

## San Diego State Quick Facts

### University Information

Location	San Diego, Calif.
Founded	1897
Enrollment	35,887
Nickname	Aztecs
Colors	Scarlet and Black
Affiliation	NCAA Division I
Conference	Mountain West
President	Dr. Stephen L. Weber
Director of Athletics	Jeff Schemmel
Senior Woman Administrator	Jenny Bramer
Home Track (Capacity)	SDSU Sports Deck (1,000)

### Team Information

Head Coach (Alma Mater)	Rahn Sheffield (San Diego State '80)
Years at San Diego State	16th/23rd overall
Assistant Coaches (Alma Mater)	Jennifer Nanista (San Diego State '90) Mike LoBue (Fresno State '01) Richard Fox (San Diego State '92)
2006 Indoor Mountain West Conference Finish	4th of 9 (76 pts.)
2006 Outdoor Mountain West Conference Finish	4th of 9 (121 pts.)
Outdoor Letterwinners Returning/Lost	15/3
Strength and Conditioning Coaches	Courtney Bale/Mike LoBue
Track and Field Athletic Trainer	Carolyn Peters
Academic Advisor	Bre White

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### San Diego State Track and Field Media Guide Credits

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## Table of Contents

### Team Information

Quick Facts	1
Season Information	2
Code of Honor	3
Season Outlook	4

### Coaching Staff

Head Coach Rahn Sheffield	6
Assistant Coach Jennifer Nanista	8
Assistant Coach Mike LoBue	9
Assistant Coach Richard Fox	10

### Athlete Profiles

Priscilla Chapu	11
Lisa Naucler	11
Celeste Tyson	12
Dana Van Wagner	12
Lital Azulay	13
Brittani Dudley	14
Vonnie Fulford	14
Alicia Lowery	15
Monica Pacas	16
Sherraine Pencil	16
Mandy Upuu	17
Corri Campbell-Fell	18
Dana Jensen	18
Decontee Kaye	19
Karoline Koehler	19
Kristin Olafsdottir	20
Shana Solomon	20
Nicole Stone	21
Leanne Taylor	21
Shana Watson	22
Stephanie Bagan	22
Athlete Gallery	23

### 2006 Review

Indoor Results/Bests	24
Indoor Review/MWC Championship Results	25
Outdoor Results/Bests	26
Outdoor Review/MWC Championship Results	27
Cross Country Review	28
MWC Cross Country Championship Results	29

### History

All-Time Indoor Bests	30
Indoor Records	31
All-Time Outdoor Bests	32
Outdoor Records	34
NCAA Champions/All-Americans	35
Olympians	36
Hall of Fame	37

### University

Mountain West Conference Opponents	38
MWC/NCAA Championships	38
SDSU Sports Deck	39
Aztec Athletics Center	40
Facilities	41
Leadership	42
San Diego State University	43
Academic Support	44
Aztec Culture	45
Mountain West Conference	46
City of San Diego	48

