the junior women's crown, Jason Balkman, who finished third in the junior men's division, and Thomas Murley, who also made the U.S. junior men's team. His personal honors have included National Cross Country Coach of the Year (1986, 1996), District Cross Country Coach of the Year (1983-87, '89, '90, '94, '95, '96), and District Track & Field Coach of the Year (1985, '87, '88, '91). In 1993, '94 and '96, he was selected the Pac-10 Women's Cross Country Coach of the Year.

Lananna is past president of the NCAA Men's Cross Country Coach's Association. In the past, he has served as chairman 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 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, 1992 and 1996,

including Bob Kempainen, who won the U.S. Olympic marathon trials to make the U.S. Olympic Team.

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 is married to Elizabeth, with two children, Brian (13) and Scott (11).

Beth Alford-Sullivan

**Assistant Coach/
Coordinator of Women's Track & Field**



Beth Alford-Sullivan begins her second year as assistant track & field and cross country coach at Stanford University. She previously served as head coach for women's cross country and track & field at Mankato State University. She brings to Stanford a wealth of experience as an ath-

lete, international and national coach, and as a sound technician in all running events. She assists with all component's in the women's track & field program – and oversees all of the women's running events. In 1996, she coached Heather Miller to a fourth place finish at the Pac-10 Championships, and Miller was also an NCAA provisional qualifier in the 200 meters.

She has won numerous coaching awards. In 1996, she was named the United States Coaches Association NCAA Division I Women's Cross Country National Coach of the Year. In 1996, she was responsible for coaching the Stanford women's cross country to the NCAA title, the NCAA District-8 crown and the Pac-10 championship. For her efforts in 1996, she was named Pac-10 and NCAA District-8 Coach of the Year. Three Stanford athletes at the NCAA Cross Country Championships, Monal Chokshi, Mary Cobb and Jessica Fry were accorded All-America honors. In 1995, Alford-Sullivan coached Cobb to a fifth place finish at the NCAA's to gain All-America honors. Also during the 1996 cross country season, Sally Glynn, raced to victory at the USAT&F Cross Country Championships.

Her awards also include the 1995 United States Track Coaches Association Indoor Regional Coach of the Year. While at Mankato State 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 1997 U.S. World Junior Cross Country Coach, which will compete in Turin, Italy this March. In 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.

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. She also coached three years (1989-91) at Southern Illinois University.

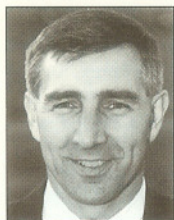
She is currently the first vice-president of the NCAA Women's Cross Country Association, a member of the USA Track & Field Women's Cross Country subcommittee, and an executive member of the USA Track & Field Coaches Association.

Alford-Sullivan received her B.S. degree in Youth Studies in 1989 from the University 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 team. She served as team captain from 1986-88.

She is married to Jim Sullivan, a professor of Exercise Physiology at Minnesota State University – Akita, Japan.

Mark Reiff

**Assistant Coach/
Coordinator of Men's Track & Field**



Mark Reiff, a widely recognized standout coach in the field events and sprints, is entering his fourth season at Stanford.

Reiff works with the men's sprinters, jumpers, and men's and women's multi-events.

During the 1996 track & field season, Jimmie Johnson hit the NCAA standard at 400 meters (in both indoors & outdoors), and Tracye Lawyer jumped 5-10 3/4 in the high jump as a freshman.

Three 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. Two years ago, Clark qualified for the NCAA Championships in the decathlon.

Reiff has worked on the major college level for nearly 16 years. His coaching resumé includes six years at Long Beach State, five seasons at Yale and two years at Indiana University prior to his coaching position at Stanford. In the field events, he has coached several conference champions, six All-Americans and two Olympians. The All-Americans he has coached at Stanford include McCormick in the javelin, Clark in the decathlon, and Rene Rodrigues in the 400 meters. He has also coached Olympians Bonnie Dasse in the shotput and Robert Cannon in the triple jump. Both athletes were members of the United States contingent at the Summer Olympics at Seoul, Korea, in 1988. This year, two of his athletes – Johnson in the 200 meters and Lawyer in the high jump – have qualified for the NCAA Indoor Track & Field Championships at Indianapolis, IN.

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 with the gifted student-athletes at Stanford University. In addition to his coaching duties, 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. He is also the author and editor of a newly released book on personal training.

Reiff obtained his bachelor of science degree from the University of Indianapolis in Math and History and an masters degree in Exercise Physiology from Indiana University. He was also the East track & field team coach at the 1986 U.S. Olympic Festival.

Reiff is married (Susan) and the couple has two children; Lucas (age 8) and Caleb (age 4).

Robert Weir

**Associate Coach/
Weights & Throws**



The acquisition of Robert Weir as a member of the Cardinal coaching staff three 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

1985-88 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, he coached Adam Connolly and Justin Strand in the hammer, and both athletes chalked up a stellar season, and an All-America status at the NCAA's. Two years ago, 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. Then in 1996, Popejoy made the United States Olympic team. Also in 1996, Justin Strand and Adam Connolly, gained All-America honors at the NCAA's. In addition, three other Cardinal hammer throwers topped 200 feet in 1995 including Toby Norwood, Connolly and Strand. He also coached senior Pete Swanson to a fourth place at the NCAA Indoor Championships in the shot-put 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 (169'10") 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, and hammer throw. 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 discus for Great Britain at the 1996 Summer Olympics in Atlanta, 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 third in the discus at the British Commonwealth Games. In 1982, he captured the gold medal in the hammer at the British Commonwealth Games.

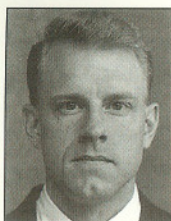
Weir received his Bachelor of Arts degree in Business from Southern Methodist University in 1983. As an undergraduate at SMU, he was a three-time NCAA champion, and a 10-time All-American in the hammer, discus and the 35-pound weight throws. He was a member of the 1983 Indoor and Outdoor NCAA championship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

Mike Reilly

Assistant Coach



Michael Reilly is in his first year on the Stanford coaching staff after serving the previous three years as Administrative Assistant to the Director of Track & Field/Cross Country. While serving in this capacity Reilly functioned as recruiting coordinator for all events in track and cross

country, meet director for all home meets, and organized the program's fundraising efforts. With his involvement the Stanford program expanded the scope of their home meet management. The Stanford Cross Country Invitational annually attracts four thousand high school and collegiate athletes, while the Stanford Track & Field Invitational hosts over two thousand high school, collegiate, and post-collegiate athletes for two days at Cobb Track and Angell Field. In December Reilly served as meet director for the United States Cross Country Championships and Trials for the I.A.A.F. World Championships held at the Stanford Golf Course.

During the track and field season, Reilly will work with the middle and long distance runners, assisting with the development of the Cardinal's steeplechasers. Next fall he will be expanding his role by assisting with both cross country programs.

A 1993 graduate of Stanford, Reilly received his Bachelor of Science in Symbolic Systems and was a member of the cross country and track and field teams throughout his undergraduate years. In his senior year on The Farm, he was selected as an Academic All-American by the United States Cross Country Coaches Association. He went on to score in the Pac-10 Track and Field Championships in his specialty, the 3,000 meter steeplechase. He has been ranked twice nationally in that event as well.

Wendi Raatjes

Assistant Coach



Wendi Raatjes joins the Cardinal track & field staff as an assistant coach in 1997 with impressive credentials. She will assist with the hurdles and the multi-events.

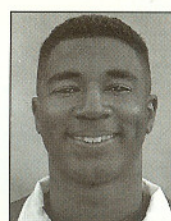
Since graduating from Graceland College (Iowa) in 1991, she qualified for the U.S. Track & Field Championships four separate years (1990, '93 and '94 in the long jump and 1993, '94 and '95 in the heptathlon). In 1996, Wendi qualified for the U.S. Olympic Trials and recorded a seventh place finish with 6,078 points.

While an undergraduate at Graceland College, she was a seven-time All-American in both indoor and outdoor track. She was a four-time NAIA national champion. In 1989, she was the national champion in the 400 meter hurdles. A year later, she repeated as 400 meter hurdles champion in addition to winning the national title in the long jump and heptathlon. Her outstanding performance in the 1990 national meet earned her the honor of Most Outstanding Female Athlete. In 1996, Wendi, who was also an outstanding collegiate volleyball player, was inducted into the Graceland Athletic Hall of Fame.

Wendi, a 1987 graduate of Santa Rosa High School, is married to Dan Raatjes. The couple lives in San Jose.

Jason Robinson

Assistant Coach (Volunteer)



Jason Robinson, a 1994 graduate of Stanford, joins the Cardinal staff for his second 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, medaling 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 & Society and is currently living and training in San Francisco with an eye towards representing Canada at the Olympics.

PattiSue Plumer

Assistant Coach (Volunteer)



PattiSue Plumer, one of the world's premier long-distance runners, returns for her sixth 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.

Casey Roche

Assistant Coach (Volunteer)



Casey Roche, who has coached high school, college and championship-level pole vaulters, is entering his fifth 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. Two years ago, 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.

Already this year in 1997, Toby Stevenson and Tyra Holt, have set school records in the pole vault.

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.

COACHING HISTORY

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

TRAINING STAFF



Stanley Scott
Trainer



Lisa Whatley
Trainer

Program Perspective

Stanford men's and women's track & field has made tremendous strides in the past several years with success on the conference, national and international levels. The 1997 squad could surpass all the success of recent Cardinal teams, and Lananna is optimistic. The traditional strength in the middle distance events will still be evident and will continue to excel at the conference and national level in 1997. Fresh off an NCAA victory in men's and women's cross country, the events from 800 meters and up will form the backbone of the running corps. Several outstanding veteran athletes return to form an excellent group in the sprints through the 400 meters. And the multi and jumping events will also be stronger and deeper than in previous seasons. 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, topping their successful efforts at the Pac-10 and NCAA meets.

A veteran and talented coaching staff remains in place, while a group of newcomers promises to continue Stanford's goal of driving to the top of the Pac-10 and strong performances at the NCAA's. The 1997 season promises to find Cardinal athletes once again breaking new ground and setting new records.

Men's Outlook

Sprints/Hurdles/Relays

Last year, strong performances in the sprints, the relays and hurdles showed that Stanford could compete at a high level. Jimmie Johnson has emerged as one of the premier sprinters in the conference and has the talent and experience to make a dent at the national level. Since his freshman season, Johnson has improved his time each year, and in 1996, he enjoyed a breakthrough season, chalking up a career-best 46.71, which was a NCAA provisional time. At the Pac-10 meet, Johnson ran his career-best and placed second. He has shown his talents in the 100 and 200 meters while at Stanford, and as a member of both relay teams. Johnson will combine his talents with Anthony Bookman and Damon Dunn to give Stanford a triple threat to all opponents during the 1997 campaign. Bookman and Dunn have returned from the football team where they helped guide the Cardinal to another winning season, and a victory over Michigan State in the Sun Bowl. Bookman is a starting running back and Dunn a starting wide receiver. Bookman, Dunn and Johnson combined several times in the 400 meter relay, thus they have the experience to get the job done. Bookman and Dunn were Pac-10



Jimmie Johnson

qualifiers in the 100 meters, and Dunn a conference qualifier in the 200 meters. Another top sprinter and also an outstanding hurdler is Jeff Allen, another member of the Stanford football team. In each of the last two seasons, Allen has been a conference qualifier in the 400 meter hurdles, and last year, was timed in 51.80, a career-best. Allen will also contribute his talents in the long sprints. Contributing in the hurdles will be Josh Gleason, who chalked up a conference qualifying time in the 110 meter hurdles in 1996. Gleason is certainly one of the team's top athletes as evidenced by his success in the decathlon. His point total of 7,013 at the Pac-10 meet in 1996 was a career-best and good enough for fifth place. Look for Gleason to further improve in all areas of the track & field. Jauron Pigg has excellent speed and will be a valuable participant in the 200 and 400 meters, as well as in the jumps. Topping the list of newcomers is freshman Michael Harte, a high school All-American, and the Colorado state record holder in the 110 meter hurdles. Harte was also the state runner-up in the 100 meters during his senior season. Stanford's sprint, hurdle and relay corps is as tough a group as any in the Pac-10 and certainly has the talent to some new records in 1997.

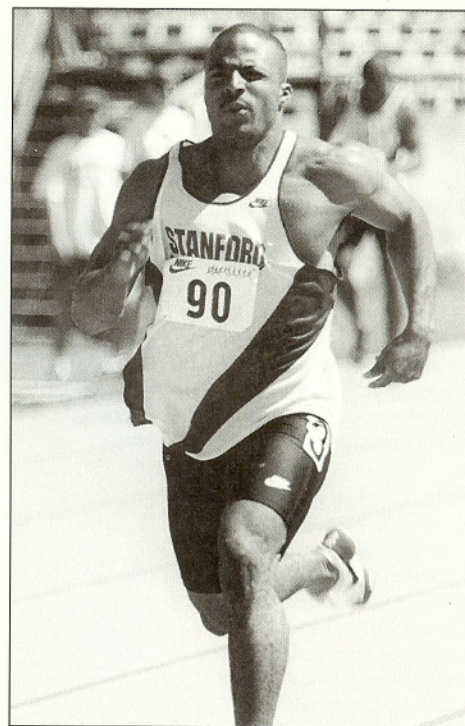
Jumps/Multi-Events

This group of Stanford athletes is blessed with maturity, leadership and talent. They will play an impact role in scoring points during the course of the 1997 season. Brian Manning has been a talented veteran in the long and triple jumps for the Cardinal the past three seasons, and he is again ready for another stellar season in 1997.

Manning has jumped 50-7 at Stanford, and been a competitor at the league meet for several seasons. He has the proven ability to score big points in the long and triple jumps.

Manning recently a successful four-year career as a wide receiver at Stanford, and finished high in the Cardinal record book in several offensive categories. He recently was named MVP at the East-West Shrine game, which brings together the best football talent in the country. Joe Burke-Newsom had a successful season as a junior in 1996 in the long and triple jump, and will look to improve this season.

Burke-Newsom was a conference finalist in the long jump Sophomore Jauron Pigg is a definite threat to score points in the jumps as well as the long sprints. In a very tough conference for jumping, this threesome will be looked upon to score points in pivotal events for Stanford. A solid duo of pole vaulters will mean big points during the 1997 season. Chris Buddin performed a season-best 16-8 last year and meant a berth at the Pac-10 meet for the second year in a row. Adam Fusco has increased his height by more than a foot per year, and there is no reason to believe he can't improve even further in 1997. The multi-events will feature talented athletes, including Josh Gleason. As mentioned earlier, Gleason has the talent to become one of the top decathletes in the conference, as well as provide Stanford sizeable points in several areas. Freshman Ryan Capalbo is a freshman standout in the long jump. Last year, he placed fifth among high school competi-



Damon Dunn

tors at the Penn Relays and at the Mt. Sac Relays. Toby Stevenson will be an athlete to watch in 1997. Stevenson was the nation's top pole vaulter in high school last year, and in his first collegiate competition at Stanford, he set a freshman school record in 1997 with a vault of 17-1. While still relatively young, this group has tremendous potential and will surprise people with their versatility as they gain strength and maturity.

Throws

Junior Adam Connolly and Justin Strand have stepped up the ring and have staked their claims as two of the best hammer throwers in the country. Connolly and Strand have joined Stanford's long tradition of outstanding hammer throwers. Connolly has been an NCAA participant during his freshman and sophomore seasons, and will be back in 1997 with another excellent season. Last year, Connolly gained All-America honors at the NCAA's, following a fifth at the Pac-10 meet against what possibly was the strongest field of any conference in the nation. Connolly has continued to increase his throwing distance, and topped the year of 1996 with a throw of 208-8 against California in the Big Meet. Strand enjoyed a banner season in 1996, and he is projected to be even better in 1997. Strand established a career-best of 212-11 in 1996, which was good enough to allow to compete at the NCAA's where he tossed the ball and chain a distance of 214-9. Marc Mazzoni is another excellent hammer thrower, thus Stanford has a trio of hammer throwers with talent and experience to score big points for the Cardinal at the Pac-10 and NCAA meets. Pete Swanson, no doubt, is a team leader on-and-off the field for the Stanford track & field team. A standout football player for the Cardinal, he is also a standout athlete, particularly in the shot put and discus. An All-American during the indoor season, Swanson is ready to top the competition outdoors. In 1996, he had NCAA provisional marks in the shot put (57-11) and the discus (182-1), a career-

best). Also look for excellent performances from Jeff McCarty and Jason Bengston, both excellent athletes, who has competed in all four throwing disciplines. Mark Ganek, a freshman, is a talented freshman discus and hammer from Illinois.

