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STANFORD ATHLETES TAKE WORLD SILVER AND BRONZE MEDALS, SEEKING FOR MORE THIS WEEKEND

EUGENE, Ore. – Current and future Stanford athletes grabbed a pair of medals Friday night at the IAAF World Junior Track & Field Championships at the University of Oregon. Soon to be sophomore **Valarie Allman** took the silver medal in the women's discus throw. Incoming freshman **Olivia Baker** won bronze in the women's 400 meters.

And the Stanford / Peninsula flavor will continue through the weekend at the world meet.

--Women's discus favorite Allman took the lead on the first throw of the competition with a toss of 186 feet, 2 inches -- a mark that stood up until the third round. Then Izabela Da Silva of Brazil unleashed the longest throw by a teenager this year, 190-4, to move into the gold medal position.

Allman had come into the meet as the World junior leader at 188-6, which she threw winning the USATF Junior championship earlier this month.

"My coach said to come out and set the tone," Allman said. "Getting the first throw out there, that helped a lot. It gave me a lot of confidence." Allman was pleased with what she has accomplished late this season -- taking the world junior lead and competing for Team USA. "I felt so blessed just being out there," she said. "I'm very happy with silver.

Allman was the national high school leader a year ago at Silver Creek in Longmont (Colo.) with a best of 184-2 and has added more than four feet to that mark this season. After training at Stanford into this month, she is looking forward to a break back home in Colorado, however.

--Baker, who just graduated from Columbia High (Maplewood, N. J.), ran a strong race to take third place in the 400 meters in 53.00 seconds. Her teammate **Kendall Baisden** -- the world junior leader this season at 50.46 as a freshman at Texas -- won the gold medal in 51.85. Cuba's **Gilda Casanova** split the American pair, running 52.59 for silver. The three women spread the field on the remainder of the pack.

"I finished strong," Baker said. "It feels great -- just to make the podium. I

take a lot of pride to be part of Team USA.”

Baker had posted a national high school season leading time (and New Jersey state high school record) of 52.46 to finish second to Baisden at the USA Junior championships. That also ranks sixth in the world among teenage athletes this year. Last year Baker took the silver medal in the 400 at the World Youth (under age 18) championships in Donetsk, Ukraine.

And she is still seeking gold here. Baker and Baisden will run on the USA’s favored 4 x 400 meter relay on Sunday afternoon. They will compete against a Canadian team bolstered by Menlo School - Atherton graduate **Maddy Price**, who just missed making the 400 finals here. The Canadians have high medal hopes too. They did have an individual 400 finalist, Christian Brennan, who finished seventh in 54.15.

--Two incoming Stanford athletes will be in Sunday’s 1,500 meter finals. All-USA middle distance star **Elise Cranny**, from Niwot (Colo.) high school, advanced by placing fourth in her heat in 4 minutes, 15.21 seconds. **Anna Laman**, from Australia, gained the last time-based berth, running 4:18.89 for eighth in the same heat. That was the faster section and produced all of the time qualifiers.

“The race felt good,” Cranny said. “I wasn’t worried about time. The whole race was packed. I just wanted to get into the final. For the finals, I don’t really know what to expect. I’d like to PR.”

Cranny ran 4:10.95 on May 4 at the Payton Jordan Invitational at Stanford, which at that time made her the No. 2 all-time high school 1,500 runner behind Mary Cain (who turned pro this year as a high school senior and won the 3,000 meter gold medal here).

Another top American reaching the finals is **Alexa Efraimson**, who just finished her junior year at Camas, Wash. High School. She finished fourth in the other semifinal in 4:16.87. Efraimson ran 4:07.05 at the adidas Diamond League meet in New York last month to move ahead of Cranny into No. 2 all-time high school.

MORE QUALIFIERS:

--**Rachel McCoy** of Chaffey College (Rancho Cucamonga, Calif.) had a great day in the high jump qualifying round. She equaled her personal best of 6-0 3/4 on her first attempt to place fourth among those advancing. That was the automatic qualifying height to reach Sunday’s finals. It turned out

that McCoy's previous second attempt clearance at 5-11 1/2 would have also put her among the top 12 qualifiers.

A year ago, as a senior at Miller High (Fontana, Calif.) McCoy was the No. 3 ranked high school jumper in the USA (also at 6-0 3/4). Her best this year had been 6-0. McCoy equaled the winning height (5-8 3/4) at the California Community College Athletic Association championships this season but received the silver medal due to more misses. She ranks No. 2 on the U.S. Community College Track Coaches Association national JC/CC performance listings this year.

--Repeating double California state high school sprint champion **Ariana Washington**, out of Long Beach Poly, ran a strong second leg on the USA women's 4 x 100 meter relay team in the prelims. Ky Westbrook, out of Chandler High (Ariz.), anchored the American squad home first in 44.03, fastest world junior time this year. Finals are Saturday.

Washington, who is used to anchoring for Poly, had to make an adjustment running the second leg. "When I got the stick, I was just kind of ready to go," she said. "But I was like, wait. I can't just go because I have somebody else to pass off to.

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