

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	17th/24th overall
Assistant Coaches (Alma Mater)	Jennifer Nanista (San Diego State '90) Mike LoBue (Fresno State '01) Richard Fox (San Diego State '92)
2007 Indoor Mountain West Conference Finish	4th of 9 (76 pts.)
2007 Outdoor Mountain West Conference Finish	3rd of 9 (128 pts.)
Outdoor Letterwinners Returning/Lost	10/5
Strength and Conditioning Coaches	Courtney Bale/Mike LoBue
Track and Field Athletic Trainer	Carolyn Peters
Track and Field Academic Advisor	Bre White
Track and Field Event Manager	Tim Baron

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San Diego State Track and Field Media Guide Credits

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2008 Aztec Track and Field Roster

Athlete	Event	Yr.	Ht.	Hometown (Previous School)
Stephanie Armstrong	Distance	So.	5-5	Foothill Ranch, Calif. (Trabuco Hills HS)
Stephanie Bagan	Pole Vault	So.	5-7	Granite Bay, Calif. (Granite Bay HS)
Lindsay Barajas	Mid-Distance	So.	5-4	Rancho Cucamonga, Calif. (Rancho Cucamonga HS)
Britney Bennett	Sprints/Jumps	Fr.	5-5	Chula Vista, Calif. (Otay Ranch HS)
Sara Beyers	Distance	Fr.	5-5	Danville, Calif. (San Ramon Valley HS)
Laura Boggeln	Throws	Fr.	5-10	Huntington Beach, Calif. (Huntington Beach HS)
Wendy Bohn	High Jump	So.	6-1	San Diego, Calif. (Rancho Bernardo HS)
Amy Brown	Mid-Distance	Fr.	5-6	Sydney, Australia (St. Lukes Grammar School)
Marie Brown	Pole Vault	Fr.	5-7	Sacramento, Calif. (St. Francis HS)
Darien Buc	Distance	So.	5-3	Dana Point, Calif. (Dana Hills HS)
Joanna Burley	Pole Vault	Sr.	5-7	Fullerton, Calif. (Rosary HS)
Corri Campbell-Fell	Hurdles	Jr.	5-5	Vancouver, Canada (Point Grey Secondary)
Sara Cunningham	Distance	Fr.	5-8	Torrance, Calif. (West HS)
Michele Dannhausen	Throws	Jr.	5-7	Sierra Madre, Calif. (La Salle HS)
Lindsey Deane	Mid-Distance	Fr.	5-5	Ben Lomond, Calif. (San Lorenzo Valley HS)
Brittani Dudley	Sprints	Jr.	5-1	Oakland, Calif. (James Logan HS)
Kristin Glen	Distance	Jr.	5-2	Rancho Santa Margarita, Calif. (Orange Coast College)
Robyn Guzman	Throws	So.	5-6	Folsom, Calif. (Folsom HS)
Jessika Hornsby	Sprints	Fr.	5-7	Moreno Valley, Calif. (Rancho Verde HS)
Christina Jakymiw	Pole Vault	Fr.	5-2	Huntington Beach, Calif. (Marina HS)
Dana Jensen	Pole Vault	So.	5-4	Temecula, Calif. (Chaparral HS)
Briana Johnson	Hurdles	Fr.	5-6	Orlando, Fla. (University HS)
Deontee Kaye	Jumps/Hurdles	Jr.	5-4	Hayward, Calif. (James Logan HS)
Alicia King	Sprints	Fr.	5-3	Moreno Valley, Calif. (Rancho Verde HS)
KristaBelle Kiper	Sprints	Fr.	5-7	Denver, Colo. (George Washington HS)
Karoline Koehler	Sprints/Jumps	Sr.	5-7	Erfurt, Germany (Pierre-de-Coubertin Gymnasium)
Elizabeth Leonard	Distance	Fr.	5-4	South Pasadena, Calif. (South Pasadena HS)
Alicia Lowery	Sprints	Sr.	5-3	San Diego, Calif. (Cuyamaca College)
Makenzie Mabry	Distance	So.	5-4	La Crescenta, Calif. (Crescenta Valley HS)
Andrea Martinez	Throws	Jr.	5-3	Tolleson, Ariz. (Glendale Community College)
Michelle Martinez	Distance	Fr.	5-6	Burbank, Calif. (John Burroughs HS)
Tamara McMillan	Throws	Jr.	5-7	Pensacola, Fla. (Cowley College)
Jaqueline Meissner	Pole Vault	So.	5-6	Yuma, Ariz. (Penn State)
Andrea Norton	Distance	Fr.	5-5	Sacramento, Calif. (Loretto HS)
Kelly Oelschlager	Distance	Jr.	5-6	Irvine, Calif. (Orange Coast College)
Kristin Olafsdottir	Multi-Events/Hurdles	Jr.	5-8	Reykjavik, Iceland (Kvennaskolinn i Reykjavik)
Monica Pacas	Pole Vault	Sr.	5-3	Atascadero, Calif. (Atascadero HS)
Sherraine Pencil	Sprints	Sr.	5-6	Toronto, Canada (Vaughan Road Academy)
Jaclyn Perakis	Mid-Distance	Fr.	5-9	Pleasanton, Calif. (Foothill HS)
Natalie Peterson	High Jump	Fr.	5-10	Huntington Beach, Calif. (Marina HS)
Alyssa Robinson	Distance	Jr.	5-9	Ojai, Calif. (Ventura College)
Sonya Schmidt	Sprints	Sr.	5-5	Lancaster, Calif. (Antelope Valley College)
Christin Shibley	Pole Vault	Sr.	5-8	Palmdale, Calif. (Quartz Hill HS)
Ashley Siletto	Sprints	Fr.	5-6	Ladera Ranch, Calif. (CS Fullerton)
Shana Solomon	Sprints	Jr.	5-7	Long Beach, Calif. (Long Beach Poly HS)
Nicole Stone	Sprints/Hurdles	Jr.	5-6	Ontario, Calif. (Rancho Cucamonga HS)
Kyanna Thomas	Sprints	Fr.	5-7	Fresno, Calif. (Grace M. Davis HS)
Mandy Upuu	Sprints/Mid-Distance	Sr.	5-4	Courtenay, Canada (G.P. Vanier Secondary)
Anne Vieira	Distance	Sr.	5-4	San Diego, Calif. (Point Loma HS)
Katie Vo	Pole Vault	Fr.	5-7	Walnut Creek, Calif. (Las Lomas HS)
Amber Waddell	Sprints	So.	5-1	San Diego, Calif. (Clairemont HS)
Shana Watson	Jumps/Multi-Events	Jr.	5-6	Oakland, Calif. (Skyline HS)
Kai Wheeler	Sprints/Jumps	So.	5-5	San Diego, Calif. (Rancho Bernardo HS)