Middle Distances

With virtually everyone returning and several additions who could have an immediate impact, this is an area that will be fun to watch in 1997. Four of Stanford's top runners in the 800 meters, and five of the team's top runners in the 1,500 meters return. Jason Lunn chalked up the team's top times in the 800 meters (1:50.97) and the 1,500 meters (3:44.12). Lunn's time in the 1,500 meters hit the NCAA standard and the Olympic Trials provisional standard. Lunn gained valuable experience competing in the 1,500 meters at the conference and NCAA meets. At the 1996 NCAA's Indoor meet, he anchored the Cardinal men's distance medley relay to a school record of 9:44.01. Lunn also is among a group of talented runners on the 1996 NCAA winning cross country team. Lunn can run anything from the 5,000 meters to the 10,000 meters. He won the Southwest Conference indoor mile title as a freshman running for Rice University. Tad Heath and Jake Maas give the Cardinal excellent depth and have the talent to continue bettering their times during the course of the 1997 season. Heath is a veteran of running at the conference meet not only in the 800 meters but also as a member of the 1,600 meter relay team. Maas ran a career-best as a Pac-10 finalist in 1996. In the 1,500 meters, look for Jon Weldon, Ryan McCalmon and Mike Prindiville to score major points for the Cardinal. Weldon enjoyed a breakthrough in 1996 as ran a career-best 3:48.87, which was a conference qualifying time. McCalmon can score points for the Cardinal in several events, not only the 1,500 meters, but also in the 3,000 meter steeplechase and the 5,000 meters. Zak Wright redshirted during the 1996 season, and he is ready to go in 1997. Two years ago, Wright performed with high marks in the 800 and 1,500 meters. Michael Stember is a blue chip athlete in the middle distances. In 1995, Stember was the U.S. Junior National champion at 1,500 meters. Stember is one of the most promising freshman runners in the United States. Stember can also double in the 800 meters where he has 1:49.07. Dave Abril, a freshman, is a former Arizona high school state champion in the 3,200 meters. Jeffrey Fischer, a freshman from Thousand Oaks, will stick with the middle distances initially and will look to possibly make an impact in the 3,000 meter steeplechase. Coupling the young talent with the emerging, experienced returnees makes this group to watch in 1996.

Distances

Stanford has produced several world junior cross country qualifiers since Cardinal head coach Vin Lananna arrived on The Farm, and following a third straight NCAA cross country appearance coupled with



Greg Jimmerson

an NCAA championship in 1996, the Cardinal men's distance squad is primed to set new records on the track. Led by Greg Jimmerson, J.J. White, Rob Reeder, Matt Farley, Nathan Nutter, James Long, Jason Balkman and the Hauser brothers, this is an event area brimming with top quality performers. Jimmerson is, no doubt, one of the top collegiate runners in the United States. Jimmerson started the school year by helping lead the Cardinal to 1996 NCAA title in cross country. His fourth place finish at the NCAA's spear-headed Stanford's efforts and gained him All-America honors. During the 1996 track season, Jimmerson showed his strong talents in several events, most notably in the 5,000 and 10,000 meters. White redshirted during the 1996 season, after competing in the 1,500 meters and the 5,000 meters in 1995. At the conference meet in '95, White battled Arizona's Martin Keino to the finish with Keino edging out

White. During his tenure at Stanford, White has been an NCAA qualifier (indoors and outdoors) and a valuable member of Stanford's success in cross country. Reeder is a fifth-year senior, and an outstanding competitor. A valued veteran of both the track and cross country programs, Reeder has competed in the 5,000 meters and the 10,000 meters while at Stanford. At the 1996 Pac-10 Track & Field Championships, Reeder placed third in the 5,000 meters with a career-best time of 14:22.14, and followed up that effort with a fifth place showing in the 10,000 meters. Nutter also is a 10,000 meter specialist and competed at the Pac-10 meet in 1996. Long ran a career-best 29:53.04 for the 10,000 meters in 1996, an NCAA provisional time. In 1996, Balkman ran the 5,000 meters (14:32.38, a Pac-10 qualifying time) and the 10,000 meters (30:02.88). Balkman gained valuable experience by finishing sixth in the 10,000 meters at the 1996 Pac-10 Track & Field Championships at UCLA. Look out, here come Brad and Brent Hauser. Although both runners redshirted during the 1996 outdoor season, Brad and Brent have already made a name for themselves at Stanford. They will enter their freshman outdoor seasons of eligibility with a pair of 14:17's in the 5,000 meters and sub 30:00's in the 10,000 meters. The Hauser brothers gained international competition experience in cross country and track in Sydney this summer at the World Junior Championships. During the 1996 cross country season, both runners played pivotal roles in help-

ing the Cardinal to the NCAA title. There is a truckload of depth with the likes of veterans David Dyer, Jose Fierro, Jorn Grimsley, Ryan McCalmon, Mike Prindiville and James Senechal. Thomas Murley is among a group of talented freshman runners. Murley recently competed in the junior men's division at the 1996 USAT&F National Cross Country Championships, where he finished sixth and thus nailed down a spot on the U.S. Junior National team to represent the U.S. in Italy this spring at the World Championships. Seth Williams, a numerous all-state selection in both track and cross country, enters Stanford with untapped potential.

Women's Outlook

Sprints/Hurdles/Relays

In the last several years, Stanford has come a long way and with several key veterans returning and the influx of younger talent, it will only continue to improve.

In the 400 meter relay, three of the team's four runners who competed at the Pac-10 Track & Field Championships will be returning. Those returning are Heather Miller, Jen Carr and Tyra Holt. In the 1,600 meter relay, three members of that team that competed at the conference meet return. That team included Miller, Tracye Lawyer and Bernadette Armand. Miller, the younger sister of former USC star Inger Miller, has been a tremendously reliable and consistent performer during her tenure at Stanford.

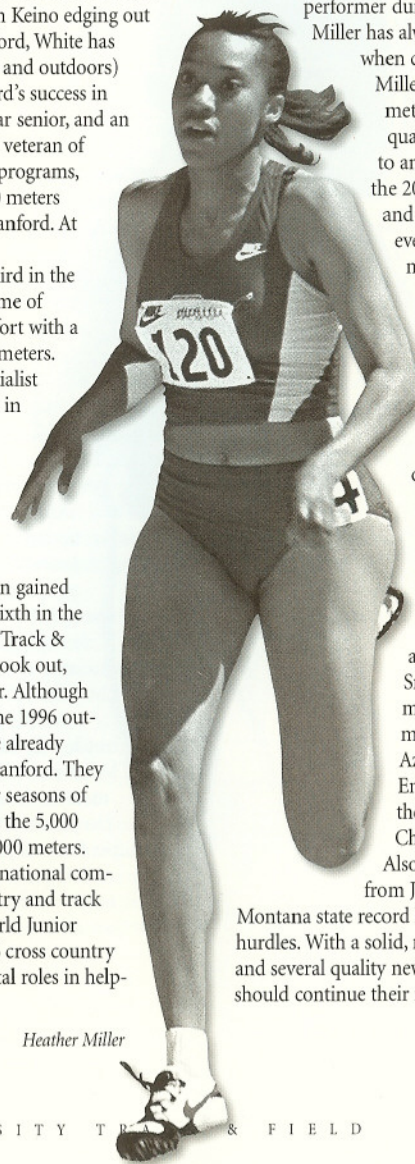
Miller has always run at peak performance when called upon in critical races.

Miller ran the 100, 200 and 400 meters last year, and was a Pac-10 qualifier in 100 and 200, in addition to an NCAA provisional qualifier in the 200 meters. Carr has the ability and the natural talent to run any event from the 100 to the 800 meters. Holt has been a pivotal and reliable runner for the Cardinal during her tenure at Stanford, while Lawyer is a multi-event performer.

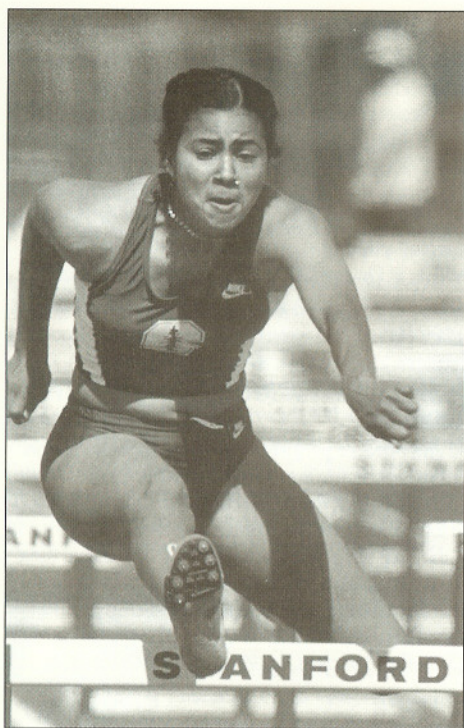
Armand, in addition to her excellent work in the sprints, is Stanford's top returning hurdler. Last year, she was a conference qualifier in the 100 meter hurdles at 14.29. Also look for strong performances in the sprints from Amy Henderson, who also doubles as one of Stanford's top hurdlers. Talented additions include freshman Jayna Smith, who ran in the Ohio state meet for three years in the 400 meters and placed third last year, Azania Andrews, a two-time New England high school champion in the 200 and meters, and Wilsa Charles in the 100 and 200 meters.

Also look for excellent performances from Jennifer McMillan, a three-time

Montana state record holder in the 100 and 300 meter hurdles. With a solid, nucleus of upperclass performers and several quality newcomers, this aspect of the team should continue their record-setting pace in 1997.



Heather Miller



Bernadette Armand

Jumps/Multi-Events

Tracye Lawyer has certainly made her mark as one of the top two-sport athletes at Stanford University. Not only is she a top athlete on the nationally-ranked women's soccer team, she has worked hard to become one of the top heptathletes and multi-event athletes in the Pac-10. Lawyer chalked up career-best 5,108 points at the Mt. Sac Heptathlon Championships last year, and that was good enough to qualify for the Pac-10 meet and was an NCAA provisional qualifier. Lawyer set a career-mark in the high jump at 5-10 3/4, and has the potential to even better that mark in 1997. Katrinka Jackson was a competitor at the Pac-10 Heptathlon Championships last year, and gives strength for the Cardinal in several events, including the high jump. Jen Test and Rhonda Witmer return as Stanford's top triple jumpers, and Test proved she can compete on the conference level after finishing fifth at last year's Pac-10 meet. Witmer also has experience at the conference level. Tara Oettinger is another veteran with the talent to improve her 1996 marks. Oettinger gained valuable experience competing at the conference meet in 1996. Alycia Cummings, the Montana state high school champion in the long jump and triple jump. This is an area that has the talent and championship-level experience to make a significant scoring impact this spring.

Throws

The throws events will once again be a scoring bonanza for the Cardinal. Sami Jo Small leads the parade of talented athletes at Stanford. Small has been a valuable athlete in the javelin, hammer, discus and shot put at Stanford, which means she has been a main scoring threat at the conference and national level. Last year, Small was a NCAA provisional qualifier in the discus. Tracye Lawyer, Stanford's top heptathlete, has seen duty during the regular season in the javelin and shot put. Katrinka Jackson, like Small and Lawyer, can compete in several events. Last year, Jackson was a conference quali-

fier in the shot put. Gina Heads and Monique Bradshaw have gained valuable experience at the collegiate level. A talented freshman addition is Allison Beatty, a two-time Washington state high school champion in the javelin, Maggie Isaac, a conference, sectional and state high school champion in the throws from Illinois, Summer Pierson, a New York state champion in the discus, javelin and shot put, and Cassi Romuld, a North Dakota state high school champion in the shot put. With Pierson, Romuld, Isaac and Beatty, this is perhaps the best freshman class in the United States. 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 Distances

Another year, another strong team in the middle distances. Monal Chokshi, Mary Cobb, Sarna Renfro, Leila Burr, Sara Moore, and Amanda White are just a few names that will be setting new and better times in 1997. Chokshi is, without a doubt, one of the premier runners in the Pac-10 Conference and has the talent to make a sizable run at top honors at the NCAA meet in 1997. A tremendous competitor, if she is close at the end of the race, the competition had better beware. Chokshi returns as Stanford's top 800 meter runner (2:09.64, and last year saw action in the 1,500 meters (4:22.69) and the 3,000 meters (9:18.14). Chokshi gained All-America honors in the 3,000 meters with a fourth place finish and a career-best time of 9:18.95. Chokshi also nailed top performances as a member of several relays, including two record-setting distance medley relay teams, one of which garnered fifth at the indoor NCAA's and the 4 x 1,500 meter relay squad which ran the tenth fastest time in Penn Relays history. Cobb, who played a major role in Stanford's winning the 1996 NCAA cross country title, ran 4:21.95 in the 1,500 meters and NCAA provisional time, and a 9:27.37 in the 3,000 meters, also a NCAA provisional time. In only her freshman season in 1996, Cobb finished seventh in a veteran field in the 1,500 meters, and later placed 12th in the 3,000 meters. Renfro is a standout junior runner, who has made an impact on the fortunes of Cardinal running in the last two years. During the 1996 season, Renfro was an NCAA qualifier in the 3,000 meters (9:18.26, a career-best) and the 5,000 meters (16:09.84, a career-best). Burr ran career-bests in the 800 and 1,500 meters, and yet there is more room for improvement. Moore in just two seasons on The Farm, has emerged as one of the conference's top runners, as well as vital member of the nationally-ranked cross country team. Moore had conference qualifying times in the 800 and 1,500 meters last year, and was conference finalist in the 800 meters. White has competed in the 1,500, 3,000 and 5,000 meters during her tenure at Stanford, and is one of the few athletes ever at Stanford to compete in three sports; track, cross

country and as a member of the NCAA champion women's swim team. Linn Schulte-Sasse, Alison White and Ryan Thomas are among several Cardinal athletes who provide talented depth. There is a new, talented freshman performer, including Christy Lacey-Kietz, the 1996 Oregon state 800 meter high school champion, Kerry Dugan, the three-time Colorado state high school champion in the 3,200 meters, Shaluinn Fullove, a top three finisher in the 1,600 meters at the California high school meet, Courtney Adams, who has run in international competition in the 3,000 meters and the Millrose Games champion at Madison Square Garden, Sally Glynn, a three-time Penn Relays girls high school 1,500 meter champion, and Ashley Holt, from Atherton, Ca. 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 NCAA's.

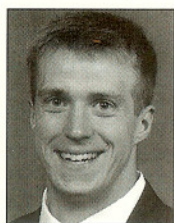
Distances

Stanford captured the 1996 NCAA cross country title. The Cardinal captured the title with squad blessed with talent and depth. That contingent will help form the backbone of the distance team in outdoor track in 1997. Junior Kortney Dunscombe will be a top runner not only on the conference level, but the national level as well. Dunscombe ran the 3,000 meters, the 5,000 meters and the 10,000 meters last year. Mary Cobb, in addition to her strong times in the 1,500 and 3,000 meters, showed her talents in the 5,000 meters last year, as well. Cobb, a freshman in 1996, chalked up Stanford's top time in the 5,000 meters, running an NCAA standard qualifying time of 16:05.3. Cobb's time in the 5,000 meters also met the U.S. Olympic Trials standard. Like Cobb, Sarna Renfro, enjoyed an outstanding 1996 season in the 1,500, 3,000 and 3,000 meters. And like Cobb, she qualified for the NCAA's in the 5,000 meters, her time at 16:09.84. Renfro then ran a strong race at the NCAA's, running to a fifth place finish and All-America honors.

To add to the list of talented veteran runners is Jessica Fry, a four-time All-America selection in the 3,000 and 5,000 meters while at the University of Alabama. Then there is Stanford's tremendous depth in the 5,000 and 10,000 meters with the talents of Amanda White and Alison Twist. Alison and Linn Schulte-Sasse will provide more talented depth. The talented freshmen class includes Mary Huang, who has run in international competition. With the combination of experienced upper-class talent and an infusion of new, talented freshmen, this event area will continue to dominate races and rivals at all levels of competition.



Monal Chokshi



Jeff Allen
Junior

Will be Stanford's top long hurdler in 1997 ... Competes primarily in the 400 meter hurdles ... Qualified for the 1996 Pac-10 Track & Field Championships with a career-best of 51.80 in the Big Meet against California ... At the conference meet, finished a strong third in a time of 51.81 ... Winner of the 1996 Payton Jordan-Michael Antonacci Award for the student-athlete who has most consistently utilized a maximum of physical ability because of excellent mental attitude ... 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, and ran the second leg on Stanford's third place finish at the 1996 conference championships ... 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 and 1996 ... Has played a reserve role at free safety and wide receiver ... 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 ... Economics major ... Born March 1, 1976.

Hurdles
Olympia, WA



Chris Buddin
Senior/Junior (Ath)

Had an outstanding fall season in preparation for the 1997 track & field season ... Will compete in the pole vault ... His season-best of 16-8 in 1996 qualified him for the Pac-10 meet at UCLA ... A clutch performance at the Stanford-Cal Big Meet last year gave the Cardinal big points ... Recorded a Pac-10 qualifying mark of 16-9 1/4 at the Stanford Quadrangle in his first season in 1995 ... 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.

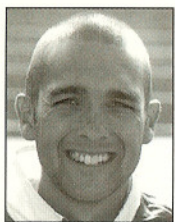
Pole Vault
San Diego, CA



Joseph Burke-Newsum
Senior/Junior (Ath)

A talented and versatile performer ... Enjoyed a solid season in 1996 in the high jump, long jump and triple jump ... Made an immediate impact at the conference level ... A Pac-10 qualifier in the long jump with a career-best of 24-2 1/4 ... A Pac-10 finalist in the long jump and scored points at the league meet for Stanford ... Also ran a leg on the 400 meter relay team at the conference championships ... Can also run the 400 meters where he has a career-best of 49.6 ... A standout athlete at Los Altos HS in Los Altos, CA ... A first team All-Academic Pac-10 track & field selection in 1996 ... Economics major ... Born August 22, 1975.

