

# Lobo Track & Field

## Don Kirby Tailwind Invitational - Saturday, April 6, 2013

COACHES CORNER: There just isn't any place like home. The lone home track & field meet for the Lobo faithful was thankfully graced by gorgeous sunshine, warm temperatures, and for Albuquerque light winds. Many of the athletes took advantage of those nice conditions to take one step forward in their seasonal progressions. But the focus of the home meet should be on those seniors who competed for the final time at Great Friends of New Mexico Track & Field Stadium. Many have had a great four years as Lobo tracksters and some of their finest moments have come on their home facility. We are indebted to all their efforts to make Lobo track something special. Those seniors: Derek Montoya, Tawsha Brazley, Shirley Pitts, Julia Cook, Amber Menke, Marin Schweigert, Precious Selmon, Ashlee Smalley, Ty Kirk, Floyd Ross, Thomas Trujillo, De'Vron Walker, Rob Warensjo - THANKS!!!



Senior Shawna Winnegar didn't get a chance to compete at home but she certainly made up for that with Lobo spirit!



### Turn(er) Up the Intensity

Soph Yeshemabet Turner (Pecos, NM) came into the Don Kirby meet with outdoor best of 18' 11 3/4" in the Long Jump, and 39' 5 1/4" in the Triple Jump, both of which were set last year at the Kirby meet. In her first event of the day, the Long Jump she opened up on her first attempt with a huge PR of 19' 8 3/4" which was actually done into a 0.7 headwind. She then followed that up with a 19' 6 1/4", before ending the preliminary round with a foul. Given Shema had the Triple Jump coming up she chose to pass on her last three attempts in the finals. In the Triple Jump YT only had one legal mark, but on her first attempt she made the most of it sailing out to a 40' 7" distance. Unfortunately the wind was just over the allowable 2.0mps for record type jumps (+2.1) but it still is under the wind reading the NCAA uses

for NCAA Regional qualification. Currently Yeshemabet ranks 2nd in the Mountain West Conference and 19th in the Western regional Long Jump, and 3rd in the MWC and 17th in the West Triple Jump. At the end of the regular season the top 48 athletes get to head to Austin, Texas for more head-to-head competition. Backing up YT in the Long Jump was froshie Casey Dowling (Wooten, Rockville, MD) who sailed over 19' as she clipped the sand at 19' 1 1/4". Currently Casey ranks #5 in the MWC.

*Yeshemabet Turner*





## Howell Takes Major Step Forward in 400 Meters

Freshman Zoe Howell (Socorro, NM) is pictured coming down the homestretch about 80 meters from the finish line. Zoe had clocked a best of 57.45 during the indoor season and opened up her outdoor season with a lifetime best of 56.80. In her first 200 of the season two weeks ago she clocked a 26.12 which means she has already surpassed her high school bests of 26.34 and 58.88, the latter coming when she finished second in the New Mexico State Track Championship. With her 56.80 ZH moves into the MWC top 10 ranking.



**Schaaf Moves Down to 1500 Meters for Speedwork**  
**For most people running 3 3/4 laps around the track is long. For a 10,000 meter specialist (25 laps around) the 1500 meters is fun speedwork and is over in a flash. Sr. Kendra Schaaf (Lumsden, Craven, Saskatchewan) clocked a solid 4:35.98.**

## Spencer Shows Speed and Distance

Jr. Kendall Spencer (San Mateo, CA) wanted to get in a good 100 meters and Long Jump at the Kirby Invite. In his specialty, the Long Jump Kendall opened up with a 23' 10" distance, followed by three fouls, before unleashing a 25' 1/2" leap to easily take the win. That distance moves KS to #1 in the MWC and #5 in the Western Regional. Furthermore it moves him to #9 nationally in the sand event. In the 100 meters Kendall came into the competition wanting something in the 10.5 range in his first one of the year. He got exactly what he wanted sprinting to a 10.58 and moving to within 1/100th of the conference lead. Nailing a big PR in the Long Jump was Zach Smith (Kentlake, Kent, WA) who had a Lobo best of 23' 2 1/2" which was done at last years Kirby meet. On his opening pop he sailed 22' 2", then went 23' 2 3/4" for a mini-PR on his second and then went foul-foul-foul. On his final jump in the competition he rocketed to a great 23' 6 1/4" distance done into a slight headwind. That places ZS #4 in the MWC rankings!