2007 Roster

Athlete	Event	Yr.	Ht.	Hometown (Previous School)
Stephanie Armstrong	Distance	FR	5-5	Foothill Ranch, Calif. (Trabuco Hills HS)
Lital Azulay	Distance	JR	5-6	Holon, Israel (Coastal Carolina)
Stephanie Bagan	Pole Vault	FR	5-7	Granite Bay, Calif. (Granite Bay HS)
Ali Baker	Distance	SR	5-5	Pine Valley, Calif. (Mountain Empire HS)
Lindsay Barajas	Mid-Distance	FR	5-4	Rancho Cucamonga, Calif. (Rancho Cucamonga HS)
Wendy Bohn	High Jump	FR	6-1	San Diego, Calif. (Rancho Bernardo HS)
Darien Buc	Distance	FR	5-3	Dana Point, Calif. (Dana Hills HS)
Joanna Burley	Pole Vault	SO	5-7	Fullerton, Calif. (Rosary HS)
Raquel Butler	Sprints	JR	5-7	Gilroy, Calif. (Gilroy HS)
Jordan Cabral	Pole Vault	FR	5-6	Petaluma, Calif. (Petaluma HS)
Corri Campbell-Fell	Hurdles	SO	5-5	Vancouver, Canada (Point Grey Secondary)
Sara Cates	Distance	SR	5-5	Carlsbad, Calif. (Carlsbad HS)
Priscilla Chapu	Sprints	SR	5-6	Harare, Zimbabwe (Univ. of New Orleans)
Michele Dannhausen	Throws	SO	5-7	Sierra Madre, Calif. (La Salle HS)
Brittani Dudley	Sprints	JR	5-1	Oakland, Calif. (James Logan HS)
Jackie Duncan	Mid-Distance	SR	5-6	Syracuse, N.Y. (Liverpool HS)
Vonnie Fulford	Sprints	JR	5-1	San Fernando, Calif. (Birmingham HS)
Robyn Guzman	Throws	FR	5-6	Folsom, Calif. (Folsom HS)
Dana Jensen	Pole Vault	SO	5-4	Temecula, Calif. (Chaparral HS)
Kristin Karhio	Multi-Events	SR	5-9	Cherry Valley, N.Y. (Monterey Peninsula CC)
Deontee Kaye	Jumps/Hurdles	SO	5-4	Hayward, Calif. (James Logan HS)
Karoline Koehler	Sprints/Jumps	SO	5-7	Erfurt, Germany (Pierre-de-Coubertin Gymnasium)
Alicia Lowery	Sprints	JR	5-3	San Diego, Calif. (Cuyamaca College)
Makenzie Mabry	Distance	FR	5-4	La Crescenta, Calif. (Crescenta Valley HS)
Lisa Naucler	Mid-Distance	SR	5-7	Ljusdal, Sweden (Manhattan College)
Kristin Olafsdottir	Multi-Events/Hurdles	SO	5-8	Reykjavik, Iceland (Kvennaskolinn i Reykjavik)
Monica Pacas	Pole Vault	JR	5-3	Atascadero, Calif. (Atascadero HS)
Sherraine Pencil	Sprints	JR	5-6	Toronto, Canada (Vaughan Road Academy)
Christin Shibley	Pole Vault	JR	5-8	Palmdale, Calif. (Quartz Hill HS)
Shana Solomon	Sprints	SO	5-7	Long Beach, Calif. (Long Beach Poly HS)
Nicole Stone	Sprints/Hurdles	SO	5-6	Ontario, Calif. (Rancho Cucamonga HS)
Leanne Taylor	Throws	SO	5-11	Porterville, Calif. (Porterville HS)
Celeste Tyson	Mid-Distance/Steeple	SR	5-1	Austin, Texas (McNeil HS)
Mandy Upuu	Sprints	JR	5-4	Courtenay, Canada (G. P. Vanier Secondary)
Dana Van Wagner	Pole Vault	SR	5-6	Sparr, Fla. (Univ. of Florida)
Anne Vieira	Distance	JR	5-4	San Diego, Calif. (Point Loma HS)
Amber Waddell	Sprints	FR	5-1	San Diego, Calif. (Clairemont HS)
Jessica Walker	Distance	FR	5-3	Murrieta, Calif. (Murrieta Valley HS)
Shana Watson	Jumps	SO	5-6	Oakland, Calif. (Skyline HS)
Kai Wheeler	Jumps/Sprints	FR	5-5	San Diego, Calif. (Rancho Bernardo HS)

**Head Coach:** Rahn Sheffield (San Diego State '80), 16th season

**Assistant Coaches:** Jennifer Nanista (San Diego State '90), 14th season; Mike LoBue (Fresno State, '01), third season; Richard Fox (San Diego State '92), 10th season.