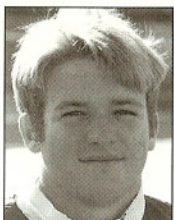
Jumps
Los Altos, CA



Jason Balkman
Sophomore

Will develop this year as he becomes more track savvy, which is bad news for opponents ... In 1996, ran the 5,000 meters (14:32.38, a Pac-10 qualifying time) and the 10,000 meters (30:02.88) ... Placed sixth in the 10,000 meters at the Pac-10 Track & Field Championships at UCLA ... Finished ninth in the 5,000 meters at the conference meet ... In 1996, winner of the Maree Rodebaugh Award for the Peninsula Athlete of the Year ... A local product out of Lynbrook 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 ... Provided valuable depth on Stanford's NCAA winning cross country team ... Competed on the winning NCAA District-8 team, where he placed 14th ... Placed third in the junior men's division at the 1996 USAT&F National Championships at Stanford in December ... He was a key part of the cross country team's success in 1995, 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 1996 Pac-10 All-Academic cross country selection ... An Electrical Engineering major ... Born February 3, 1977.

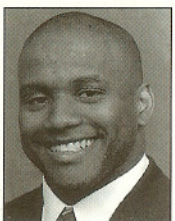
Distances
Saratoga, CA



Adam Connolly
Junior

Is a valuable member of 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 ... Gained All-America honors at the 1996 NCAA Track & Field Championships with a 15th place finish (204-6) ... Placed fifth at the Pac-10 meet with a toss of 205-3 ... His career best was a 208-8 throw against California in 1996 ... That throw made him an NCAA provisional qualifier ... Was an NCAA provisional qualifier in his freshman season (1995) in the hammer with a 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, Portugal, during the summer of 1994 ... Was the top-ranked prep hammer thrower in the country during his senior season in 1994 ... Won the state high school championship in the shot put and was an All-American in the hammer ... 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 ... An announcer (Stanford women's volleyball) for KZSU ... An academic selection in track & field by the Pac-10 Conference in 1996 ... Also a MPSF indoor academic selection ... English major ... Born September 17, 1975.

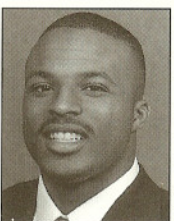
Throws
Silver Spring, MD



Anthony Bookman
Junior

Will compete in the sprints and relays ... During the 1996 track & field season, competed primarily in the 100 meters with a season-best of 10.64 ... Competed at the conference meet in the 100 meters, and ran the opening leg on the 400 meter relay ... In 1995, competed in the 100 meters (10.62) and the 200 meters (22.57) ... Also ran a leg on the 400 meter relay team which defeated California in 1995 and scored at the Pac-10 championships ... A standout in football ... In three 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 ... In 1996, rushed for 274 yards on the ground, recorded 13 receptions for 152 and had another 80 yards on kickoff returns and 50 on punt returns ... 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 ... Ranks sixth all-time at Stanford in career all-purpose yards (2,790) and seventh in career rushing (1,723) ... 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 10.3 in the 100 meters and 21.7 in the 200 meters ... Political Science major ... Born January 11, 1976.

Sprints/Jumps
Grand Prairie, TX

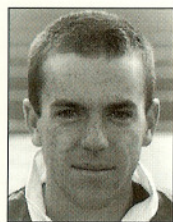


Damon Dunn
Junior/Sophomore (Ath)

Will give strength to the Cardinal sprint corps ... In 1996, competed in the 100 meters (10.64) and the 200 meters (21.10) ... Also a member of the 400 meter relay ... A standout special teams player and wide receiver on the Cardinal football team ... During the 1996 campaign, set two school records for kickoff returns ... He set school records for kickoff return yards in a career with 1,384 and most kickoff returns for touchdowns with three ... A starter at wide receiver with 35 catches for 452 yards and two touchdowns ... Named honorable mention All Pac-10 as a return specialist ... Named first team All Academic Pac-10 ... 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

Sprints
Arlington, TX

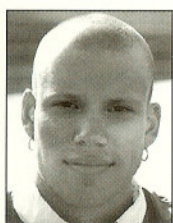
All-American wide receiver from Sam Houston High School in Arlington, Texas ... Economics major ... Born March 15, 1967.



Matthew Farley
Junior/Sophomore (Ath)

A talented runner in the distance events, particularly in the 10,000 meters ... In his first season of collegiate competition in 1996, ran a season-best of 30:18 in the 10,000 meters ... A member of Stanford's nationally-ranked cross country team ... Provided talented depth during Stanford's NCAA championship 1996 cross country season ... Redshirted during the 1995 cross country season ... 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 ... An academic All Pac-10 selection in cross country, and track & field in 1996 ... Also a MPSF indoor academic choice ... Modern Thought & Literature major ... Born August 1, 1976.

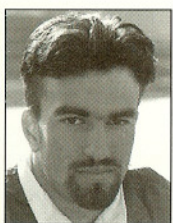
Distances
Sacramento, CA



Josh Gleason
Junior

Has the talent to be an outstanding decathlete ... In his sophomore season in 1996, recorded 7,013 points at the Pac-10 Championships, a career-best best and a fifth place finish ... His point total at the conference meet just missed the NCAA provisional standard ... Ran the anchor leg for the men's 400 meter relay team and ran the hurdles at the conference meet ... In 1996, won the Robert L. "Dink" Templeton Award, for the most improved varsity field event athlete ... 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 1997 due to increased strength and added maturity ... Also will add to Stanford's depth in many events, including the hurdles and jumps ... A 1996 Pac-10 all-academic track & field choice ... A 1996 MPSF indoor academic selection ... Biology major ... Born January 19, 1976.

Jumps/Decathlon
Redmond, WA



Michael Harte
Freshman

A standout student-athlete from Greeley Central High School ... A 1996 All-American, the Colorado state high school and record holder in the 110 meter hurdles ... A three-time all-state selection ... The 1996 U.S. West Invitational champion in the 55-meter hurdles and Athlete of the Meet ... The 1996 Colorado state runner-up in the 100 meters ... A four-time all-conference selection ... The 1996 Golden West champion in the hurdles ... The 1996 Simplot Games indoor champion in the 55-meter hurdles ... Has a personal best of 13.65 in the 110 meter hurdles ... Undeclared major ... Born April 13, 1978.

Sprints/Hurdles
Greeley, CO

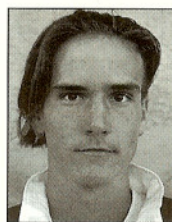


Brad Hauser
Sophomore/Freshman (Ath)

One half of the Hauser duo which has opponents seeing double ... Redshirted during the 1996 track season ... Competed indoors in the 5,000 meters where he had a season-best of 14:19.0, which was a conference qualifying time ... His 5,000 meter time was the fastest among American juniors in 1995 ... Finished third in both the 5,000 meters and 10,000 meters at the U.S. Junior National Track & Field Championships and qualified to represent the U.S. for the second time at the World Junior Championships in Sydney, Australia ... Has posted personal bests of 14:17.00 in the 5,000 meters and 29:34.8 in the 10,000 meters ... An outstanding 1996 cross country season and was a key to victory for Stanford at the NCAA's in Tucson ... Placed sixth at the NCAA's to earn All-America honors ... Finished second to lead Stanford to the NCAA District-8 title in Fresno ... At the Pac-10's, placed third over 8,000 meters (23:56, the third best time ever on the Stanford course) ... At the 1996 USAT&F Cross Country

Distances
Kingwood, TX

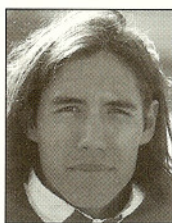
National Championships in December at Stanford, placed 12th overall in the senior men's division, only three spots and three seconds out of a berth on the senior men's team to represent the U.S. at the World Championships ... During the 1995 season, was in the top seven men every race and helped nail down the NCAA District 8 title for the Cardinal ... Also competed at the NCAAs ... Following the NCAAs, competed at and won the Junior National cross country title in Boston in 1995 ... By virtue of that performance represented the U.S. at the World Cross Country Championships in South Africa ... 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
Sophomore/Freshman (Ath)

Like his brother, a distance ace who will help the Cardinal distance corps immediately ... Competed in the 5,000 meters (14:20.03) during the 1996 indoor season, but redshirted during the outdoor campaign ... Won the 5,000 meters at the U.S. Junior National Championships, earning his first national title and qualifying to represent the U.S. at the World Junior Championships in Sydney, Australia ... His personal best is 14:16.89 ... His 5,000 meter time was the second fastest among American juniors, behind only his brother, in 1996 ... 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 victories at the NCAA championships, the NCAA District-8 meet and the Pac-10 title ... Gained All-America at the NCAA meet with a 14th place finish (fourth among Stanford runners) ... Captured the junior men's title at the 1996 USAT&F National Cross Country Championships in December ... Runner-up to his brother by a step at the USAT&F Junior Nationals, and represented the U.S. at the World Junior Cross Country Championships in March of 1996 ... 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 March 28, 1977.

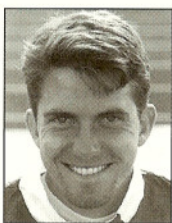
Distances
Kingwood, TX



Tad Heath
Senior

Provides talented depth in the middle distances ... Has been a valued veteran of the Cardinal running corps for the past three years, and has also been a tough competitor in every race ... Has competed in the 400 meters (48.72) and the 800 meters (1:51.08) the past three seasons ... Ran the opening leg on Stanford's 1,600 meter relay team, which placed third at the conference meet in 1996 ... A member of the distance medley relay team which competed at the NCAA's Indoors in 1996 ... A first team All Pac-10 academic track & field selection in 1996 ... In 1996, winner of the Alfred R. Masters Achievement Award, for the student-athlete exhibiting superior academic and track achievement ... 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 ... Biology major ... May 28, 1975.

Middle Distances
Santa Ana, CA

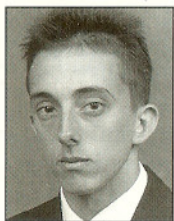


Gregory Jimmerson
Senior/Junior (Ath)

Expected to be one of Stanford's top runners on the 1997 Cardinal track team ... Last year, placed a strong second at the Pac-10 Track & Field Championships in the 5,000 meters (14:21.92)... However, his best time of the '96 campaign was 14:08.4 at the Mt. SAC Relays, a career-best and an NCAA provisional time ... However, it was the 10,000 meters where Jimmerson performed with even higher marks ... Running a 29:22.47 at the Stanford Invitational, Jimmerson qualified for the NCAA's where he placed 12th (29:47.92) and gained All-America honors ... In 1995, he placed fourth in the 10,000 meters (30:47.44) at the Pac-10 Track & Field Championships ... Doubling back less than 24 hours later, he placed 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

Distances
Rapid City, SD

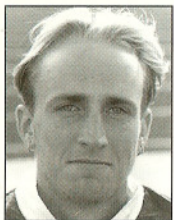
10,000 meters ... Captured the 5,000 meters (14:39.00) and the 10,000 meters (30:33.14) at the 1994 U.S. Junior Track & Field Nationals qualifying for the U.S. team which competed at the Junior World Championships in Lisbon, Portugal in July of 1995 ... Redshirted during his freshman track season in 1994 ... During the 1996 cross country season (in which he served as co-captain), helped lead the Cardinal to the NCAA title with a fourth place finish over 10,000 meters (30:38) ... That finish at the NCAA's earned him All-America honors for a third straight season and he was the #1 American finisher at the Nationals ... Also placed fourth at the Pac-10 (24:15, the fifth best time ever on the Stanford course) and NCAA District-8 meets ... In 1995, gained All-America honors for a second year in a row as Stanford finished fifth at the NCAA's and the NCAA District-8 championship ... At the 1994 NCAA Cross Country Championships, he finished sixth and was the second American in the race to earn All-America honors as the Cardinal, as a team, placed sixth ... 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 teams ... Competed for the United States at the 1993 World Junior Cross Country Championships ... An academic first team All-American by the United States Cross Country Association ... An all academic first team cross country selection by the Pacific-10 Conference in 1994, 1995 and 1996, and a first all-academic during the track & field season ... In 1996, winner of the Irving S. Zeimer Memorial Inspirational Trophy ... 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 ... Product Design major ... Born February 1, 1975.



Jimmie Johnson
Senior

Sprints
Fremont, CA

Is one of Stanford's best long sprinters ... Had a real breakthrough year last year ... Ran a career-best 46.17, which was a NCAA provisional time ... His time of 46.17 was performed at the Pac-10 Track & Field Championships and that time was good enough for second place ... Scored big points for the Cardinal in winning the 200 and 400 meters at last year's Big Meet at California ... During his tenure at Stanford, has run the 100 meters, 200 meters (20.98) and the 400 meters (46.17) ... His time in the 400 meters (46.41) in 1995 was an NCAA provisional qualifying time ... Also runs on both relay teams, and anchored the Cardinal 1,600 meter relay to a third place finish at the 1996 conference meet ... Ran on the 1996 distance medley relay at the 1996 NCAA Indoors ... The 1996 MPSF indoor champion in the 400 meters ... Was the 1994 Mountain Pacific Conference 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 ... Also a member of Stanford's football team the past two seasons ... Gained numerous academic and athletic honors at Mission San Jose High School in Fremont ... A Pac-10 all-academic selection in track & field in 1996 ... Also a 1996 MPSF indoor academic selection ... Political Science/History major ... Born October 27, 1974.

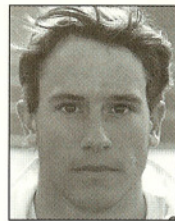


Jason Lunn
Senior/Junior (Ath)

Middle Distances
Englewood, CO

Has the potential to become a dominant middle distance runner in the Pac-10 Conference ... Enjoyed a great season in 1996 in the middle distances ... Stanford's top runner in the 800 (1:50.97, indoors) and 3:44.12 in the 1,500 meters ... His time in the 1,500 meters hit the NCAA standard and the Olympic Trials provisional standard ... Finished ninth in his heat at the NCAA's, gaining valuable experience for the future ... Finished sixth in a strong field at the 1996 Pac-10 Track & Field Championships at UCLA ... Has run 1:48.6 ... In 1996, winner of the Chelbay 110 Percent Award ... As a sophomore, redshirted the cross country season ... Had a breakthrough year on the track, representing Stanford at both the indoor and outdoor NCAA championships ... Indoors, recorded an NCAA provisional qualifying time in the 800 meters at 1:50.97, just tenths shy of the school in the event ... Anchored the Cardinal men's distance medley team, which placed tenth at the indoor NCAA's and notched a school record of 9:44.01 ... A transfer from Rice University in Texas where he ran 1:49.6 in the 800 meters and 4:07 for the mile ... Ran 4:08 for the indoor mile, where he captured the

1994 SEC crown as a freshman ... During the 1996 cross country season, finished sixth among Stanford runners and 12th overall as the Cardinal won the Pac-10 title ... Originally from Dulles High School in Texas, where he qualified for the 1993 Footlocker National Cross Country finals ... He finished sixth in that meet ... A first team All-Academic Pac-10 track & field selection in 1996 ... A 1996 Pac-10 cross country all-academic choice ... Mechanical Engineering major ... Born September 19, 1974.



Jacob Maas
Sophomore

Middle Distances
Rapid City, SD

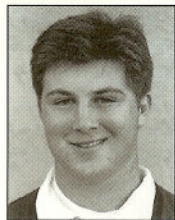
A member of the talented middle distance running corps ... Last year as a freshman at the Pac-10 Track & Field Championships, ran a career-best 1:50.86, good enough for seventh place in a strong field ... In 1996, winner of the Jack Weiershauser Freshman Award ... A four sport varsity athlete out of 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 ... A top student as well as athlete at Rapid City Central High School ... Economics major ... Born February 17, 1977.



Brian Manning
Senior

Jumps
Kansas City, MO

Will compete in both the horizontal jumps ... During the 1996 track & field season, qualified for the Pac-10 Championships with a leap of 49-5 1/2 in the triple jump ... Finished sixth at the conference meet ... 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 1/4 in the long jump, a conference qualifying mark ... Has improved both his strength and speed which will translate into even better jumping during his senior season ... Also a standout wide receiver on the Cardinal football season ... In four seasons at Stanford, caught 140 passes for 2,280 yards and 13 touchdowns ... Finished fifth on Stanford's career receiving yards chart ... In 1996, caught 37 passes for 383 yards and one touchdown ... His scoring touchdown was the winning score with 58 seconds to play at UCLA ... 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 ... Also played basketball for two seasons ... Honor roll student ... Psychology major ... Born April 22, 1975.



Marc Mazzoni
Sophomore

Throws
Los Gatos, CA

In 1996 he competed on the U.S. Team at the World Championships in Sydney, Australia ... A member of an outstanding corps of Stanford hammer throwers ... Also competes in the shot put ... 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 during the summer of 1995 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 196-11 ... Career best of 197'7" with the high school (12 lb) implement ... Also threw the shot 58' for Bellarmine as a senior, placing eighth at the California state championships ... Pre-Med ... Born April 6, 1977.