Head Coach: Rahn Sheffield (San Diego State '80), 17th season

Assistant Coaches: Jennifer Nanista (San Diego State '90), 15th season; Mike LoBue (Fresno State, '01), 4th season; Richard Fox (San Diego State '92), 11th season

Roster Breakdown

By Class**Seniors (9)**

Joanna Burley, Karoline Koehler, Alicia Lowery, Monica Pacas, Sherraine Pencil, Sonya Schmidt, Christin Shibley, Mandy Upuu, Anne Vieira

Juniors (13)

Corri Campbell-Fell, Michele Dannhausen, Brittani Dudley, Kristin Glen, Deontee Kaye, Andrea Martinez, Tamara McMillan, Kelly Oelschlager, Kristin Olafsdottir, Alyssa Robinson, Shana Solomon, Nicole Stone, Shana Watson

Sophomores (11)

Stephanie Armstrong, Stephanie Bagan, Lindsay Barajas, Wendy Bohn, Darien Buc, Robyn Guzman, Dana Jensen, Makenzie Mabry, Jaqueline Meissner, Amber Waddell, Kai Wheeler

Freshmen (20)

Britney Bennett, Sara Beyers, Laura Boggeln, Amy Brown, Marie Brown, Sara Cunningham, Lindsey Deane, Jessika Hornsby, Christina Jakymiw, Briana Johnson, Alicia King, KristaBelle Kiper, Elizabeth Leonard, Michelle Martinez, Andrea Norton, Jaclyn Perakis, Natalie Peterson, Ashley Siletto, Kyanna Thomas, Katie Vo

By Event**Distance (12)**

Stephanie Armstrong, Sara Beyers, Darien Buc, Sara Cunningham, Kristin Glen, Elizabeth Leonard, Makenzie Mabry, Michelle Martinez, Andrea Norton, Kelly Oelschlager, Alyssa Robinson, Anne Vieira