2007 Schedule

Date	Meet	Site	Time
Jan. 19-20	National Pole Vault Summit	Reno, Nev.	Noon PT
Feb. 3	Mountain T's Invitational	Flagstaff, Ariz.	10 a.m. MT
Feb. 9-10	TCR Race Productions Invitational	Albuquerque, N.M.	10 a.m. MT
Feb. 22-24	Mountain West Conference Championships	Albuquerque, N.M.	10 a.m. MT
March 9-10	NCAA Championships	Fayetteville, Ark.	All Day
March 10	San Diego City Championships	La Jolla, Calif.	Noon PT
March 16-17	Aztec Invitational	SDSU Sports Deck	9 a.m. PT
March 24	Trojan Invitational	Los Angeles, Calif.	9 a.m. PT
March 30-31	Cal-Nevada Championships	Fresno, Calif.	10 a.m. PT
April 4-7	Texas Relays	Austin, Texas	All Day
April 7	Pomona-Pitzer Invitational	Pomona, Calif.	10 a.m. PT
April 11-12	Mt. SAC Heptathlon	Azusa, Calif.	10 a.m. PT
April 13-15	Mt. SAC Relays	Walnut, Calif.	10 a.m. PT
April 14	Long Beach Invitational	Long Beach, Calif.	10 a.m. PT
April 20-21	Triton Invitational	La Jolla, Calif.	9 a.m. PT
April 27-29	Penn Relays	Philadelphia, Pa.	10 a.m. ET
April 27-28	California Collegiate Challenge	Berkeley, Calif.	10 a.m. PT
May 6	Claremont Classic	Claremont, Calif.	10 a.m. PT
May 9-12	Mountain West Conference Championships	SDSU Sports Deck	10 a.m. PT
May 25-26	NCAA Regional Championships	Eugene, Ore.	All Day
June 6-9	NCAA Championships	Sacramento, Calif.	All Day

- Indoor track and field meet

Roster Breakdown

By Class

Seniors (8)

Ali Baker, Sara Cates, Priscilla Chapu, Jackie Duncan, Kristin Karhio, Lisa Naucler, Celeste Tyson, Dana Van Wagner

Juniors (10)

Lital Azulay, Raquel Butler, Brittani Dudley, Vonnie Fulford, Alicia Lowery, Monica Pacas, Sherraine Pencil, Christin Shibley, Mandy Upuu, Anne Vieira

Sophomores (11)

Joanna Burley, Corri Campbell-Fell, Michele Dannhausen, Dana Jensen, Deontee Kaye, Karoline Koehler, Kristin Olafsdottir, Shana Solomon, Nicole Stone, Leanne Taylor, Shana Watson

Freshmen (11)

Stephanie Armstrong, Stephanie Bagan, Lindsay Barajas, Wendy Bohn, Darien Buc, Jordan Cabral, Robyn Guzman, Makenzie Mabry, Amber Waddell, Jessica Walker, Kai Wheeler

By Event

Distance (8)

Stephanie Armstrong, Lital Azulay, Ali Baker, Darien Buc, Sara Cates, Makenzie Mabry, Anne Vieira, Jessica Walker

Hurdles (4)

Corri Campbell-Fell, Deontee Kaye, Kristin Olafsdottir, Nicole Stone

Jumps (5)

Wendy Bohn, Deontee Kaye, Karoline Koehler, Shana Watson, Kai Wheeler

Mid-Distance (5)

Lindsay Barajas, Jackie Duncan, Lisa Naucler, Celeste Tyson, Mandy Upuu

Multi-Events (2)

Kristin Karhio, Kristin Olafsdottir

Pole Vault (7)

Stephanie Bagan, Joanna Burley, Jordan Cabral, Dana Jensen, Monica Pacas, Christin Shibley, Dana Van Wagner

Sprints (9)

Raquel Butler, Priscilla Chapu, Brittani Dudley, Vonnie Fulford, Karoline Koehler, Alicia Lowery, Sherraine Pencil, Shana Solomon, Amber Waddell

Throws (3)