Ryan McCalmon
Junior

Distances
Falmouth, ME

Has tremendous potential in the middle distance and distance events ... During the 1996 season, competed primarily in the 1,500, the 3,000 meter steeplechase and 5,000 meters (14:29.0, a conference qualifying time) ... Placed eleventh at the conference meet in the 3,000 meter steeplechase ... Competed in the 800 meters (1:53.42) and the 1,500 meters (3:49.78, Pac-10

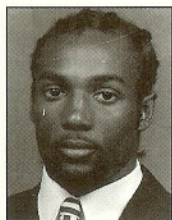
qualifying time) in 1995, both of which were gigantic personal records ... Provided valuable depth on Stanford's NCAA championship cross country season in 1996 ... Ran a 4:16 mile at Cheverus High School in Portland, ME ... The Maine state cross country champion as a senior ... Competed at the Millrose Games in the mile as a senior ... A Pac-10 all-academic track & field selection as well as cross country in 1996 ... Also a 1996 MPSF indoor academic pick ... A 1995 Pac-10 all-academic cross country pick ... English major ... Born December 4, 1975.



Nathan Nutter
Junior/Sophomore (Ath)

A talented sophomore who will play a major role in Stanford's success in 1997 ... Competed in the 10,000 meters in 1996 ... Placed ninth at the conference meet ... An integral member of Stanford's nationally-ranked cross country team ... Placed 15th to earn All-America honors and helped lead Stanford to the 1996 NCAA cross country title ... Placed 13th at the 1996 Pac-10 Cross Country Championship ... 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 ... Captured the state title in the 1,600 and 3,200 meters, as well as the state cross country titles in his senior year ... Has run the two-mile in 8:54 and was the 1994 Golden West Invitational champion in that event ... A 1996 Pac-10 All-Academic track & field selection ... Also a 1996 MPSF indoor academic selection ... A 1995 Pac-10 All-Academic cross country pick ... Mechanical Engineering major ... Born February 13, 1976.

Distances
Tempe, AZ



Jauron Pigg
Sophomore

Potentially a big point scorer for the Cardinal in the long jump ... Leaped a career-best 23-11 3/4 last year ... Also ran the second leg on the 400 meter relay team and the third leg on the 1,600 meter relay team at the Pac-10 meet ... Has played on the Cardinal football team ... Has a personal best of 24'6" ... 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.

Jumps
Kokomo, IN

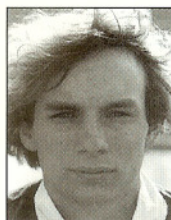


Robert Reeder
Senior

A veteran of both the track and cross country teams ... Has competed in the 5,000 meters (14:22.14) and the 10,000 meters (29:46.61) during his three previous seasons at Stanford ... Placed sixth in the 5,000 meters at the 1996 Penn Relays ... At the 1996 Pac-10 Track & Field Championships, placed third in the 5,000 meters with a career-best time of 14:22.14 ... Followed that effort with a fifth place showing in the 10,000 meters ... Finished fifth in the 10,000 meters at the 1995 Pac-10 Track & Field Championships ... Finished third in the 10,000 meters three 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 in 1995 and 1996 ... Seventh among Cardinal runners at the 1996 NCAA Cross Country Championships ... Helped lead the Cardinal to the Pac-10 championship with a ninth place finish ... In past years, has competed at the Pac-10, NCAA District-8 and NCAA meets ... The 1993 Mountain Pacific Sports Federation indoor champion in the 5,000 meters ... A Pac-10 all-academic cross country choice during his tenure at Stanford ... Also a first team All-Academic conference selection in track & field ... A 1996 MPSF indoor academic selection ... In 1996, winner of the Alfred R. Master's Achievement Award, for the student-athlete exhibiting superior academic and track achievement

Distances
Allendale, NJ

... Also winner of the 1996 Frank Angell Spirit of Amateurism Award ... A standout athlete and student at North Highlands High School in Allendale, NJ ... Computer Science major ... Born July 31, 1974.



Michael Stember
Freshman

A blue chip athlete in the distances ... The 1995 U.S. Junior National champion at 1,500 meters ... Ran 3:46.4 to place second at the 1995 Pan Am Games in Chile ... Has also run 1:49 as the runner-up at the 1996 National Scholastic Championships after winning the 1,600 meters ... Two time California state and Golden West Invitational 1,600 meter champion ... A three-time All-American in the 1,500 meters ... Has represented the U.S. at the 1996 World Junior Championships in Sydney, Australia ... A graduate of Jesuit High School in Sacramento, Ca ... Undeclared major ... Born January 30, 1978.

Distances
Fair Oaks, CA



Toby Stevenson
Freshman

An outstanding pole vaulter, who figures to make an immediate contribution to the Cardinal team in 1997 ... In his first collegiate competition, vaulted 17-1, a freshman school indoor record at the Reno Indoor Classic in January ... Undeclared in his senior season at Permian High School ... Vaulted more than 16 feet in every meet he competed in, and chalked up a career-best of 17-feet ... Texas state champion and All-American ... Economics major ... Born November 19, 1976.

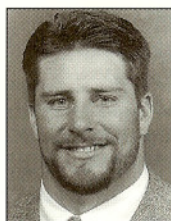
Pole Vault
Odessa, TX



Justin Strand
Senior/Junior (Ath)

Competes primarily in the hammer ... Established a career-best 214-9 in 1996, which was also an NCAA provisional mark ... Competed at the 1996 U.S. Olympic Trials in Atlanta ... Gained All-America honors at the NCAA's with a 12th place showing (210-1) ... Finished sixth in the hammer at the Pac-10 Track & Field Championships at UCLA ... In 1996, winner of the Chelbay 110 Percent Award ... Threw the hammer 205-4 in 1995 ... That throw was a NCAA provisional mark ... Also has competed in the shot put, discus, and javelin during his three previous seasons at Stanford ... 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 ... A Pac-10 all-academic track & field choice in 1996 ... Also a 1996 MPSF indoor academic choice ... Economics major ... Born July 22, 1974.

Throws
Coeur d'Alene, ID

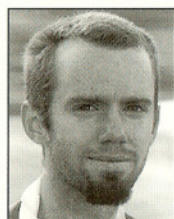


Pete Swanson
Senior

A two-sport athlete in football and track & field at Stanford ... A tremendous competitor who always rises to the occasion ... Enjoyed an outstanding during the 1996 track & field season ... Had NCAA provisional marks in the shot put (57-11) and the discus (182-1, a career-best) ... Placed fifth in the discus at the Pac-10 meet at 179-3 ... A Pac-10 finalist in the shot put ... In 1996, voted the Judah Memorial Men's Team Captain Award ... Also voted the Gay Bryan and Bob Mathias Iron Man Award ... 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

Throws
Hollister, CA

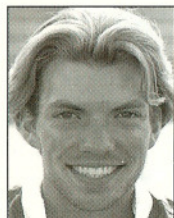
tackle in 1995 and 1996 ... Helped lead the Cardinal football to a 38-0 victory over Michigan State in the 1996 Sun Bowl ... During the '96 campaign, collected 25 total tackles to go along with three tackles-for-loss, one quarterback sack and one interception ... Redshirted his freshman season in track ... 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.



Jonathan Weldon Middle Distances
Junior Thomasville, NC

Will give strength to the middle distance corps in 1997 ... During the 1996 track season was a big breakthrough for him ... Ran a 3:48.87 in the 1,500 meters last year, a career-best and a Pac-10 qualifying time ... Also ran the 5,000 meters where he ran a career-best 14:28.78, also a conference qualifying time ... Placed seventh at the conference meet in the 1,500 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, redshirted in the fall of 1995 but competed in 1996 and ran on Stanford's NCAA District-8 championship team ... 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 fourth at the National Scholastic meet during his senior season at Thomasville High School ... State champion in his junior and senior seasons in the 1,600 meters, and state champion in the 3,200 meters in his sophomore and senior seasons ... A 1996 Pac-10 All-Academic choice in cross country and track & field ... A 1996 MPSF indoor academic pick ... Modern Thought & Literature major ... Born November 9, 1975.



J.J. White Distances
Senior/Junior (Ath) Dublin, OH

Expected to be one of the top runners on the Cardinal track team in 1997 ... Redshirted during the 1996 campaign ... 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 ... 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 and the 1996 NCAA winning team ... Gained All-America honors with a ninth place finish (third among Stanford runners) at the 1996 NCAA'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 ... Human Biology major ... Born December 17, 1974.

Others To Watch

David Abril
Freshman

An outstanding talent in the distance events and in cross country ... Two time Arizona state cross country champion (1994 & 1995) and the 1995 state 3,200 meter state champion ... Named to the 1994 Footlocker All-Western Regional team ... Numerous time all-state and all-region selection ... A graduate of Canyon del Oro High School in Tucson, Arizona ... English major ... Born November 18, 1977.

Distances
Tucson, AZ

Jason Bengtson
Sophomore/Freshman (Ath)

Redshirted during the 1996 track & field season ... An excellent all-around athlete, he has competed in all four throwing disciplines ... In the Arizona state championships, he winning 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 1997 season ... Ranked in the top one percent of his graduating class at Horizon High School ... Math/Physics major ... Born August 6, 1976.

Throws/Multi-Events
Scottsdale, AZ

Ryan Capalbo
Freshman

The 1996 CIF champion in the long jump while at Loyola High School ... Placed fifth among high school competitors at the Penn Relays and at the Mt. Sac Relays ... Also the Mission League champion in the long jump ... Has jumped 23-0 1/4 ... Won numerous athletic and academic honors ... Business major ... Born March 5, 1978.

Sprints/Jumps
San Marino, CA

David Dyer
Senior/Junior (Ath)

A member of a strong distance running corps ... Competes on the nationally-ranked cross country team ... In 1996, finished first at the Nevada Invitational and at the Fresno Invitational ... Winner of the 1996 Coaches Award in cross country ... 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 ... A four-time state champion and record holder in the 3,200 meters ... Has run the 1,500 meters and 3,000 meters (8:33.0) ... Engineering major ... Born June 4, 1975.

Middle Distances
Fairbanks, AK

Jose Fierro
Senior

Provides talented depth in the middle distances and on the nationally-ranked cross country team ... Competed primarily in the 3,000 meter steeplechase in 1996 ... Scored points at the Big Meet against California in 1996 ... During the 1996 championship cross country season, ran in two races ... A senior electrical engineering student, who received the prestigious Commandant's Trophy for outstanding performance at Officer Candidate School ... Each year the Commandant of the Marine Corps recognizes one college student, enrolled in the Platoon Leader's Course, who excels amongst his or her peers during summer training ... Fierro was selected in 1996 because of his excellent performance in the areas of leadership, academics, and physical fitness ... Completed his degree last December and will be commissioned as a second lieutenant in the Marine Corps ... Once he successfully completes The Basic School, Fierro will travel to Pensacola, Fla. for his guaranteed training as a Marine Corps pilot ... An academic all-league track & field selection by the Pac-10 Conference ... Electrical Engineering major ... Born May 14, 1975.

Middle Distances
Thousand Oaks, CA

Jeffrey Fischer
Sophomore/Freshman (Ath)

An outstanding talent in the middle distance events for Stanford ... Redshirted in 1996, thus as four years of eligibility ... Also competes on the nationally-ranked cross country team, where his best finish of 1996 was fifth at the Nevada Invitational ... Redshirted the 1995 cross country campaign ... The latest in a long line of outstanding distance and middle distance runners to come out of Thousand Oaks High School ... 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 high school championships ... Finished third at the state cross country meet in 1993 and 1994 ... Engineering major ... Born October 15, 1976.

Middle Distances
Thousand Oaks, CA

Adam Fusco

Junior/Sophomore (Ath)

Has the potential to be an excellent pole vaulter ... Recorded a career-best 15-11 last year ... Leaped a season-high 15-0 in his freshman season in 1995 ... Vaulted 16-0 feet as a senior at Willard High School ... Placed fourth at the state meet ... Will also compete in the decathlon, due to his outstanding athletic nature ... Economics major ... Born October 9, 1974.

Mark Ganek

Freshman

Will compete primarily in the discus and the hammer at Stanford ... Threw the discus 178-11 while a student at Hoffman Estates High School ... Also competed in the 100 and 200 meters ... A two-time all-state performer and a junior national qualifier ... Mechanical Engineering major ... Born September 12, 1978.

Jorn Grimsley

Sophomore/Freshman (Ath)

Redshirted during the 1996 outdoor season ... Provides depth on the cross country team ... Placed sixth at the 1996 Nevada Cross Country Invitational ... Progressed nicely throughout the 1995 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 ... 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 February 3, 1977.

James Long

Senior

A distance specialist, who ran a career-best 29:53.04 for the 10,000 meters in 1996, an NCAA provisional time ... He immediately made his presence known during the 1995 cross country season, helping to guide the squad to the District 8 title and victories at the Iowa State Memorial Classic and Stanford Invitationals ... Ran in the top seven each time out ... Ran his first two collegiate seasons at Washington State ... Competed for WSU 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 ... At the WSU cross country season in 1994, earned top five finishes in three races ... Consistently the Cougars' second runner ... A standout student-athlete at Redmond High School ... Finished second in his league, and third in the district in cross country in high school ... A 1996 All Pac-10 academic track & field choice ... Biology major ... Born May 27, 1974.

Jeff McCarty

Junior

Competed in the discus in 1996 with a personal best of 166-0 ... The 1994 Oregon state champion in the discus ... The school record holder at Clackamas High School ... A 1996 Pac-10 all-academic track & field selection ... Civil Engineering major ... Born December 29, 1975.

Thomas Murley

Freshman

Competed in the junior men's division at the 1996 USAT&F National Cross Country Championships, where he finished sixth and thus nailed down a spot on the U.S. Junior National team to represent the U.S. in Italy this spring at the World Championships ... The 1994 and 1995 Kentucky state champion in the 1,600 and 3,200 meters, winning the 3,200 meters again as a senior ... A two-time Footlocker National finalist, as both a sophomore and again as a senior ... Won state cross country championship from his sophomore year on ... A graduate of Elizabethtown High School ... Undeclared major ... Born June 11, 1978.

Jason Perscheid

Senior/Junior (Ath)

Will be one of the top distance runners this year ... Has competed in the 3,000 meter steeplechase, 5,000 meters (14:36.0) and the 10,000 meters (30:30) ... A member of Stanford's nationally-ranked cross country team ... His best finish in

Pole Vault

Willard, OH

Throws

Schaumburg, IL

Distances

Billings, MT

Distances

Redmond, WA

Discus

Boring, OR

Distances

Elizabethtown, KY

Distances

Fair Oaks, CA

1996 was third place at the Fresno Invitational, and fourth at the Stanford Invitational ... Finished fifth among Stanford runners as Stanford won the NCAA District-8 title, and sixth among Cardinal runners at the 1996 NCAA Cross Country championships ... A 1994 Pac-10 academic selection for cross country ... A 1996 MPSF indoor academic selection ... Stanford student-athlete Honor Roll ... 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.

Michael Prindiville

Senior/Junior (Ath)

Will be one of Stanford's top distance runners in 1996 ... Ran a 3:51.27 in the 1,500 meters last year ... A member of the NCAA winning cross country team in 1996 ... Redshirted the 1994 cross country campaign ... Gained top honors at DeLaSalle High School ... Has been state champion for Division II and has run 4:11 and 9:13 for the mile and two-mile, respectively ... A 1995 Pac-10 All-Academic track & field selection ... A 1996 MPSF indoor academic choice ... A 1995 and 1996 Pac-10 All-Academic cross country pick ... Mechanical Engineering major ... Born March 23, 1975.

Rene Rodriguez

Senior

Could once again this year be one of the top runners in the Pacific-10 Conference ... Has sat out the last two seasons, but is healthy and ready to run in 1997 ... Set a school record in 1994 in the 400 meters with a time of 45.85 at the California-Nevada Track & Field championships at UCLA ... The old record was 46.08 set by Alan Sheats in 1977 ... Finished third in the 400 meters at the 1994 Pac-10 Track & Field Championships ... Also ran the anchor legs on the 400 meter and 1,600 meter relay teams ... Competed at the 1994 NCAA Indoors where he captured All-American honors in the 400 meters ... Also qualified for the NCAA Outdoors and the USA T&F National Championships ... A freshman sensation in the 400 meters in 1993 ... Set a freshman school record in the 400 meters at 46.46 ... That time was also one of the top times in the conference and an NCAA provisional time ... Also competed in the 100 and 200 meters in '93 ... His dramatic style and competitive drive make him a valuable member of the team ... Gained numerous athletic and academic honors at Edinburg High School in Texas ... Placed second at the Texas state high school in the 400 meters during his senior season ... Human Biology major ... Born April 6, 1974.

Seth Williams

Freshman

Numerous all-state selections in both track and cross country ... Competed at the 1996 USAT&F Cross Country National Championships in December at Stanford ... A two-time Massachusetts state cross country champion ... Also a Footlocker National finalist in 1994 ... Sidelined much of the 1995 and 1996 high school seasons with a stress fracture in his foot ... Has competed several times in the grueling Mt. Washington Road Race ... A graduate of Plymouth South High School ... Undeclared major ... Born October 20, 1977.

Zak Wright

Junior/Sophomore (Ath)

One of the top middle distance runners ... Redshirted during the 1996 track season ... Competed in the 800 meters and the 1,500 meters (3:51.7) in 1995 ... Gained valuable experience competing at the Pac-10 championships in '95 ... 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 ... A 1996 MPSF indoor academic selection ... A 1995 Pac-10 All-Academic cross country selection ... English/Creative Writing major ... Born April 24, 1975.