Hurdles (5)

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

Jumps (7)

Britney Bennett, Wendy Bohn, Deontee Kaye, Karoline Koehler, Natalie Peterson, Shana Watson, Kai Wheeler

Mid-Distance (5)

Lindsay Barajas, Amy Brown, Lindsey Deane, Jaclyn Perakis, Mandy Upuu

Multi-Events (2)

Kristin Olafsdottir, Shana Watson

Pole Vault (9)

Stephanie Bagan, Marie Brown, Joanna Burley, Christina Jakymiw, Dana Jensen, Jaqueline Meissner, Monica Pacas, Christin Shibley, Katie Vo

Sprints (15)

Britney Bennett, Brittani Dudley, Jessika Hornsby, Alicia King, KristaBelle Kiper, Alicia Lowery, Sherraine Pencil, Sonya Schmidt, Ashley Siletto, Shana Solomon, Nicole Stone, Kyanna Thomas, Mandy Upuu, Amber Waddell, Kai Wheeler

Throws (5)

Laura Boggeln, Michele Dannhausen, Robyn Guzman, Andrea Martinez, Tamara McMillan



2008 Schedule

Date	Meet	Site	Time
Jan. 5	National Pole Vault Summit	Reno, Nev.	Noon PT
Feb. 2	Mountain T's Invitational	Flagstaff, Ariz.	10 a.m. MT
Feb. 8-9	Bronco Invitational	Nampa, Idaho	10 a.m. MT
Feb. 16	Husky Classic	Seattle, Wash.	8:30 a.m. PT
Feb. 28-March 1	Mountain West Conference Championships	Colorado Springs, Colo.	10 a.m. MT
March 8	San Diego City Championships	La Jolla, Calif.	Noon PT
March 14-15	NCAA Championships	Fayetteville, Ark.	All Day
March 14-15	Aztec Invitational	SDSU Sports Deck	9 a.m. PT
March 22	Trojan Invitational	Los Angeles, Calif.	9 a.m. PT
March 28-29	Cal-Nevada Championships	Fresno, Calif.	10 a.m. PT
April 5	Pomona-Pitzer Invitational	Claremont, Calif.	10 a.m. PT
April 11-12	Sea Ray Relays	Knoxville, Tenn.	10 a.m. ET
April 16-20	Mt. SAC Relays/Heptathlon	Walnut, Calif./Azusa, Calif.	10 a.m. PT
April 19	Beach Invitational	Cerritos, Calif.	10 a.m. PT
April 24-26	Penn Relays	Philadelphia, Pa.	10 a.m. ET
April 25-26	Triton Invitational	La Jolla, Calif.	9 a.m. PT
	Brutus Hamilton Invitational	Berkeley, Calif.	10 a.m. PT
May 3-4	Steve Scott Invitational	Irvine, Calif.	10 a.m. PT
May 14-17	Mountain West Conference Championships	Fort Worth, Texas	10 a.m. CT
May 30-31	NCAA West Region Championships	Tempe, Ariz.	All Day
June 11-14	NCAA Championships	Des Moines, Iowa	All Day

- indicates indoor track and field meet; **BOLD** - indicates home meet.

2008 Championship Information

Mountain West Conference Indoor Track and Field Championships

February 28 - March 1, 2008

Hosted by Air Force Academy

Cadet Field House

Colorado Springs, Colo.

NCAA Indoor Track and Field Championships

March 14-15, 2008

Hosted by University of Arkansas, Fayetteville

Randal Tyson Track Center

Fayetteville, Ark.

Mountain West Conference Outdoor Track and Field Championships

May 14-17, 2008

Hosted by TCU

Lowdon Track and Field Complex

Forth Worth, Texas

NCAA West Region Outdoor Track and Field Championships

May 30-31, 2008

Hosted by Cal State Northridge

Matador Track & Field Complex

Northridge, Calif.

NCAA Outdoor Track and Field Championships

June 11-14, 2008

Hosted by Drake University

Drake Stadium

Des Moines, Iowa



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Confidence and leadership are two words that describe what the 2008 San Diego State track and field team has going into the season.

And why not?