Michele Dannhausen, Robyn Guzman, Leanne Taylor

# AZTEC TRACK & FIELD CODE OF HONOR

1. *Team before self*
2. *Engage in athletic competition with extreme prejudice, for we are the best of the best*
3. *There is never a good time to quit*
4. *Never let fear overshadow courage*
5. *An Aztec's promise is not measured by how many she makes, but how many she keeps*
6. *Athletics doesn't build character, it reveals it*
7. *Athletes focus on the pain; Aztecs focus on the goal*
8. *Aztecs don't waste time they'll never get back*
9. *The only thing great about a loser is the excuses she makes*
10. *Diligence, integrity, courage, honor and pride make up the foundation of an Aztec*





The San Diego State track and field team heads into the 2007 season brimming with confidence for a number of reasons.

For 16th-year head coach Rahn Sheffield, he needs to not look further than the 24 returning letterwinners. Or the fact that 12 of the program-best 15 student-athletes who qualified for the 2006 NCAA regionals are back for more. Or that four of five of last year's NCAA participants return.

The fact of the matter is Sheffield's Aztecs are loaded this season.

The squad is littered with an abundance of senior leadership, experienced athletes and a group of newcomers primed to help SDSU excel at the highest level.

Despite a youthful squad last year, San Diego State still managed to find success that the coaches believe will carry over in 2007 in the indoor and outdoor campaigns, culminating at the Mountain West Conference outdoor championships and leading into the NCAA regional and national meets.

"We want to challenge for one of the top three spots in the Mountain West during the outdoor season," assistant coach Jennifer Nanista said. "Our goal is to continue to qualify people for the NCAA regional championships and qualify more for nationals."

"We sent a pretty good contingent to regionals, but didn't have as good of a performance as we would have liked to have had. Part of that was because of our youth. We had 16 freshmen on the team last year."

Nanista believes that the experience gained by competing against the top student-athletes in the nation will pay dividends not only this season, but in the years to follow.

"Our team received some good experience to actually see what it is like to compete at the highest level and now I believe we can get back to the championships and make a dent."

The way the season is set up, there is no reason not to believe that the Aztecs can reach



nicole stone - sprints/hurdles

their highest goals.

After a brief indoor campaign, SDSU competes in the state of California with the exception of two meets and ends its regular season at home, playing host to the MWC championships.

On paper, San Diego State has all the right ingredients to be successful and if everything turns out the way it reads, Montezuma Mesa has the potential to be the place to be this spring.

The following is a breakdown by event for the 2007 edition of the Aztecs:

### Sprints

With a strong core returning, the sprints should be an area where the Aztecs excel once again.

Back from last year are the top-five performers in the 100-meter dash, 10 of the top-11 runners in the 200 and seven of the top eight in the 400, including the team's fastest in each event.

Shana Solomon enters her sophomore season as the top 100 runner from a year ago and is joined by Sherraine Pencil, a junior, who posted the top 200 time and the second-best in the 100.

In the 400, the Aztecs will be led by Nicole Stone. The sophomore from Ontario, Calif., earned all-MWC accolades at the 2006 outdoor meet after placing third with a team-best time of 52.94.

"The sprints will be good for us this year," Nanista said. "We have a good, solid core group of 100- and 200-meter runners and we will be in good shape in the 400 with the return of Nicole Stone, who finished third in the conference as a freshman."

As far as the relays, they should be just as good, if not better than last season.