Middle Distances

Antioch, CA

Middle Distances

Edinburg, TX

Distances

Manomet, MA

Middle Distances

Jaffrey, NH

1997 TRACK MEN'S ROSTER

Name	Year	Event	High School	Hometown
David Abril	Freshman	Distances	Canyon Del Oro	Tucson, AZ
Michael Agnich	Freshman	Throws	St. Mark's	Dallas, TX
Jeff Allen	Junior	Sprints	Capital	Olympia, WA
Jonathan Alke	Freshman	Hurdles	Capital	Helena, MT
Mark Anderson	Freshman	Middle Distances	Northwest Catholic	Hartford, CT
Wesley Arnett	Sophomore	Middle Distances	Shorewood	Seattle, WA
Jason Balkman	Sophomore	Distances	Lynbrook	Saratoga, CA
Jason Bengtson	Sophomore/Fresh (ath)	Multi-events	Horizon	Scottsdale, AZ
Anthony Bookman	Junior	Sprints	S. Grand Prairie	Grand Prairie, TX
Chris Buddin	Senior/Junior (ath)	Pole Vault	Orange Glen	San Diego, CA
Joseph Burke-Newsum	Senior/Junior (ath)	Multi-Events	Los Altos	Los Altos, CA
Ryan Capalbo	Freshman	Sprints/Jumps	Loyola	Pasadena, CA
Adam Connolly	Junior	Throws	Springbrook	Silver Spring, MD
Mike Devine	Freshman	Distances	Phillips Exeter Academy	Hampton, VA
Jeremy Downs	Freshman	Distances	St. Mark's	Dallas, TX
Damon Dunn	Junior	Sprints	Sam Houston	Grand Prairie, TX
David Dyer	Senior	Distances	Lathrop	Fairbanks, AK
Nate Evans	Senior	Sprints	Redwood	Greenbrae, CA
Matt Farley	Sophomore	Distances	Jesuit	Sacramento, CA
Jose Fierro	Senior	Distances	Singapore American	Martinez, CA
Jeff Fischer	Sophomore/Fresh (ath)	Middle Distances	Thousand Oaks	Thousand Oaks, CA
Adam Fusco	Junior	Jumps/Multi-events	Willard	Willard, OH
Mark Ganek	Freshman	Throws	Hoffman Estates	Schaumburg, IL
Josh Gleason	Junior	Jumps/Multi-events	Lakeside	Redmond, WA
Jorn Grimsley	Sophomore/Fresh (ath)	Distances	Skywing	Billings, MT
Michael Harte	Freshman	Greeley Central	Hurdles/Jumps	Greeley, CO
Brad Hauser	Sophomore/Fresh (ath)	Distances	Kingwood	Kingwood, TX
Brent Hauser	Sophomore/Fresh (ath)	Distances	Kingwood	Kingwood, TX
Tad Heath	Senior	Middle Distances	Foothill	Santa Ana, CA
Gregory Jimmerson	Senior/Junior (ath)	Distances	Stevens	Rapid City, SD
Jimmie Johnson	Senior	Sprints	Mission San Jose	Fremont, CA
Donald Kennedy	Sophomore	Distances	El Modena	Orange, CA
James Long	Senior	Distances	Redmond	Redmond, WA
Chris Lundstrom	Junior	Distances	Northfield	Northfield, MN
Jason Lunn	Senior/Junior (ath)	Middle Distances	Dulles (TX)	Englewood, CO
Jacob Maas	Sophomore	Middle Distances	Central	Rapid City, SD
Brian Manning	Senior	Sprints/Jumps	Ruskin	Kansas City, MO
Marc Mazzoni	Sophomore	Throws	Bellarmino Prep	Los Gatos, CA
Ryan McCalmon	Junior	Distances	Cheverus	Falmouth, ME
Jeff McCarty	Junior	Throws	Clackamas	Boring, OR
Thomas Murley	Freshman	Distances	Elizabethtown	Elizabethtown, KY
Nathan Nutter	Junior/Sophomore (ath)	Distances	Tempe Corona Del Sol	Phoenix, AZ
Jason Perscheid	Senior/Junior (ath)	Distances	Jesuit	Fair Oaks, CA
Jauron Pigg	Sophomore	Sprints/Jumps	Kokomo	Kokomo, IN
Michael Prindiville	Senior/Junior (ath)	Distances	DeLaSalle	Antioch, CA
Robert Reeder	Senior	Distances	Northern Highlands	Allendale, NJ
Rene Rodriguez	Senior	Middle Distances	Edinburg	Edinburg, TX
James Senechal	Junior	Distances	Niceville	Niceville, FL
Michael Stember	Freshman	Distances	Jesuit	Fair Oaks, CA
Toby Stevenson	Freshman	Pole Vault	Permian	Odessa, TX
Bill Stinehart	Senior	Middle Distances	Harvard-Westlake	Los Angeles, CA
Justin Strand	Senior/Junior (ath)	Throws	Gonzaga Prep	Coeur d'Alene, ID
Pete Swanson	Senior	Throws	San Benito	Hollister, CA
Alex Teekell	Sophomore	Middle Distances	Bishop O'Dowd	Oakland, CA
Blake Thompson	Freshman	Distances	John Burroughs School	St. Louis, MO
Ross Venook	Freshman	Distances	Woodbridge	Irvine, CA
Jonathan Weldon	Junior	Distances	Thomasville	Thomasville, NC
J.J. White	Senior/Junior (ath)	Distances	Dublin	Dublin, OH
Seth Williams	Freshman	Distances	Plymouth	Manomet, MA
Chase Wimberly	Junior	Sprints	Canyon	Anaheim, CA
Zak Wright	Junior/Sophomore (ath)	Distances	Conant	Jeffrey, NH



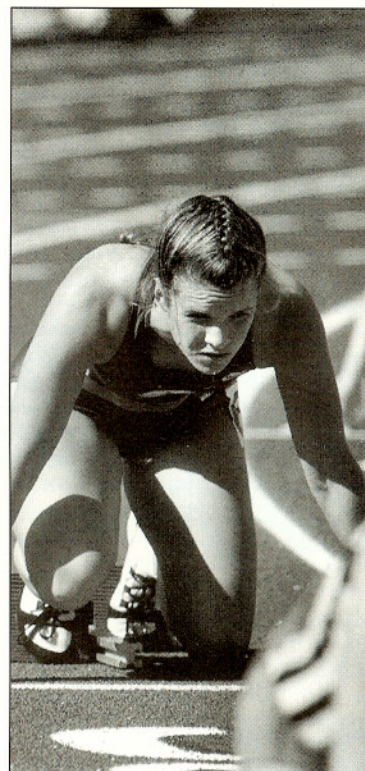
Jeff Allen



Justin Strand

1997 STANFORD TRACK WOMEN'S ROSTER

Name	Year	Event	High School	Hometown
Courtney Adams	Freshman	Distances	Brebeuf Prep	Indianapolis, IN
Azania Andrews	Freshman	Sprints	Mt. Hermon School	San Juan, P.R.
Bernadette Armand	Junior	Sprints/Hurdles	S. Plantation	Plantation, FL
Allison Beatty	Freshman	Throws	Mead	Spokane, WA
Michelle Breaux	Junior	Throws	Bonita Vista	Bonita, CA
Leila Burr	Senior	Middle Distances	Friends	New York, NY
Jenny Carr	Sophomore	Sprints	Columbus	Columbus, WI
Wllsa Charles	Freshman	Sprints	Queen Anne School	Mitchellville, MD
Monal Chokshi	Senior/Junior (ath)	Middle Distances	Raritan	Bridgewater, NJ
Mary Cobb	Sophomore	Middle Distances	Pittsfield	Pittsfield, MA
Alycia Cummings	Freshman	Jumps	Cavalier	Cavalier, ND
Tiencia DePass	Freshman	Distances	Columbia	Decatur, GA
Kerry Dugan	Freshman	Distances	Boulder	Boulder, CO
Kortney Dunscombe	Junior	Distances	Bend	Sunriver, OR
Lenita Ellis	Freshman	Jumps/Sprints	Sacramento	San Jose, CA
Patricia Ferguson	Senior	Hurdles	Zachary	Zachary, LA
Jessica Fry	Junior	Distances	Rogers	Spokane, WA
Shaluinn Fullove	Freshman	Middle Distances	Louisville	Canoga Park, CA
Sally Glynn	Freshman	Middle Distances	Walter Johnson	Rockville, MD
Joy Goff	Freshman	Heptathlon	Cascade	Turner, OR
Gina Heads	Junior/Sophomore (ath)	Throws	Newport Harbor	Costa Mesa, CA
Amy Henderson	Junior	Sprints	Ames	Ames, IA
Ashley Holt	Freshman	Middle Distances	Menlo-Atherton	Rinard, CA
Tyra Holt	Senior	Sprints/Long Jump	Fairfield	Fairfield, IL
Mary Huang	Freshman	Distances	Provo	Provo, UT
Maggie Issac	Freshman	Throws	Glenbard North	Carol Stream, IL
Katrinka Jackson	Junior	Jumps/Multi-events	Astoria	Astoria, OR
Taissa Kuncio	Freshman	Distances	Manhasset	Manhasset, NY
Christy Lacey-Kreitz	Freshman	Middle Distances	Lincoln	Portland, OR
Tracye Lawyer	Sophomore	Jumps/Multi-events	Cate School	Santa Barbara, CA
Sarah McFarlin	Freshman	Jumps	Dana Hills	Laguna Niguel, CA
Jennifer McMillan	Freshman	Hurdles	Fergus	Lewistown, MT
Heather Miller	Junior	Sprints	Westridge	Altadena, CA
Sara Moore	Junior	Middle Distances	Richland	Richland, WA
Cynthia Morman	Sophomore/Fresh (ath)	Middle Distances	Chugiak	Chugiak, AK
Tara Oettinger	Sophomore	Jumps/Sprints	Foothill	Santa Ana, CA
Maureen Onyeagbako	Freshman	Throws	Edward Reed	Sparks, NV
L. LaShawndra Pace	Sophomore	Middle Distances	Phillips Academy	Los Angeles, CA
Summer Pierson	Freshman	Throws	Niskayuna	Niskayuna, NY
Sylvia Pieslak	Sophomore	Sprints	Menlo-Atherton	Atherton, CA
Jennifer Raab	Sophomore	Middle Distances	Mt. Greylock	Williamstown, MA
Sarna Renfro	Junior	Distances	Bellarmine	Federal Way, WA
Cassie Romuld	Freshman	Throws	Grand Forks Central	Grand Forks, ND
Linn Schulte-Sasse	Sophomore	Distances	Southwest	Minneapolis, MN
Samantha Jo Small	Junior	Throws	College Jeane Sauve	Winnipeg, CAN
Jayna Smith	Freshman	Sprints	Trotwood Madison	Trotwood, OH
Jennifer Test	Sophomore	Jumps	Bret Harte	Altaville, CA
Ryan Thomas	Junior	Middle Distances	John Burroughs	St. Louis, MO
Julie Tinker	Freshman	Jumps/Sprints	Valley	Elk Grove, CA
Allison Twist	Sophomore	Distances	San Marino	San Marino, CA
Alison White	Sophomore	Distances	Mt. Greylock	Dalton, MA
Amanda White	Senior	Distances	Dulaney	Cockeysville, MD
Rhonda Witmer	Junior	Jumps	Greenwood	Liverpool, PA



Tyra Holt



Tracye Lawyer



Courtney Adams

Freshman

Will redshirt in 1996-97 ... Has represented the United States in international competition at the 1995 Pan Am Games in Chile in the 3,000 meters where she finished fourth at the U.S. Junior National championships ... A Footlocker National Cross Country finalist as a high school senior ... Won both the Millrose girls high school mile and the National Scholastic indoor mile (4:49) in 1996 ... A two-time high school All-American in the indoor mile ... A graduate of Brebeuf Preparatory School in Indianapolis, IN ... Undeclared major ... Born November 21, 1977.

Distances

Indianapolis, IN



Wilsa Charles

Freshman

Ran 11.60 in the 100 meters and 24.10 in the 200 meters at the Queen Anne School ... Potomac Valley Athletic Conference record holder in the 100 and 200 meters, and the long jump ... PVAC championship meet female MVP in 1994, 1995 and 1996 ... The 100 meter and 200 meter champion in the East Coast Invitational in 1996 ... Washington Post All-Metro team selection from 1994-96 ... All-league selection in track & soccer (1992-96) ... Queen Anne School's varsity soccer MVP in 1995 ... Track & Field MVP from 1993-95 ... Pre-Med ... Born July 7, 1978.

Sprints

Mitchellville, MD



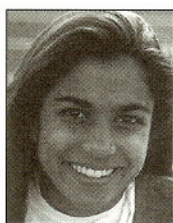
Bernadette Armand

Junior

Enjoyed a productive sophomore season in 1996 ... Ran a career-best 14.29 in the 100 meter hurdles ... Ran the opening leg on the 400 meter relay ... Ran her season-best of 14.44 in the 100 meter hurdles in 1995 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 ... A 1996 Pac-10 academic selection in track & field ... A 1996 MPSF indoor academic selection ... Political Science major ... Born July 7, 1976.

Sprints/Hurdles

Plantation, FL



Monal Chokshi

Senior/Junior (Ath.)

Another of Stanford's outstanding distance runners ... On the track in 1996, she clocked personal bests at every distance from 800 meters to 3,000 meters ... Has run 2:09.64, 4:22.69 and 9:18.14 for the 800, 1,500 and 3,000 meters, respectively ... Her 3,000 meter time was recorded at the NCAA championships, where she sprinted to fourth place, the Cardinal's top finisher at the championships ... Also nailed top performances as a member of several relays, including two record-setting distance medley relay teams, one of which garnered fifth at the indoor NCAA's and the 4 x 1,500 meter relay squad which finished in second place, and ran the tenth fastest time in Penn Relays history ... In 1996, winner of the Michael Antonacci Award - for the most inspirational female track & field Stanford athlete ... In 1995, co-winner of the Block "S" outstanding female freshman award - presented to the outstanding female athlete of the freshmen class at Stanford ... The 1995 Pac-10 champion in the 3,000 meters ... She won the race in dramatic fashion over 1994 NCAA champion Karen Hecox ... Entering the final lap, Chokshi was 30 meters behind Hecox in the hot desert of Tucson, but caught and passed Hecox 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 ... Also a member of the distance medley relay team, which gained All-America honors at the 1995 NCAA Indoor Championships ... Redshirted the 1994 season ... A member of the NCAA champion Stanford cross country team in 1996 where she served as team captain ... Voted Most Valuable Athlete on the Cardinal team ... She was tenth at the 1996 NCAA Cross Country Championships, the Cardinal's #1 runner and opened the door for Stanford's first NCAA title ... 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 ... The 1991 Penn Relays champion at 3,000 meters ... A 1996 Pac-10 all-academic selection in track & field, as well as cross country ... A 1996 MPSF indoor academic selection ... Symbolic Systems major ... Born May 29, 1975.

Middle Distances

Bridgewater, NJ



Alison Beatty

Freshman

A two-time Washington state high school champion in the javelin with a personal best of 155-3 ... USA Today, and Track & Field News All-American ... School, district and regional record holder ... An all-league selection in track and soccer ... Her Mead High School soccer, and track & field teams were state champions ... Team captain in soccer, basketball and track ... Scholar Athlete of the Year ... Undeclared major ... Born May 2, 1978.

Throws

Spokane, WA



Leila Burr

Senior

A talented and versatile middle distance runner ... Has competed in the 800 meters (2:12.93), 1,500 meters (4:27.63) and the 3,000 meters (9:45.04) in the last three years at Stanford ... Placed tenth in the 3,000 meters at the 1996 conference meet ... 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, 1995 and 1996 ... Competed at the NCAA District-8 meet and the NCAA's where her clutch performance helped Stanford clinch the NCAA title ... A Pac-10 All Academic selection in 1994, 1995 and 1996 in track & field as well as cross country ... 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 major ... Born February 26, 1975.

Distances

New York, NY



Mary Cobb

Sophomore

A tremendously talented runner with the versatility to compete at all events from 800 meters to 5,000 meters ... During the 1996 track season, ran 4:21.95 in the 1,500 meters, an NCAA provisional time, a 9:27.37 in the 3,000 meters, also a NCAA provisional time ... Qualified for the NCAA's in the 5,000 meters with a time of 16:05.3 (a freshman school record and her 5,000 meter time was an Olympic Trials qualifying time) ... Her time in the 5,000 meters qualified her for the 1996 U.S. Olympic Trials ... Finished seventh in the 1,500 meters at the conference meet ... At the NCAA's, gained All-America honors with a 12th place finish in the 3,000 meters ... Also picked up All-America recognition for her anchor leg on the women's school record distance medley relay team which placed fifth at the 1996 NCAA Indoors ... Similarly anchored two very successful relay ventures at the Penn Relays, the distance medley relay which finished fourth in a new school record time of 11:14.90 and the 4 x 1,500 meter relay, which finished second in the 10th fastest time in Penn Relays history ... During the 1996 indoor season, captured the 5,000

Middle Distances

Pittsfield, MA



Jennifer Carr

Sophomore

A long sprinter with the ability and natural talent to run a great 800 meters ... Competed at the 1996 Pac-10 Track & Field Championships as a member of the 1,600 meter relay ... Won the AAU Junior Olympic 800 meter title in only her third attempt at that distance ... Has a personal best of 2:12 for 800 meters ... Will cover all events from 100 meters to 800 meters ... A two-time state champion from Columbus High School ... The 1995 AAU junior Olympic champion in the 800 meters ... Communication major ... Born September 25, 1977.