*Zach Smith sails to a new PR of 23' 6 1/4"*



**Kayla Fisher-Taylor**

## Sprinters Use Tailwinds to Run Quick Times

The nice breezes pushing the athletes down the track and around the oval resulted in some nice performances, but not always legal one. In the 100 meters Kayla Fisher-Taylor (MLK, Denver, CO) ran her fastest time (11.98) but it was with a non-legal

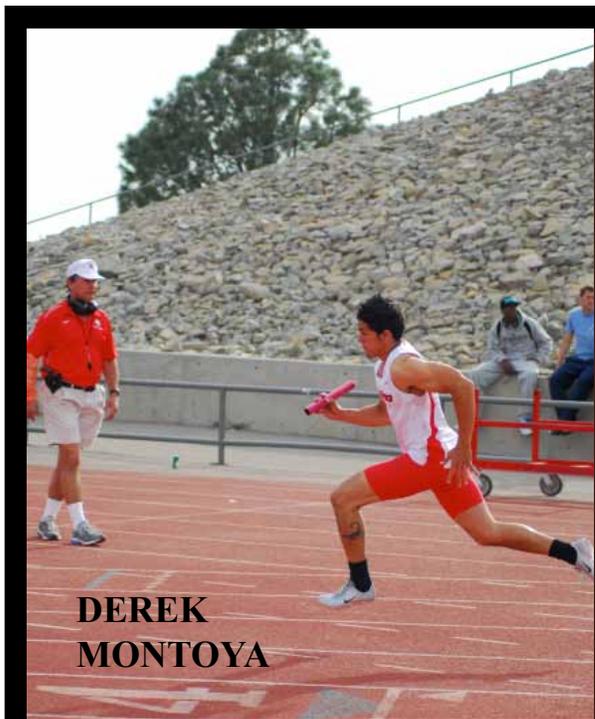
wind. She came back in the 200 and clocked an almost PR of 24.41 (PR 24.36) this time with a legal breeze. On the men's side Derek Montoya had been trying to squeeze under the 22.00 threshold in the 200 meters and he raced a great last 50 meters of the event to flash across the line in 21.68 but the wind gauge wasn't his friend, stating that the wind was too strong.

## Local Lads Have Good Middle Distance Results

Valley High School product Gabe Aragon wanted to get in a good effort in the 800 meters and he used a nice pace-setting job by Sam Evans to cruise to a winning effort and seasonal-best of 1:50.94, which moves him within 3/100ths of a second off the MWC lead. Hope Christian grad JP Cordova has been slowly adapting to the 1500 meters and he was able to control the pace running to a big PR of 3:52.12, which was good for second place in the race. JP dropped over three seconds off his previous best which came one year ago at the Kirby meet.



There is a saying, "Trial by Fire" which essentially means you are tested in ways you haven't been in the past. For freshman Graham Thomas (Dulce, NM) a more apt title would be, "Trial by Water Pit" as he competed in his first 3000 meter Steeplechase, 7 1/2 laps around the track with 38 barriers to traverse. Now that he has survived the grueling event and lived to tell about it, his progress will be gradual, but steady.



**DEREK  
MONTOYA**

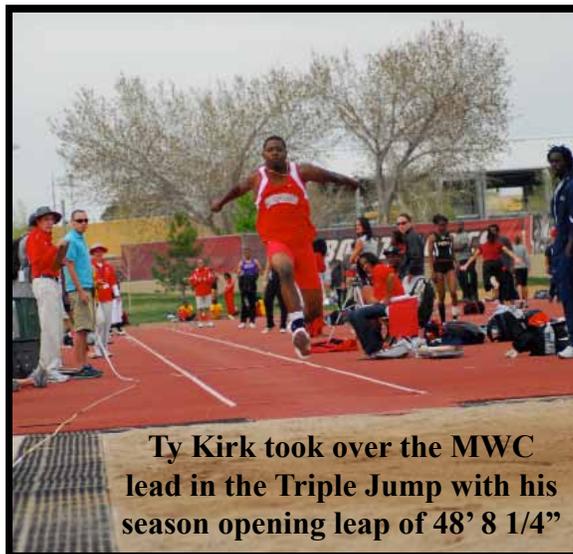
**4x100 Races to Solid First Meet Result**