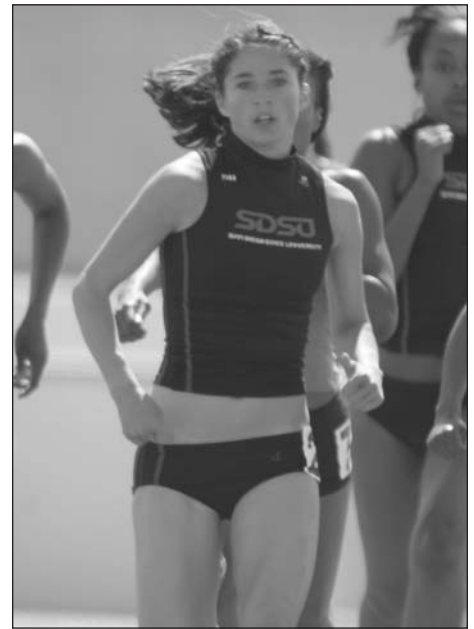
San Diego State's all-conference 4x100 relay (Solomon, Stone, Pencil and Brittani Dudley) remains intact, while 75 percent of its all-league 4x100 squad (Stone, Pencil, Dudley) returns following the graduation of Larnie Boyd. If that is not enough, the indoor 4x400 team of Stone, Dudley, Mandy Upuu and Kristin Olafsdottir that broke the school record last season is also back.

As much as the Aztecs have returning in the event, their newcomers add to the potential of the group, beginning with Karoline Koehler.

The sophomore from Germany comes to Montezuma Mesa with an impressive resume. She owns a personal-best 11.58 in the 100, held the German title in the 100 in 2002 and finished second in the 4x100 at the U-23 European Championships in 2005.

"Karoline brings a lot of experience and maturity to the team," Nanista said. "Her experience at the international level will definitely help the team."

SDSU also adds senior Priscilla Chapu and junior Vonnie Fulford into the mix. Chapu, a transfer from University of New Orleans, was the Privateers' top 200 runner and broke the school's 100-meter as a freshman. Fulford, meanwhile, is coming off a redshirt season and



lisa naucler - middle distance

brings two years of prior experience to an already accomplished group.

### Middle Distance

San Diego State looks to have plenty of depth for the middle distance events with a pair of seniors in Lisa Naucler and Celeste Tyson leading the way.

Naucler, from Sweden, ended the cross country season by finishing among the team's top five in all seven meets and comes into this season with the second-fastest 800 and 1,500 times among those returning in 2007.

Tyson, meanwhile, enters her final campaign having completed a cross country season that saw her finish with the team's top time in each of the last six races.

"Lisa Naucler should have a solid showing in both the 800 and 1,500 this season," Nanista said. "Celeste Tyson, coming off the type of cross country season that she had, we will be strong in the 1,500 and the 800. Celeste definitely came on at the end of cross country and that will carry over for us to the track season."

Another to look out for is Mandy Upuu. A junior, Upuu competed in the 800 for the first time last season and turned in the team's best time of 2006 (2:11.93).

### Distance

In the distance events, the Aztecs will look directly to junior Lital Azulay, who a year ago earned all-MWC and all-West Region honors in cross country.

Hampered by injury last season and still feeling the effects of it during this past cross country campaign, the SDSU staff believes that the Israeli native will be ready in 2007.

"We're looking for Lital to step up and come back from her previous injuries from last spring," Nanista said. "She started coming into some better form at the end of the cross country season, but she's had another two months

to get herself into some solid shape.”

Tyson will also be depended on to provide quality results in the distance events.

## Hurdles

San Diego State realized its potential last year once its athletes stepped onto the track.

Olafsdottir lived up to the hype as she had one of the best seasons in school history as a freshman.

The conference's freshman of the year and recipient of the high-point award also earned all-MWC accolades in the 400 hurdles. Besides that, she finished with the top times in both the 100- and 400-meter hurdles on the team.

“Kristin Olafsdottir had a very solid freshman year for us, setting Icelandic records in both the multi-events, running 59.33 in the long hurdles and breaking 14 seconds (13.94) in the short hurdles,” Nanista said. “I believe she will continue to improve and build off what she did last year.”

Classmate Corri Campbell-Fell had an equally impressive 2006 by representing Canada in the IAAF World Junior Championships. While there, she recorded a personal best in the 400 hurdles with a time of 59.22 and will bring a high level of international experience to the team.