Sprints/Middle Distances

Colmibus, WI

meter title at the MPSF's in Reno ... In 1996, won the Irving S. Zeimer Memorial Inspirational Trophy ... Also won the Block "S" Award for the outstanding female freshman athlete ... During the 1996 cross country season, helped lead the Cardinal to the NCAA title, the NCAA District-8 championship and the Pac-10 crown ... Was Stanford's third best runner at the NCAA's and gained All-America honors ... 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 ... 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 ... 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 ... Human Biology major ... Born December 10, 1976.



Kourtney Dunscombe
Junior

Distances
Bend, OR

In 1996, hit the NCAA provisional standard at the 5,000 meter distance and set a lifetime best at 10,000 meters (36:03.73), scoring at the Pac-10 Championships ... Also competed at the conference meet in the 5,000 meters ... In 1995, co-winner, along with Monal Chokshi, of the Block "S" outstanding female freshman award - presented to the outstanding female athlete of the freshmen class at Stanford ... 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 ... Helped lead the Cardinal to the 1996 NCAA cross country title ... 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 ... At the 1994 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 ... Psychology/Pre-Med major ... Born August 8, 1976.



Jessica Fry
Junior

Distances
Spokane, WA

A great addition to the Cardinal squad, entering her first year on The Farm ... A four-time All-American selection while at the University of Alabama ... Projects to be a tremendous asset to the Cardinal track & field, and has already made an impact on the NCAA title winning cross country team ... While at Alabama, made a big splash immediately in Tuscaloosa, becoming an All-American in her first NCAA appearance in the 1994 NCAA Cross Country Championships ... Finished second at the SEC Cross Country Championships in 1994 ... Followed that by getting second at the indoor conference meet in the 5,000 meters ... Ran her personal record of 16:06 at the 1995 NCAA Indoor Championships in the 5,000 meters to gain All-America honors ... Her time there qualified her for the 1996 U.S. Olympic Trials ... Finished second in the U.S. Trials for the World Cross Country Championships during her freshman season ... Represented the U.S. in Durham, England, at the World Cross Country Championships where she finished 19th ... Has also run the 3,000 meters in 9:36 ... As a sophomore, came back from being struck by a car to earn her second All-American selection in cross country, placing 24th at the NCAA Championships ... During the spring of 1996, finished second in the SEC 5,000 meters and third in the 3,000 meters ... Placed fourth at the 1996 NCAA Track & Field Championships in Eugene in her specialty, the 5,000 meters to gain All-

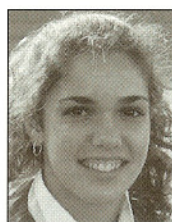
America honors ... Redshirted her freshmen season outdoors and her sophomore year indoors, and was consequently a junior during the cross country season while only a sophomore in track ... During the 1996 cross country season, helped lead the Cardinal to the NCAA title with a 16th place finish ... Stanford's second-best runner at the NCAA meet to gain All-America honors ... While in high school, was runner-up at the 1994 Washington state meet in both the 1,600 and 3,200 meters behind Sarna Renfro ... A graduate of Rogers High School in Spokane, Wa ... English major ... Born May 7, 1976.



Sally Glynn
Freshman

Middle Distances
Rockville, MD

A valuable member of the winning NCAA cross country team in 1996 ... At the 1996 USAT&F National Cross Country Championships, captured first place ... Won more than 25 Maryland state championships in cross country, indoor, and outdoor track ... Named to 13 All-America teams in track & cross country ... Two time Millrose girls high school mile champion ... Three time Penn Relays girls high school 1,500 meter champion ... The 1994 runner-up at the Footlocker National cross country championships ... Has run 4:24.51 for 1,500 meters ... A graduate of Walter Johnson High School in Bethesda, MD ... Undeclared major ... Born November 3, 1978.



Joy Goff
Freshman

Heptathlon/Multi-Events
Turner, OR

A standout student-athlete, who will compete in the heptathlon and the multi-events ... An All-American in the heptathlon during her junior and senior seasons at Cascade High School ... Finished fifth at the Junior Nationals ... Has recorded 4,715 points in the heptathlon ... State champion in 1995 and 1996 in the 300 meter hurdles ... First team all-state in the 100 and 300 meter hurdles, and the javelin ... A second team all-state selection in the 400 meters ... Runner-up for women's track Athlete of the Year in the state of Oregon in 1995 ... Biology major ... Born May 6, 1978.



Gina Heads
Junior/Sophomore

Throws
Costa Mesa, CA

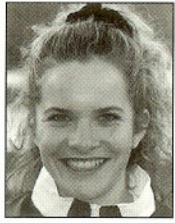
A valuable addition to the Stanford women's weight throwing program ... As a freshman in 1995, she qualified for the Pac-10 championships in the shot put ... Also qualified for and competed at the USAT&F Junior Nationals in the hammer throw in only her first year with the implement ... Threw 47-5 1/4 in the shot put while a senior in high school ... Won the 1994 National Scholastic Championship while at Newport Harbor High School ... Seaview League "Athlete of the Year" ... Will also compete in the hammer throw for the Cardinal in 1997 ... A tremendously strong athlete who competes on a national level in weightlifting ... Psychology major ... Born July 10, 1976.



Amy Henderson
Junior

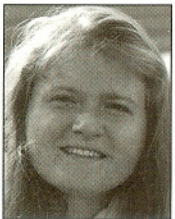
Sprints/Hurdles
Ames, IA

An excellent addition to the hurdles corps ... A conference qualifier in the 400 meter hurdles and a Stanford scorer at the Pac-10 meet ... Ran the 100 meter hurdles and the 400 meter hurdles during her freshman season in 1995 ... Will help in both events as well as potentially on both relays in 1997 ... 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 ... A 1996 Pac-10 track & field academic selection ... Biology major ... Born July 28, 1976.



Tyra Holt LJ/Sprints/400 M/Pole Vault
Senior **Rinard, IL**

A talented athlete who will compete in the long jump, sprints, the 400 meters and the pole vault ... Highlights of the 1996 season included a leap of 11-7 (a career best) in 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 1/4) ... 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 school record holding 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 ... A two-time high school state champion in the 400 meters ... Human Biology major ... Born June 24, 1975.



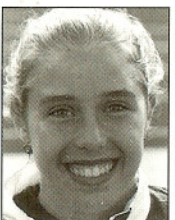
Maggie Isaac Throws
Freshman **Carol Stream, IL**

One of the top throwers in the U.S. as a high schooler ... Has thrown the shot put (42-6) and 151-8 in the discus while at Glenbard North High School ... A conference, sectional and state champion ... Holder of numerous school records in indoor and outdoor competition ... Chemical Engineering major/Pre-Med ... Born September 18, 1978.



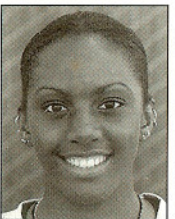
Katrinka Jackson Jumps
Junior **Astoria, OR**

A versatile athlete who will compete in the heptathlon, hurdles, throwing events and jumps ... Tallied 4,569 points, a career-best, to finish eighth at the 1996 Pac-10 Heptathlon Championships ... Qualified for the conference meet in the shot put (45-6 1/4) and high jump (5-7 1/4) ... Winner of the Robert L. "Dink" Templeton Award for the most improved varsity field event athlete ... 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 ... MVP in track for three years ... Most Inspirational in 1993 ... Memorial Athletic Award for Best Athlete at Astoria High School ... History major ... Born September 2, 1976.



Christy Lacey-Krietz Middle Distances
Freshman **Portland, OR**

The 1996 Oregon state 800 meter champion with a personal best of 2:11.13 ... Finished second in the 800 meters at the state meet in 1994 and 1995 ... Ran the anchor leg on the state championship 1,600 meter relay team ... Also an all-state selection in basketball during her senior year ... Twelfth at the 1995 cross country state meet ... A graduate of Lincoln High School in Portland, OR ... Human Biology major ... Born September 9, 1978.



Tracye Lawyer Jumps/Multi-Events
Sophomore **Santa Barbara, CA**

A phenomenal athlete with unlimited potential ... Placed sixth at the 1996 Pac-10 Heptathlon Championships with 4,998 points ... Recorded a career-best 5,108 at the Mt. SAC Heptathlon Championships ... Her high jump of 5-11 was a NCAA qualifying leap ... In 1996, won the Jack Weiershauser Freshman Award ... A dual sport athlete at Stanford where she competes for the nationally-ranked women's soccer team at midfield ... During the 1996 soccer season, started six games and played in 15 at midfield ... Has the ability

to make an immediate impact in a variety of events for the Cardinal ... Won the California State high school 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 5-11 in the high jump and 18-9 1/2 in the long jump ... A 1996 graduate of the Cate School, has her sights set on becoming a doctor ... Biology major ... Born August 28, 1977.



Heather Miller Sprints
Junior **Altadena, CA**

An excellent sprinter with a rich family tradition in those events ... Stanford's top sprinter in the 100 meters (11.93), 200 meters (23.78) and 400 meters ... Placed fourth in the 200 meters at the Pac-10's in 1996 ... A conference scorer in the 100 meters in 1996 ... In 1996, won the Margaret Storey - Garnett Young Award, given to the most improved Cardinal runner ... Has only scratched the surface of her potential ... 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) in 1995 ... Competed at the California state meet as a junior and senior in high school ... 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 Middle Distances
Junior **Richland, WA**

Gives strength to the middle distance corps ... A 1996 conference qualifier in the 800 meters (2:08.71) and the 1,500 meters (4:32.82) ... Also ran the 3,000 meters in 1996 ... Ran ninth in the 800 meters at the Pac-10 Championships at UCLA ... In 1995, 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 ... During the 1996 cross country season, competed at the NCAA District-8 and NCAA championship meets where she was Stanford's #5 runner ... Her performance gave Stanford the added punch in winning the NCAA crown ... Chose to run cross country for the first time as a frosh, competing well at the Stanford Invitational and the Cal Poly SLO Invitational ... 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 ran on the state champion 400 meter relay ... Anchor on the state runner-up 1,600 meter relay team ... Also an excellent soccer player invited to compete on several regional all-star teams ... A 1996 Pac-10 track & field academic pick, as well as a conference all-academic selection in cross country ... A 1996 MPSF indoor academic selection ... Human Biology major ... Born April 23, 1976.



Tara Oettinger Jumps/Sprints
Sophomore **Santa Ana, CA**

Primarily a jumper, but will see time on the track as well due to her excellent speed in the long sprints ... Competed primarily in the long jump in 1996, where she competed at the league meet ... Was the California state champion as a junior in the long jump and has a best of 19-11 3/4 ... 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 ... Human Biology major ... Born December 7, 1977.



Summer Pierson Throws
Freshman **Niskayuna, NY**

A school record holder and state champion in the discus, javelin and shot put ... She has thrown the discus a personal best of 160-8 ... Empire State Open and scholastic champion while at Niskayuna High School ... Genetic Biology major ... Born September 3, 1978.



Sarna Renfro
Junior

A standout junior distance runner, who has made an immediate impact in the Stanford track & field program ... During the 1996 season, was an NCAA qualifier in the 3,000 meters (9:18.26, a career-best) and the 5,000 meters (16:09.84, a career-best and an Olympic Trials qualifier) ... Finished third in the 3,000 meters at the 1996 Pac-10 Track & Field Championships in a time of 9:19.61 ... Placed fourth at the conference meet in the 5,000 meters (16:22.74) ... Later at the NCAA's, gained All-America honors with a fourth place finish (16:22.34) ... Also competed in the 1,500 meters during the 1996 season ... At the 1996 Indoor NCAA's, placed ninth in the 3,000 meters to garner All-America honors ... Saw significant relay action as the crucial third leg on the 4 x 1,500 meter relay which got second in the tenth fastest time in Penn Relays history ... 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 NCAA's to earn All-America honors ... Has contributed substantially to the success of Stanford's nationally-ranked cross country team ... During the 1996 NCAA championship season, helped lead the team to victory at the NCAA, NCAA District-8 and Pac-10 meets ... Had an outstanding 1995 cross country campaign ... She moved up a dozen spots to 36th place overall at the NCAA's ... 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 ... In 1994, 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 ... A three-time Washington state AAA state champion in the 1,600 and 3,200 meters ... 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 ... A 1995 and 1996 Pac-10 first team All-Academic track & field selection ... Also a 1996 Pac-10 cross country all-academic choice ... A 1996 GTE/CoSIDA Academic All-District pick ... Won the 1996 Dorothy M. Fontes Academic Award - given to the Cardinal woman athlete with the highest academic average ... Human Biology major ... Born September 19, 1976.

Distances
Federal Way, WA



Cassie Romuld
Freshman

A standout competitor in the discus and shot put ... Has thrown the discus 164-2 and the shot put 47-6 ... Lettered all four years at Grand Forks Central High School ... North Dakota state champion in the shot put during her junior and senior seasons ... Also captured the state title in the discus in 1996 ... The 1994 AAU Jr. Olympic shot put champion ... The 1996 AAU Junior Olympic shot put and discus champion ... Won numerous athletic awards, including All-America honors by Track & Field magazine ... The 1996 winner of the U.S. Army Reserve National Scholar/Athlete award ... Undeclared major ... Born April 5, 1978.

Throws
Grand Forks, ND



Samantha Jo Small
Junior

An outstanding young thrower ... An NCAA provisional qualifier in the discus (166-11) during the 1996 season ... Also competed in the shot put, javelin and hammer ... Finished seventh in the discus at the conference meet ... 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 Championships ... 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

Throws
Winnipeg, Canada

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 164-0 ... 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 ... The starting goalie for Stanford's ice hockey club team ... Mechanical Engineering major ... Born March 25, 1976.



Jayna Smith
Freshman

A talented competitor from 100 through the 800 meters ... Has run 25.4 in the 200 meters, 56.1 in the 400 meters and 2:21.18 in the 800 meters ... District champion, regional champion and third in the 400 meters at the Ohio state championships ... Ran in the Ohio state meet for three years in the 400 meters ... OHSAA scholar-athlete award winner ... Academic all-Ohio in track and soccer ... English major/Pred-Med ... Born March 8, 1978.

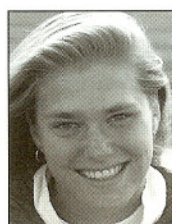
Sprints
Trotwood, OH



Ryan Thomas
Junior

Will give Stanford valuable depth in the distance events ... Has run in the 1,500 (4:41) and 3,000 meters (9:59) ... Qualified for the USAT&F Junior Nationals in both the 1,500 meters and 3,000 meters in 1995 ... Was the 1993 Missouri state cross country champion and won state titles at multiple distances in track for John Burroughs High School... A 1996 Pac-10 track & field academic selection, as well as cross country ... Modern Thought & Literature major ... Born April 16, 1976.

Middle Distances
St. Louis, MO



Amanda White
Senior

A standout distance runner ... Has competed primarily in the 1,500, the 3,000 meters and 5,000 meters ... A Pac-10 qualifier in the 1,500 meters in 1996 ... Was also one of Stanford's runners in the 5,000 meters ... Hit a personal best in the 5,000 meters in 1996, running 17:22.0 at the Mt. SAC Relays, qualifying her for the conference championships where she finished eleventh ... 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 ... A member of the Cardinal cross country team ... 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 1994 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 ... Dial Student-Athlete of the Year ... 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 ... Also has competed at the World Junior Triathlon Championships, where she was the top American, finishing seventh ... A national junior Triathlete of the Year in 1995 ... A 1996 Pac-10 all-academic selection in track & field, as well as cross country ... A 1996 MPSF indoor academic selection ... Human Biology major ... Born June 8, 1975.

Distances
Cockeysville, MD



Rhonda Witmer
Junior

An outstanding jumper who projects to strengthen an already tough jump corps ... Competes in both the long and triple jumps for Stanford ... In 1996, leaped a season-best 38-4 1/4 in the triple jump ... Placed fourth at the 1996 Pac-10 Track & Field Championships in the triple jump ... Has a career-best jump of 40-3 3/4 ... Redshirted the 1995 track season ... Has terrific natural leaping ability ... A 1996 Pac-10 track & field selection ... A 1996 MPSF indoor academic selection ... Biology major ... Born January 18, 1976.

Jumps
Liverpool, PA

Others To Watch**Azania Andrews****Freshman**

A hard-working competitor in the sprints ... Two-time NEPSTA champion in the 200 and 400 meters ... NEPSTA record holder in the 400 meters ... Numerous honors at Northfield Mt. Hermon School ... Twice named to the *Boston Globe* all-star team ... Undeclared major ... Born November 20, 1978.

Alycia Cummings**Freshman**

The North Dakota state champion in the long jump in 1995, and in the triple jump in 1996 while a student at Cavalier High School ... Set a state record in the triple jump with a mark of 37-7 1/2 ... Also the school record holder in both events ... Biology major ... Born June 5, 1978.

Kerry Dugan**Freshman**

Will provide depth to an already strong distance corps during the 1997 track season ... A member of the NCAA championship cross country team ... Ran in three races in 1996 ... Was third at the 1995 U.S. Junior Nationals in the 3,000 meters (9:43.07) ... Also a three time Colorado state 3,200 meter champion ... A 1995 Footlocker National cross country finalist ... A three-time Colorado state cross country championships ... A graduate of Boulder High School ... Undeclared major ... Born December 19, 1977.