The Aztecs are coming off one of their most successful campaigns, one which saw them win the prestigious Cal-Nevada Championships, finish in third place at the Mountain West Conference Championships - their best showing since 2004 - and come in fifth place at the NCAA West Region Championships after qualifying a school-record 16 athletes.

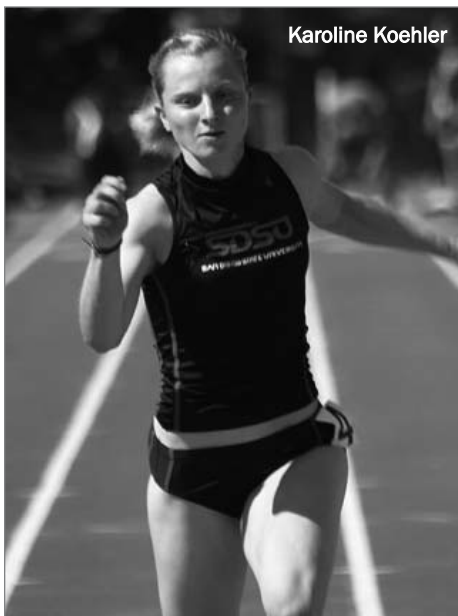
Following a regional-meet performance that was tops among all non-Pac-10 Conference schools and best in head coach Rahn Sheffield's tenure at San Diego State, SDSU qualified five athletes in seven events for the NCAA Championships, its most since 2003. After the dust settled, San Diego State racked up its 35th All-American in school history in Deontee Kaye.

Not bad, right? Well all of that occurred during the outdoor season. Prior to competing outside, the Aztecs fared well during the indoor campaign, posting a runner-up effort at the TCR Race Productions Invitational, coming in fourth at the conference meet with first-year Aztec Stephanie Bagan winning the pole vault and subsequently earning the league's most outstanding female performance award, which earned Bagan a spot in the NCAA Championships.

With last season's accomplishments, confidence is at an all-time high on Montezuma Mesa. Even better news is that 12 of the 16 NCAA West Regional qualifiers and all five athletes who went to the NCAA outdoor championships are back for more in 2008. That, along with Sheffield's guidance, is where the leadership comes.

With the renowned Sheffield at the helm and 75 percent of last year's regional qualifiers back on Montezuma Mesa, the Aztecs have a group that knows where they have been, knows where they want to go and knows what it takes to get there.

"We as a coaching staff believe that we have



Karoline Koehler



Kristin Olafsdottir

the team and all of the right ingredients to make a run for the conference championship, both indoors and outdoors," assistant coach Jennifer Nanista said. "All of the athletes have come in with a different mindset. They are a lot more serious. All of the freshmen that have come in have taken to that attitude and are very focused.

"This is one of the most focused freshmen classes that we have had. We have had great freshmen come in in the past, but they did not have the leaders to help them. This year, we have some very strong leaders on the team that are going to help our freshmen make an immediate impact. All in all, the overall attitude as a team is that they are ready to go out and get it done, both at conference, regionals and then at the national championships."

It is this blend of confidence and leadership that has everyone around San Diego State excited for the track and field season.

With an extended indoor campaign on the horizon and an excellent outdoor schedule to follow, SDSU is poised to surpass its accomplishments from a year ago and make noise in the Mountain West, the region and the nation.

Below is a breakdown by event for the 2008 San Diego State track and field squad.

Sprints

As always, SDSU looks to be very strong in the sprinting events this season with three national championship qualifiers from last year returning.

Headlining the group is senior team captain and two-time NCAA championship participant Sherraine Pencil. The Toronto, Canada, native enters her final season having posted the Aztecs' fastest time in the 200 and 400 and the second-best effort in the 100 a year ago.

Junior Shana Solomon will be another counted on to shoulder the load as she was the lone SDSU athlete to record a better 100 time than Pencil in 2007 and earned a berth in the 100 and 200 at nationals.

Similar to the aforementioned sprinters, junior Nicole Stone also found out what competing at the NCAA championships was like as she secured a spot in the 400 with her performance at re-

gionals.

In addition to the seasoned trio, the Aztecs also return senior Karoline Koehler, a 4x100 relay regional performer, and a group of talented freshmen in Alicia King, Jessika Hornsby and Kyanna Thomas.

"Our sprint squad should be very strong this year with Sherraine Pencil, Shana Solomon, Nicole Stone and Karoline Koehler returning this year," Nanista said. "And then with the addition of freshmen Alicia King, Jessika Hornsby and Kyanna Thomas, we should have a very strong sprint squad."