In addition to the aforementioned athletes, sophomore Deontee Kaye is ready to burst onto the scene. Last year she completed the 100 hurdles in 14.41 at the Jim Click Shootout, the second fastest on the team. This past summer she worked on form and technique and looks to be ready to take her talent to the next level.

Stone has experience in the hurdles and will split time between both events over the course of the season.

## Pole Vault

For the second consecutive year the Aztecs are faced with replacing an All-American. But



kristin olafsdottir - multi-events/hurdles

every year someone steps to the plate and this season, Monica Pacas looks to be the next in line in the long tradition of nationally recognized vaulters at SDSU.

Now in her third year in the program, Pacas is the top returning pole vaulter after saving her best for last in 2006. At the NCAA West Regionals, she finished seventh with a personal-best vault of 12-11.75, good for fourth on San Diego State's all-time performance list.

Dana Van Wagner joins Pacas as another upperclassman looking to keep the Aztecs on the national stage. The senior from Florida made strides throughout the season and qualified for regionals at the MWC meet. With some of the West's best looking on, Van Wagner posted a personal-best effort of 12-6.00.

Sophomore and all-MWC indoor performer Dana Jensen is another to keep an eye on. Before suffering an injury, she jumped 12-8.75, a personal best, at the league indoor meet and the coaches are sure she will rebound well.

Infusing a little youth never hurts and Stephanie Bagan is no exception. The freshman enters her first season on campus having jumped 13 feet in high school and left the prep ranks as her section's pole vault champion in Northern California.

Adding to the squad's depth are junior Christin Shibley, sophomore Joanna Burley and freshman Jordan Cabral who will all be counted on to contribute.

## Jumps

The one event that could possibly be stronger than the sprints is the jumps. Last year San Diego State brought in two prized recruits and they did not disappoint. The scary thing is the duo is back.

Sophomore Shana Watson is fresh off an appearance at the U.S.A. Track and Field Junior Championships where she earned a silver medal in the long jump and a bronze in the triple jump. Prior to that she garnered all-league accolades in the long and triple jump at the MWC outdoor meet.

Classmate Deontee Kaye proved to be a solid contributor last season and in her first collegiate meet she set the school indoor record in the triple jump with a leap of 42-2.00. For an encore, she etched her name in the record book with a record-breaking 41-9.75-performance in the outdoor triple jump.

Similar to the sprinters, Koehler is expected to make a huge impact in the jumps as well. Prior to arriving on campus, she recorded personal bests of 43-11.25 in the triple jump and 20-5.50 in the long jump.

## Throws

Sophomore Leanne Taylor, as expected, emerged as the top competitor in the throwing events. Despite her youth, she was the top performer in the shot put and the discus throw, while finishing second in the hammer. By the end of the year she had qualified for regionals, competing in the discus and shot put.



monica pacas - pole vault

## Multi-Events

Like last year, SDSU is excited about what Olafsdottir brings to the table. In 2006, she was tops on the team in both the pentathlon and heptathlon en route to all-conference honors in both events.

Complementing Olafsdottir is senior Kristin Karhio. Last year, she was at her best when it counted the most as she posted season highs at the MWC indoor and outdoor events.

## The Schedule

San Diego State starts the season with a pair of indoor meets before heading to the MWC indoor championships in Albuquerque, N.M., just prior to the start of the outdoor campaign.

The outdoor schedule takes the Aztecs up the road to La Jolla, Calif., for the season opener at the San Diego City Championships before playing host to the Aztec Invitational at the SDSU Sports Deck.

The rest of the slate keeps San Diego State in the Golden State for the duration of the season except for trips to the Texas and Penn Relays.

As the year comes to a close, the Aztecs will get to enjoy it on Montezuma Mesa with the MWC outdoor championships coming to "America's Finest City" for the first time since 2001.

Following the championships, SDSU will hope to send its athletes to the NCAA West Regionals in Eugene, Ore., and then onto the national meet in Sacramento, Calif.