The 400 meter relay is always an interesting event early in the season. Trying to combine four athletes of different heights, with different arm lengths, varying levels of speed, different levels of experience, and unique attributes makes for fun and anticipation. The quarter of Thomas Trujillo (Rio Rancho, NM), Derek Montoya (Highland, ABQ, NM), Zach Smith, and Kendall Spencer ran to a very nice time of 41.28, just about the same time last years 4x100 ran. Thomas and Derek have great chemistry and their hand-off was conservative, but effective. Derek screamed up the backstretch and having never handed off to Zach before got a good exchange. Zach ran a real good curve and got it to Kendall late in the relay zone, but still legal, and Kendall flashed down the homestretch running away from the competition. This quartet can certainly run much, much faster this season and should have an opportunity to get within reach of an NCAA West qualifying spot.

**MENKE NOTCHES OUTDOOR LOBO PR**  
**AMBER MENKE (CIBOLA, ABQ, NM) HAD VAULTED 13' 3 1/2" LAST YEAR WHILE USING A RED-SHIRT SEASON, BUT HAD A LOBO BEST OF 13' 3/4", SET IN 2011. SHE OPENED UP AT 12' 3" AND CLEARED ON HER FIRST ATTEMPT, THEN TOOK TWO ATTEMPTS AT 12' 9 1/2", BEFORE TAKING ALL THREE TO CLEAR A NEW PR OF 13' 1 1/2" TO TAKE THE VICTORY. AMBER TOOK THREE STABS AT A NEW UNM SCHOOL RECORD OF 13' 5 1/4. THAT HEIGHT MOVES HER TO #3 IN THE MWC RANKINGS, AND 21ST IN THE WEST REGIONAL. HOT ON HER TAIL WAS MARGO TUCKER (LAWRENCE CENTRAL, INDIANAPOLIS, IN) WHO CLEARED A SEASONAL-BEST OF 12' 9 1/2"**

**ROSS RETURNS TO SPEAR CHUCKING BATTLE**

JR. LEXI ROSS (LAKERIDGE, LAKE OSWEGO, OREGON) WHO IS A LOBO VOLLEYBALL ATHLETE CAME OUT TWO YEARS AGO AS A FROSHIE AND TOSSED THE JAVELIN 137' 10", WHICH PLACED FIFTH IN THE MWC CHAMPIONSHIP AND MOVED HER TO #6 ALL-TIME AT UNM. IN HER FIRST MEET IN TWO YEARS LEXI WHO HAS NOT HAD MUCH TIME TO PRACTICE STARTED OFF WITH A 126' 8" TOSS, FOLLOWED UP WITH AN IMPROVED 133' 10", AND FINISHED THE PRELIM WITH A 127' 4" DISTANCE. IN THE FINALS SHE STARTED WITH A 136' 9", THEN TOSSED A 137' 5", BEFORE ENDING HER SIX THROW SERIES WITH HER BEST OF THE COMPETITION, A 142' 5" DISTANCE, WHICH TOOK THE VICTORY. WITH THAT TOSS LEXI MOVES TO #4 IN THE MWC AND MATCHES THAT RANKING ON THE LOBO OUTDOOR RANKS.



**Ty Kirk took over the MWC lead in the Triple Jump with his season opening leap of 48' 8 1/4"**

**WHAT DO ALL THE SYMBOLS MEAN?????** In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Outdoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico outdoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tell us that they have achieved a better performance before, while on x on the RIGHT (8,x) tell us it doesn't make the performance list. PR indicates a PERSONAL RECORD) (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