Shaluinn Fullove**Freshman**

A talented distance runner and will play a key role in scoring points during the 1997 track season ... Also a member of the cross country team, where she ran in three races ... Won the California state Division IV cross country title as a senior by 20 seconds ... Finished third at the state in a hotly contested 1,600 meters finishing in a life time best of 4:58 ... CIF Division III champion in the 1,600 as both a junior and senior ... A graduate of Louisville High School in Canoga Park, CA ... Undeclared major ... Born November 21, 1977.

Ashley Holt**Freshman**

A standout runner at Menlo-Atherton High School ... Ran several events, including the 200 meters, 800 meters, the 1,600 meters and the two-mile ... Symbolic Systems major ... Born December 21, 1977.

Mary Huang**Freshman**

An excellent distance runner, who will provide more talent to an already strong distance program in track ... A member of the cross country team, where she finished second at the Stanford Invitational in 1996 ... Was the 1994 Utah state cross country champion ... Missed defending her title her senior year to travel to Taiwan to represent her country in international competition ... A 1994 Footlocker National cross country finalist ... Winner of the 1996 L.A. Indoor Invitational and Arcadia Invitationals ... Has run 10:34 for 3,200 meters ... Team captain all four years at Provo High School ... All-state, and all-region and the Utah 4A Athlete of the Year ... Human Biology major ... Born March 13, 1978.

Jennifer McMillan**Freshman**

A three-time state record holder in the 100 meter hurdles and the 300 meter hurdles ... Also the school record holder in both events at Fergus High School ... Has been timed in 14.9 in the 100 meter hurdles and 43.9 in the 300 meter hurdles ... Forensic Psychology major ... Born September 27, 1978.

Sprints**San Juan, Puerto Rico****Jumps****Cavalier, ND****Distances****Boulder, CO****Middle Distances****Canoga Park, CA****Middle Distances****Atherton, CA****Distances****Provo, UT****Hurdles****Lewiston, MT****Maureen Onyeagbako****Freshman**

The 1996 Nevada state champion in the discus ... Also placed third in the state meet in the discus ... The school record holder in the shot put at Reed High School ... Has a career best of 43-11 1/2 in the shot put ... Human Biology major ... Born October 10, 1978.

Sylvia Pieslak**Sophomore**

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 ... Public Policy major ... Born December 21, 1977.

Linn Schulte-Sasse**Sophomore**

A versatile distance runner who is only beginning to come into her own ... In 1996, competed at events from the 1,500 to 5,000 meters, running personal times of 4:40 and 10:09 for 1,500 and 3,000 meters ... Qualified for and competed at the U.S. Junior National Championships at both 3,000 and 5,000 meters ... Competed in four races during the 1996 NCAA cross country season, including a sixth place finish at the Stanford Invitational ... Enjoyed good success and consistent progress through her first collegiate cross country championships in 1995 ... Was named All-Midwest Regional for her performance at the Footlocker regional high school cross country championships her senior year ... Ran personal bests of 5:07 and 11:11 for 1600 and 3200 meters respectively at Minneapolis Southwest High School ... Father was a top 800 meter runner for Germany in the 1950's ... A 1996 Pac-10 all-academic selection in cross country ... Political Science major ... Born August 3, 1977.

Jennifer Test**Sophomore**

A young jumper with great potential ... Was Stanford's top triple jumper in 1996 (38-6) ... Placed fifth at the Pac-10 meet ... Competed at the California State meet in both the long and triple jumps as a junior and senior in high school 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 1/2 and 38-5 in the long and triple jumps, respectively ... Class Salutatorian at Bret Harte High School ... Undeclared major ... Born November 11, 1977.

Julie Tinker**Freshman**

Ran the 100 meters (12.17), the 400 meters (57.2), and competed in the long jump (18-10) and the triple jump (39-10) at Valley High School ... The section champion in the long jump and triple jump, and as a member of the 400 meter and 1,600 meter relay teams ... Placed second in the triple jump at the state meet ... The school record holder in the long jump, triple jump, high jump, and as a member of the 400 and 1,600 meter relay teams ... Math major ... Born September 17, 1978.

Alison White**Sophomore**

A runner with a great deal of untapped talent ... A Pac-10 qualifier in the 1,500 meters (4:39) in 1996 ... Also ran the 3,000 meters ... During the 1995 cross country season, scored in Stanford's top five at several events, including the Stanford and Cal Poly Invitational and the Crystal Springs Challenge ... Despite limited training, won the Massachusetts state two-mile title and followed that up by winning the New England crown her senior year in high school ... 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 ... Psychology/English major ... Born April 22, 1977.

Throws**Sparks, NV****Sprints****Atherton, CA****Distances****Minneapolis, MN****Jumps****Altaville, CA****Sprints/Jumps****Sacramento, CA****Distances****Dalton, MA**

World Record Performances

- 1904 Norman Dole, pole vault, 12-1 1/2
- 1910 Leland Scott, pole vault, 12-10 3/8
- 1912 George Horine, high jump, 6-7
- 1921 Morris Kirksey, 100-yard dash, 9.6
- 1925 Glen Hartranft, discus, 157-1 1/2
- 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 1/2
- 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 1/2; 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
- 1956 Bud Held, javelin, 270-0 (made after leaving Stanford)
- 1961 Ernie Cunliffe, 1000-yard run (indoor), 2:07.3



Otis Chandler

- 1965 440-yard relay team of Eric Frische, Dale Rubin, Bob McIntrye, 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

- 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
- 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, 1,500 meters, 10th; and 3,000 meters, fifth; Steve Schadler, 1,500 meters, unpl.; Dave Strang, 1,500 meters, unpl.
- 1996 Chryste Gaines, 400 meter relay, first; Jackie Edwards, long jump, unpl.; Regina Jacobs, 1,500 meters, unpl.; Shaun Pickering, shot put, unpl.; Dave Popejoy, hammer, unpl.; Dave Strang, 800 meters, unpl.; Stanford assistant coach, Robert Weir, discus, unpl.



Chryste Gaines, Olympic gold-medalist (4 x 100 meter relay)

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



Pam Dukes

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 ½; Eric Krenz, discus, 149-2; Harlow Rothert, shot put, 49-10 ¾; 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 ¾
- 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 ¼
- 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 ¾

Women

- 1982 Ceci Hopp, 3,000m, 8:57.0; Kim Schnurpfeil, 10,000m, 32:36.51
- 1983 Alison Wiley, 3,000m, 9:03.51; Carol Cady, shot put, 56-0
- 1984 PattiSue Plumer, 5,000m, 15:39.38; Carol Cady, Discus, 198-5
- 1992 Jackie Edwards, long jump, 21-7 ½, indoor/outdoor; Chryste Gaines, 100m, 11.05w, outdoor; 55 meters, indoors

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 – 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, 10,000m
- 1980 Rick Buss, hammer; Dave Thomson, hammer
- 1984 Shaun Pickering, hammer
- 1985 Jeff Atkinson, 1,500m; Brian Masterson, hammer
- 1986 Jeff Atkinson, 1,500m; Brian Marshall, high jump; Jay Thorson, decathlon
- 1988 Brian Marshall, high jump; Marc Olesen, 1,500m; Glenn Schneider, discus
- 1989 Brian Boggess, shot put
- 1990 Bill Crowley, 800m; Eric Mastalir, 1,500m; Dave Strang, 800m
- 1991 Marcus Hickerson, long jump; Mark Mastalir, 1,500m; Dave Strang, 800m
- 1992 Dave Scudamore, 10,000m; Gary Stolz, cross country
- 1993 Dave Scudamore, 10,000m; Gary Stolz, 5,000m (indoors)
- 1994 Dave Popejoy, hammer; Rene Rodriguez, 400m (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
- 1996 Distance Medley Relay Team – Tad Heath, Jimmie Johnson, Mark Fadil, Jason Lunn (indoors); Brad Hauser, cross country; Brent Hauser, cross country; Greg Jimmerson, cross country and 10,000m; Nathan Nutter, cross country; J.J. White, cross country; Adam Connolly, hammer; Justin Strand, hammer

Women

- 1982 Carol Cady, discus; Ceci Hopp, 3,000m; Regina Jacobs, 800m; Ann Locke, 10,000m; Michelle Mason, 5,000m; PattiSue Plumer, 3,000m; Kim Schnurpfeil, 10,000m
- 1983 Carol Cady, shot put, discus; Alison Wiley, 3,000m; PattiSue Plumer, 3,000m; Mary Osborne, javelin; Regina Jacobs, 1,500m
- 1984 PattiSue Plumer, 3,000 & 5,000m; Carol Cady, discus, shot put; Alison Wiley, 3,000 & 5,000m
- 1985 Pam Dukes, shot put; Regina Jacobs, 1,500m; Karen Nickerson, discus
- 1986 Lisa Bernhagen, high jump; Pam Dukes, shot put; Denise Gaztambide, heptathlon; Karen Nickerson, discus; Patty Purpur, discus; Alison Wiley, 5,000m
- 1987 Patty Purpur, shot put; Erica Wheeler, javelin
- 1988 Lisa Bernhagen, high jump; Carol Gray, 10,000m; Patty Purpur, shot put & discus; Erica Wheeler, javelin
- 1989 Patty Purpur, shot put & discus
- 1990 Peggy Odita, heptathlon
- 1991 Jackie Edwards, long jump; Chryste Gaines, 100m; Debbie Malueg, discus
- 1992 Jackie Edwards, long jump; Chryste Gaines, 100m
- 1993 Jen McCormick, javelin
- 1994 Jen McCormick, javelin; Louise Watson, 10,000m, 5,000m (indoors); Kortney Dunscombe, cross country; Sarna Renfro, cross country
- 1995 Distance Medley Team – Dena Dey, Tyra Holt, Monal Chokshi, Sarna Renfro (indoors); Kortney Dunscombe, 5,000m (indoors and outdoors); Monal Chokshi, 3,000m; Sarna Renfro, 3,000m; Mary Cobb, cross country

- 1996 Distance Medley Relay Team – Dena Dey, Tyra Holt, Monal Chokshi, Mary Cobb (indoors); Mary Cobb, 5,000m (indoors), cross country and 3,000m; Monal Chokshi, cross country and 3,000m; Jessica Fry, cross country, Dena Dey, 1,500m; Sarna Renfro, 5,000m



Jackie Edwards, 1996 Olympian

Top NCAA Team Performances

Men

- First 1925, 1928, 1934, 1996 (Cross Country)
- 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

- First 1996 (Cross Country)
- 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)

AMERICAN **Track & Field**



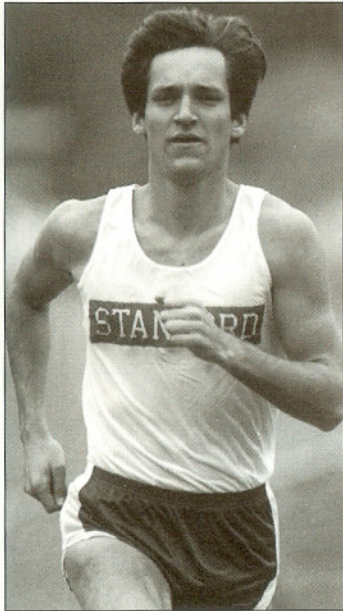
TOGO'S

OUTDOOR RECORDS

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	



Jeff Atkinson

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	
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 Hurdles	13.7
John Foster, 1976	
400-Meter IM Hurdles	50.4
Randy White, 1971	
3000 Steeplechase	8:38.19
David Frank, 1984	



Bob Mathias

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	

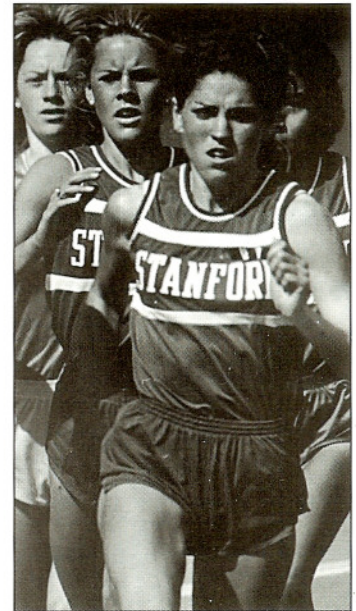
Women's Records

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	



Ceci Hopp (left) and PattiSue Plumer

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	
Distance Medley Relay	11:14.90
Dena Dey, Monica Hoggatt, Monal Chokshi, Mary Cobb, 1996	

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 Oditia, 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	
Mile	4:03.61
Jason Lunn, 1997	
60-Yard High Hurdles.....	7.0
Dave Bagshaw, 1973	
Mile Relay	3:17.2
Matt Hogsett, John Kessell, Dave Bagshaw, John Anderson, 1973	

Meters

55-Meters	6.44
Damon Dunn, 1997	
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	
3,000-Meters.....	8:09.16
J.J. White, 1996	
5000-Meters.....	13:50.85
Gary Stolz, 1993	
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.....	17-1
Toby Stevenson, 1997	
Long Jump	25-7 1/2
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 1/2
Jackie Edwards, 1992	
Triple Jump	42-6
Jackie Edwards, 1992	
20-lb Weight.....	49-11
Samatha Jo Small, 1996	

FRESHMEN RECORDS

Men's Freshman 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	
3000-Meter Run	8:27.6
Eric Sappenfield, 1981	
5000-Meter Run	14:20.3
James Smith, 1981	
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.....	17-1
Toby Stevenson, 1997	

Women's Freshman 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.....	16:13.57
Mary Cobb, 1996	

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 3/4
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	

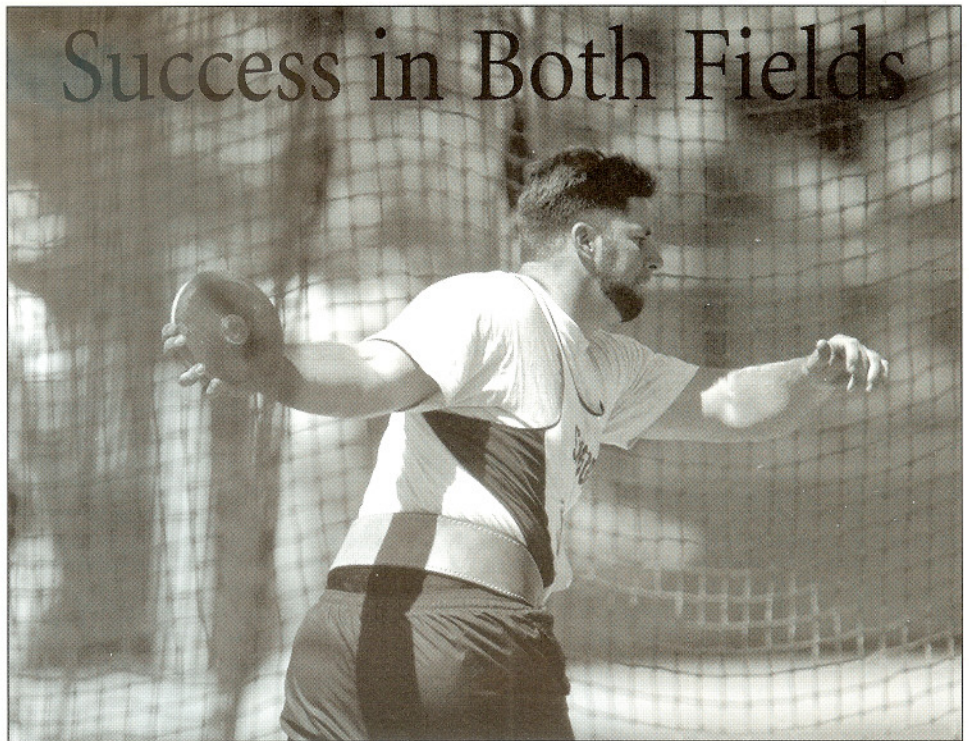
In its storied athletic tradition, Stanford University has always been a leader in allowing a student-athlete to compete in more than one sport.

The football program and the track & field program have always enjoyed a strong bond. In

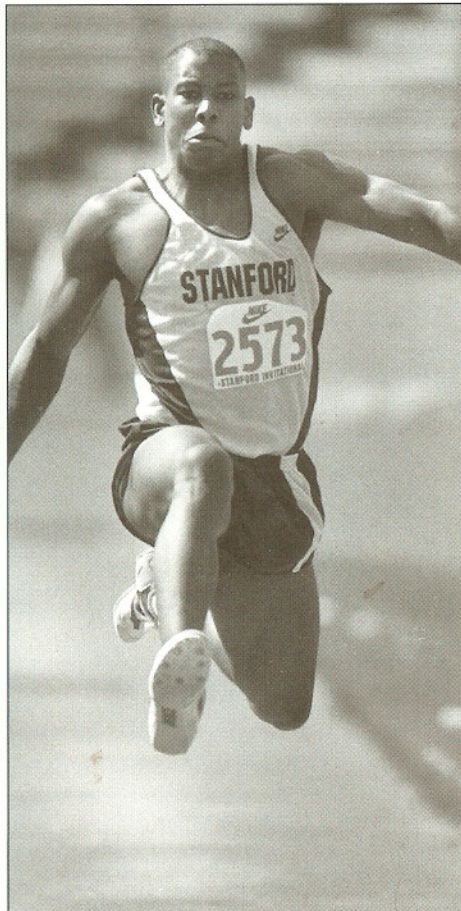
**Stanford has had a
long history of standout
football & track athletes**

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



Pete Swanson was one of the premier defensive players in the Pac-10 Conference.



Brian Manning completed his football career as one of Stanford's all-time leading receivers.

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."

