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en events on Monday and Tuesday, come back and be a student for two days and then go back to the Pac-10 meet."

Stream first thought of the idea of Kohlmeier being a heptathlete at the end of last season, and her performances in the different tests the coaches conducted convinced them of her potential.

"There's a lot of team testing involved," Stream said, "in speed, power and endurance and she comes out really well in all areas."

"I'm decent at a lot of events," Kohlmeier added. "We do a lot of testing in the octathlon, which is eight little events, and I was in the top three in almost all of them."

Kohlmeier and Stream feel that Kohlmeier's background as a gymnast has helped in track, particularly in the heptathlon.

"I think it has helped a lot," Kohlmeier said. "There's a lot of discipline in both and especially with the heptathlon, there's a lot of technique involved so it's helped a lot in that."

"With her background in gymnastics she knows kinetically pretty well what her body's doing," Stream said. "It's allowed her to adapt to the different events relatively quickly. I think again with her gymnastics background, diversification is something she likes and enjoys. And, she was willing to give it a go."

After competing in the heptathlon for the first time at the Oregon Invitational, Kohlmeier hopes the possibility of hitting the NCAA standard of 5,280 in the heptathlon at the Pac-10 meet will be in sight.

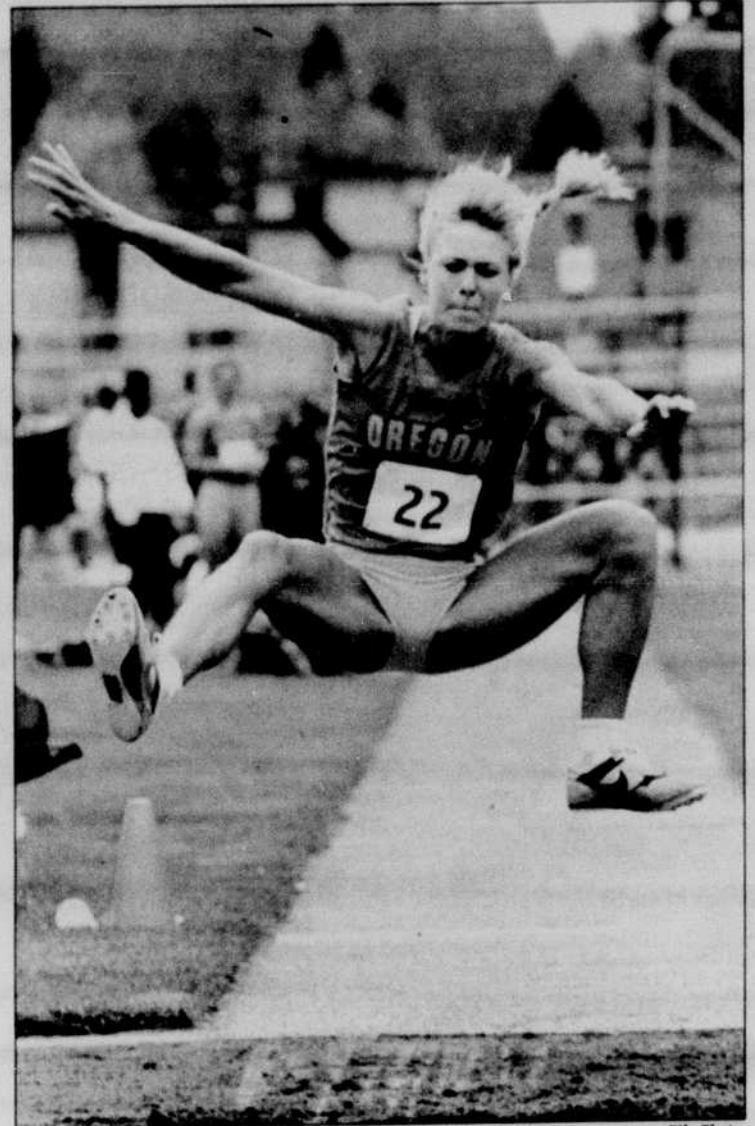
"Nationals is not so unrealistic," she said. "Before trying it I had never thrown before and obviously 88 feet in the javelin isn't great. It feels better every time I pick it up."

"I have to be realistic, but I don't want to limit myself," Kohlmeier added. "Mark and I will sit down and figure it out. There's a lot of points to pick up because last time I wasn't even close to my personal bests in the long jump and high jump."

While Kohlmeier is "really not sure" what her favorite event is, or that Stream "doesn't know what her best events are," she was disappointed not to make the Pac-10 qualifying in the long jump (19-5 1/4), having a best of 18-11 and a wind-aided mark of 19-1.

"I would get so frustrated because I wanted to qualify in the long jump," Kohlmeier said. "I didn't qualify and maybe it was because I got so frustrated."

"I've had a lot of enjoyment doing the heptathlon," she



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Kohlmeier has already qualified for the Pac-10 heptathlon with a score of 4,879, joining teammates Stefanie Hunter and Katie O'Brien.

added. "It's fun to throw the shot and javelin. I like having variety in track. My whole life I've been like that. I like trying something new."

Although she has had good success in the individual events, Stream feels Kohlmeier's future definitely lies in the heptathlon.

"I think she certainly has a viable option in it," he said. "I don't know what her best events are. I think ultimately

she could be a pretty good heptathlete."

Kohlmeier feels that being part of a winning program, and having a coach like Stream, have led to her success.

"It's nice to be part of a nice program," she said. "It has a lot to do with my improvement. I'd say Mark has helped a lot. He relates well with the athletes and cares about you as a person and athlete. That helps a lot."



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Kohlmeier captured her lone high school state championship her senior year in the 100-meter hurdles, and currently has Oregon's best this season (14.21) in the same event.

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