## DON KIRBY TAILWIND INVITATIONAL - SATURDAY, APRIL 6, 2013

### WOMEN

100	Kayla Fisher-Taylor 11.98@ (7th)	Aasha Marler 12.25@	Brianna Chirpas (Unattached) 12.46@
100H	Precious Selmon 14.58@ (3rd)	Holly VanGrinsven 16.35@	
200	Kayla Fisher-Taylor 24.41@ (7th)	Shirley Pitts 24.64@ (8th)	Tawsha Brazley 24.98@
	Brianna Chirpas (Unattached) 25.44@	Faith Cobb (Unattached) 26.42@	
400	Zoe Howell 56.80@ (3rd)	Jasmin McCray 58.84@ (5th) PR	Lucretia Vigil 59.48@ (6th)PR
	Christina Clark 60.34@ (8th) PR	Mackenzie Kerr 61.96@ PR	
400H	Haley Sanner 63.00@ (2nd)		
800	Mia Weaver 2:17.75@ (8th) PR	Julie Brasher 2:21.54@	Samantha Sheppard 2:23.81@
1500	Kendra Schaaf 4:35.98@	Nicola Hood 4:45.92@	Nancy Holguin 5:02.63@ PR
3000	Ashlee Smalley 10:43.99 (5th)	Sophia Torres 10:51.74 (7th)	Shannen Ramey (Unattached) 11:09.17
4x100	Kayla Fisher-Taylor, Yeshemabet Turner, Casey Dowling, Aasha Marler 46.91@ (3rd)		
4x400	Zoe Howell (58.0), Jasmin McCray (58.1), Tawsha Brazley (56.1), Shirley Pitts (58.2) 3:51.19@ (2nd)		
	Haley Sanner (60.2), Christina Clark (60.9), Mackenzie Kerr (62.0), Lucretia Vigil (60.9)		
LongJ	Yeshemabet Turner 19' 8 3/4" (1st) (8,x) PR	Casey Dowling 19' 1 1/4" (4th)	
TripleJ	Yeshemabet Turner 40' 7" w (2nd)	Aasha Marler 38' 6" (4th)	
HighJ	Marin Schweigert 5' 1/4" (4th)		
PoleV	Amber Menke 13' 1 1/2" (1st) 2,x) PR	Margo Tucker 12' 9 1/2" (3rd)	Emily Heisler 11' 9 3/4" (5th)
	Nathalie Busk 11' 9 3/4" (6th)	Annie Stirling 11' 3 3/4" (7th)	Julie Cook 11' 3 3/4" (8th)
Jav	Lexi Ross 142' 5" (1st) (4,x) PR	Kelsea Hawkins 107' 2"	
100	Kendall Spencer 10.58@ (3rd)PR	Thomas Trujillo 11.00@	
110H	De'Vron Walker 15.02@ (3rd)	Richard York (Unattached) 15.73@	
200	Derek Montoya 21.68@ (7th)	Nolan Paranto (Unattached) 23.31@	
400	Chris Kline 49.28@ (3rd)	Cheyne Dorsey (Unattached) 49.90@	
800	Gabe Aragon 1:50.94@ (1st)	Alex Herring 1:52.62@ (6th)PR	JP Cordova 1:54.18@
	Graham Thomas 1:55.85@	Logan Rosenberg 1:56.84@	
1500	JP Cordova 3:52.05@ (2nd) PR	Logan Rosenberg 3:55.12@ (4th)	Donovan Torres 4:09.13@
3000	Graham Thomas 9:44.48@		
4x100	Thomas Trujillo, Derek Montoya, Zach Smith, Kendall Spencer 41.28@ (1st)		
4x400	Derek Montoya (49.7), Chris Kline (49.0), Gabe Aragon (50.0), Alex Herring (48.7) 3:18.11 (2nd)		
LongJ	Kendall Spencer 25' 1/2" (1st)	Zach Smith 23' 6 1/4" (2nd) PR	Floyd Ross 21' 6 3/4" (6th)
TripleJ	Ty Kirk 48' 8 1/4" (1st)		
HighJ	Markus Miller 6' 4" (2nd)		
PoleV	Rob Warensjo 16' 3/4" (3rd)	Tyler Jackson 14' 7 1/4" (4th)	Richard York (Unattached) 14' 7 1/4"
Jav	Richard York (Unattached) 215' 8" (PR)	Marcus Simon 174' 7" (1st)	Mike Ellis 170' 7" (2nd)
Shot	Richard York (Unattached) 42' 3 1/4" (PR)		