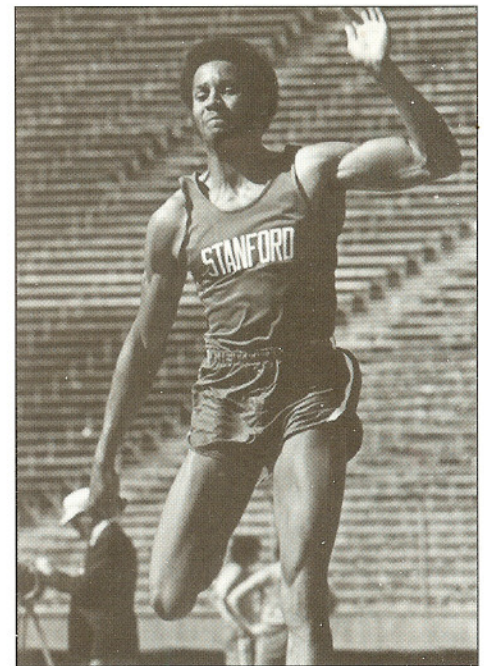
Lofton, a certain NFL Hall of Famer, captured the 1978 NCAA title in the long jump with a leap of 26-1 3/4. Lofton still holds the school record with a leap of 26-11 3/4.

"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 a former star in the Canadian Football League, also performed in sprint events on the Cardinal track & field team.

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 Detroit Lions), John Hopkins (high jump), Dave Calomese (LJ/TJ) and Ron Redell (javelin/sprints). This year's track-football members include Jeff Allen, Anthony Bookman, Damon Dunn, Jimmie Johnson, Brian Manning, Justin Strand, and Pete Swanson.

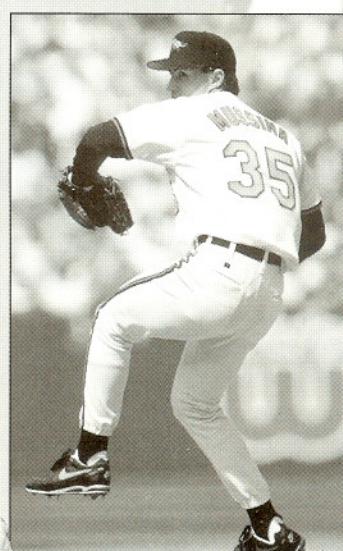


Longtime NFL wide receiver James Lofton captured the 1978 NCAA long jump title.

Stanford Athletics: *Home of Champions*

“Home of
Champions.”

Those are the
bywords for
the Stanford
University
Athletic
Department.



Baltimore Orioles

Top (left to right): Julie Foudy was a member of the World Champion U.S. National Soccer Team. Glyn Milburn led Stanford to the Pac-10 football title in 1992 and now plays in the NFL. Former Stanford hurler Mike Mussina is one of the premier pitchers in the major leagues. Right: Three-time U.S. Amateur and 1996 NCAA Champion golfer Tiger Woods is one of the top golfers on the professional tour. Far right: Mark Marquess guided Stanford to two NCAA baseball titles. Bottom: Stanford is one of only 13 teams to have captured both NCAA and NIT basketball titles.

And for good reason. No athletic department in the country can boast of the kind of success that Stanford has accomplished since the 1980's. NCAA team championships. NCAA individual champions. Olympic medalists. Stanford University athletes have been all over the world capturing championships.

The statistics speak for themselves: Stanford University has won 48 NCAA team championships and 191 individual NCAA titles since 1980, the most in the nation; Cardinal athletes have won 39 team championships the past 11 years ('85-96)

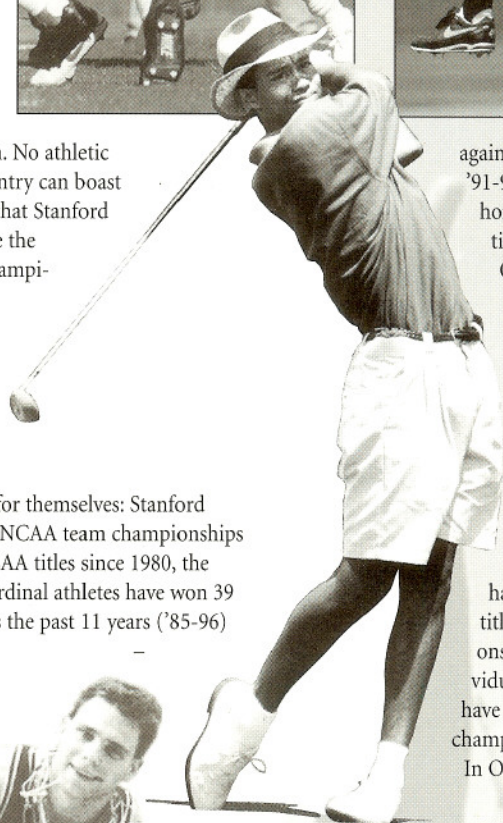
again the most in the nation. In '91-92, Stanford athletes took home 29 individual NCAA titles – an NCAA record.

Cardinal athletes won 21 individual championships during the 1992-93 season, the second most in history. For the past two years, Stanford has won the Sears Directors' Cup – emblematic of the nation's top athletic program.

All totaled, Stanford has won 71 collegiate team titles (63 NCAA championships) and 289 NCAA individual titles. Cardinal women have won an NCAA-best 20 team championships.

In Olympic competition, Stanford has enjoyed unequalled success. At the 1992

Games in Barcelona, Cardinal athletes earned 19 medals – 10 gold, four silver and five bronze. If Stanford were a country, it would've placed 13th in the world with its 19 medals and ninth with 10 golds. Thirty-eight Stanford-affiliated athletes and coaches were represented in Barcelona while 41 members of the Cardinal family took part in the 1988 Olympic Games in Seoul, Korea.



At the 1996 Games in Atlanta, Stanford again placed more than 38 coaches and athletes on Olympic Teams, including three head United States Olympic coaches (Tara VanDerveer, women's basketball; Richard Quick, women's swimming; and Skip Kenney, men's swimming).

NCAA titles have become quite commonplace in the Stanford Athletic Department. Last season, Stanford won an NCAA-record five team championships. It marked the second time that Cardinal teams have won five titles in a single year – the other being the 1991-92 season. Stanford has won four championships in a single academic year on four occasions: 1985-86, 1986-87, 1992-93 and 1993-94.

NCAA titles have become quite commonplace in the Stanford Athletic Department. A year ago, Cardinal teams took home two more NCAA championships in women's swimming and men's tennis, while eight other teams finished in the top-five nationally, including second place finishes in women's tennis and women's synchronized swimming, third place finishes in women's volleyball, men's gymnastics and women's basketball, fourth place finishes in men's swimming and men's golf and a fifth place finish in women's golf.

1995-96 also saw the Cardinal advance to the Liberty Bowl, the 17th bowl game in school history, while the men's basketball team advanced to the NCAA tournament for the second consecutive year. Both the women's basketball team and women's volleyball team went 18-0 in the Pac-10 and advanced to the NCAA Final Four.

Stanford has won an NCAA-record five NCAA titles in a single year on two occasions: 1991-92 and 1994-95. Cardinal teams have won four championships in a single academic year on four occasions: 1985-86, 1986-87, 1992-93 and 1993-94.

Stanford finished second a year ago by winning two NCAA team championships. The title, "NCAA Champion of Champions," emblematic of the school that wins the most NCAA titles in a single school year, has been given to Stanford nine times in the last 11 years.

In the 1996-97 academic year, Stanford has captured NCAA titles in men's and women's cross country as well as women's volleyball.

Conference championships are also an annual ritual on The Farm. Last season, 10 Stanford teams won their conference title, bringing the total to 44 in the last four years and 53 in the past five seasons.



Stanford captured both the 1996 men's and women's NCAA cross country championships

David Gonzales

Stanford has simply dominated in several sports. Under head coach Dick Gould, the Cardinal men's tennis team has won 14 NCAA titles while the women's team has hauled in nine national titles, all but one under current head coach Frank Brennan. The men's swimming program has won seven NCAA team championships, six under current head coach Skip Kenney while the water polo team has captured eight national titles, seven under current head coach Dante Dettamanti.

The Cardinal women's swimming team has won eight national titles, six under current head coach Richard Quick. Both Quick and Kenney were named head coaches of the 1996 United States Olympic Swimming Team. Tara VanDerveer, named head coach of the 1996 United States Olympic Women's Basketball Team, has led the Cardinal to two NCAA championships and four appearances in the Final Four.

Baseball coach Mark Marquess, who was the head coach of the gold medal winning 1988 United States Olympic baseball team, led the Cardinal to

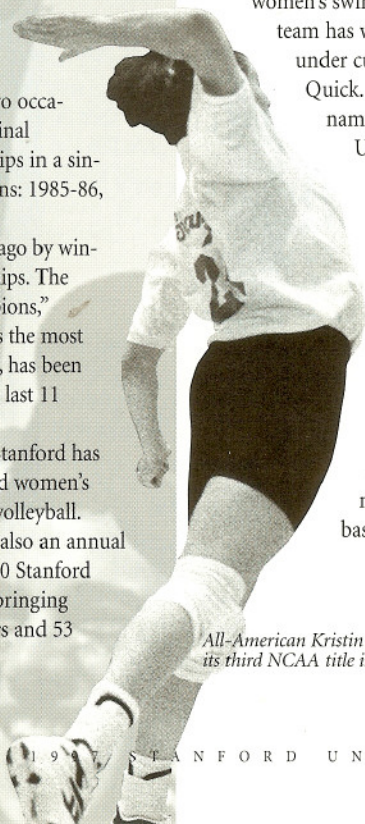
back-to-back College World Series titles in 1987 and '88. Men's gymnastics coach Sadao Hamada has led the Cardinal to three NCAA championships in the last five years, women's volleyball coach Don Shaw has guided his team to three NCAA titles and men's golf coach Wally Goodwin led his team to the NCAA title in 1994 and a runner-up finish in 1995.

Olympic gold medalists are numerous on The Farm. Former Cardinal standout Bob Mathias won back-to-back Olympic decathlon gold medals in 1948 and '52 while swimmers Pablo Morales, Summer Sanders and Janet Evans have become household names in the swimming world.

Morales, who helped Stanford win three straight NCAA team championships (1985-87), won three medals at the '84 Games in Los Angeles (one gold, two silver) and two more gold medals at the '92 Games in Barcelona. Evans won three golds in the '88 Games in Seoul and one gold and one silver in Barcelona while Sanders won four medals in Barcelona, two gold, one silver and one bronze.

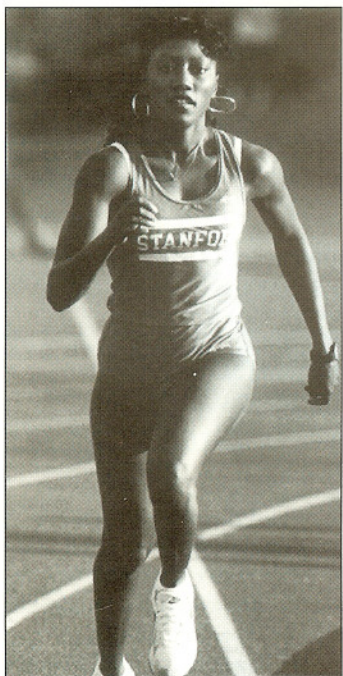
Some of the great student-athletes in Stanford history include Tom Watson (golf), John McEnroe (tennis), Kim Oden (volleyball), Jack McDowell and Mike Mussina (baseball), Hank Luisetti (men's basketball), Jennifer Azzi (women's basketball), Jim Plunkett and John Elway (football), Jenny Thompson and Jeff Rouse (swimming), Debi Thomas (figure skating), Eric Heiden (speed skating) and the great Ernie Nevers (football), to name a few.

It's no wonder Stanford University is referred to as the "NCAA's Champion of Champions."

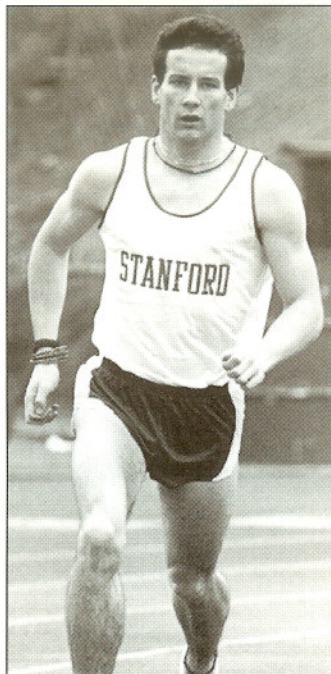


All-American Kristin Folkl (left) has helped lead Stanford to its third NCAA title in the past five years.

Seven Stanford-affiliated athletes competed in track & field events at the 1996 Olympics in Atlanta. Stanford has been represented in track & field at each Olympics since 1908.



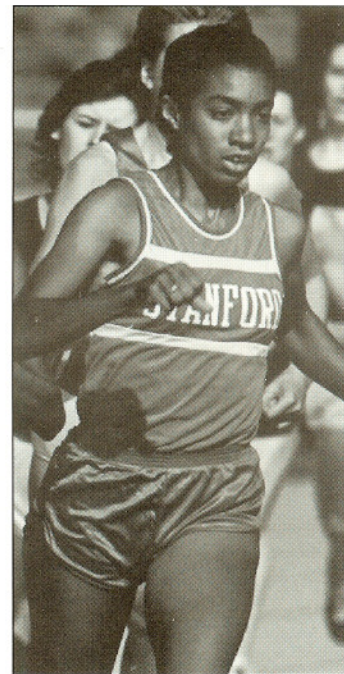
Chryste Gaines
400 Meter Relay – gold medalist



Dave Strang
800 Meters



Jackie Edwards
Long Jump



Regina Jacobs
1,500 Meters

Atlanta
STANFORD



1996
OLYMPIANS

100

stanford
track & field

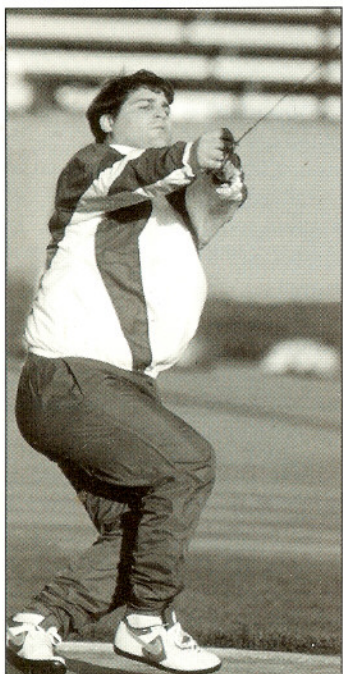
olympic gold
medal winners

world record
holders

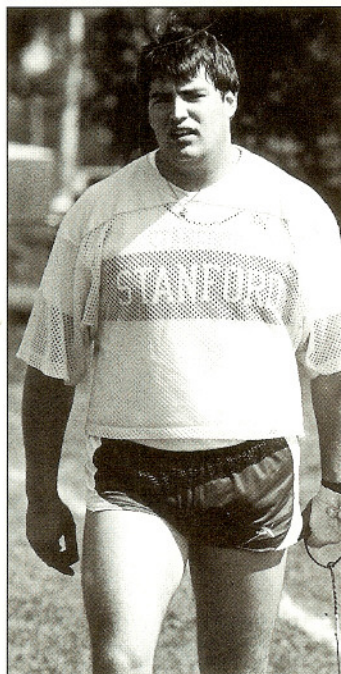
ncaa
champions

american
record holders

international
competition



Dave Popejoy
Hammer



Shaun Pickering
Hammer



Robert Weir
Discus

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 new 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 to 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 coun-

tries 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 33 Division I varsity sports – equally divided between men's and women's teams. Of Stanford's 71 collegiate 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 while a similar number participated in the 1996 Olympics in Atlanta. 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."



1997 SCHEDULE

Date	Event/Opponent	Location
Jan. 25	Silver State Indoor Classic	Reno
Feb. 1	Wolf Pack Indoor Invitational	Reno
Feb. 8	Cosby Indoor Invitational Canon IV Indoor Classic	Reno Indianapolis
Feb. 21-22	Mountain Pacific Indoors	Reno
Feb. 28- Mar. 1	USA Indoor Championships	Atlanta
Mar. 1	Fresno State, Cal Poly SLO Sacramento State	Stanford
Mar. 7-8	NCAA Indoor Championships	Indianapolis, IN
Mar. 15	Mustang Invitational	San Luis Obispo
Mar. 22-23	Stanford Invitational	Stanford
Mar. 29	Oregon, UC Irvine	Stanford
Apr. 4-5	San Francisco St. Invitational Texas Relays	San Francisco Austin, TX
Apr. 12	Pierce Golden Bear Challenge	Berkeley
Apr. 18-20	Mt. SAC Relays	Walnut
Apr. 17-18	Azusa Pacific Decathlon/Heptathlon	Azusa
Apr. 23-26	Penn Relays	Philadelphia
Apr. 26-27	Calif. State Championships	Northridge
May 3	California	Stanford
May 9	Cardinal Invitational	Stanford
May 10	Modesto Relays	Modesto
May 17	Cardinal Qualifier	Stanford
May 17-18	Pac-10 Decathlon/Heptathlon	Seattle
May 24-25	Pac-10 Championships	Seattle
June 4-7	NCAA Championships	Bloomington, IN
June 11-15	USA National Championships	Indianapolis, IN
June 20-21	USA Junior Nationals	Columbus, OH

Home meets at Cobb Track & Angell Field