With a strong core of sprinters, the relays are certain to be in good hands.

The entire all-Mountain West Conference 4x100 relay team of Pencil, Solomon, Alicia Lowery and Koehler remains intact, while the 4x400 all-league quartet returns Stone, Pencil and Mandy Upuu. In fact, SDSU returns three-fourths of a 4x400 relay team (Stone, Pencil and Upuu) that broke the school indoor record last February at the conference meet.

"We should be very strong in the sprints this season and in years to come," Nanista said. "Our early season practices have looked really good and it is going to be a healthy battle to see who is going to be on the relay."

Middle Distance

The middle distance events will be much like the sprints in that it will be led by an experienced and accomplished runner in senior Mandy Upuu.

Upuu, who hails from Courtenay, Canada, is an all-conference performer who competed in the 800 for the first time last season and has since turned into one of the Mountain West's and the region's top runners in the event.

She currently owns the third-fastest 800 time in school history and is coming off a third-place effort at the conference meet and an all-West Region performance at the NCAA regionals.

"With the return of Mandy Upuu, the middle distances should be much stronger this year," Nanista said. "She has had really good early-season workouts and is coming off a regional-finalist performance. She has a great chance at qualify-

ing and performing well at the NCAA championships.”

Another athlete who could see time in the mid-distance events is Corri Campbell-Fell. The junior, who has primarily competed in the 400 hurdles and has some experience running the 400, is expected to get a look after a productive summer. More importantly, Campbell-Fell is healthy for the first time in over a year.

“Corri Campbell-Fell has come back a changed athlete. She did a lot of work over the summer,” Nanista said. “She went to Europe and ran some races and has come back a more seasoned and dedicated athlete.”

“Corri had a very good fall and we took care of all of her injury issues. I think we will have very good performances out of her this year.”

Distance

Much like the Aztec cross country team, the distance squad is particularly young, but the improvements that were made toward the end of the cross country campaign have this group carrying the momentum into the track slate.

Junior college transfers Kristin Glen and Alyssa Robinson are the most experienced of the bunch, but look for sophomores Darien Buc, Stephanie Armstrong and Makenzie Mabry to make an impact immediately.

“We have a very young squad in the distances,” Nanista said. “They definitely have a lot of room to improve and I believe we will be able to see some good results out of our distance runners.”

Hurdles

Back from a solid sophomore campaign is junior Kristin Olafsdottir, who will lead an up-and-coming hurdle squad.

With Olafsdottir, an all-conference performer, in the mix, and Corri Campbell-Fell in the best shape of her life, one might ask why this group is considered up and coming.

The reason is Briana Johnson. The freshman from Florida was a state champion in high school

and has been clocked in the short hurdles at 13.9 seconds. It is with her addition that SDSU can elevate from being a good hurdle team to a great one.

In addition to Olafsdottir, the team’s top short hurdler from last year, and Campbell-Fell, the Aztecs also welcome back Nicole Stone, a regional qualifier in the 400 hurdles, and introduce junior Shana Watson.

Stone was SDSU’s top 400 hurdler a year ago saving her best for the MWC Championships where she qualified for regionals. Watson, meanwhile, is a multi-talented athlete who will see time in the hurdles after qualifying for the 2007 regional meet in the triple jump.

Pole Vault

Like every season, the Aztec pole vault is one of the deepest events on the team with the return of three regional performers and a high-profile Division I transfer.

“The pole vaulters are top-notch,” Nanista said. “We added Jackie Meissner from Penn State giving us a solid group of vaulters.”

“We will go four or five deep when you look at (senior) Monica Pacas, (sophomore) Stephanie Bagan, (senior) Christin Shibley and (sophomore) Dana Jensen. Those four should be a force to be reckoned with.”

Pacas, Bagan and Shibley all competed at the regional meet last year and are currently on the school’s all-time performance list.

Bagan made her presence felt early on at SDSU as she captured the pole vault crown at the MWC indoor meet and won the league’s most outstanding female performance award en route to earning a spot at the national indoor championships as a freshman.

Adding to an already talented group are juniors Joanna Burley and Dana Jensen, along with freshmen Marie Brown, Christina Jakymiw and Katie Vo.

Jumps

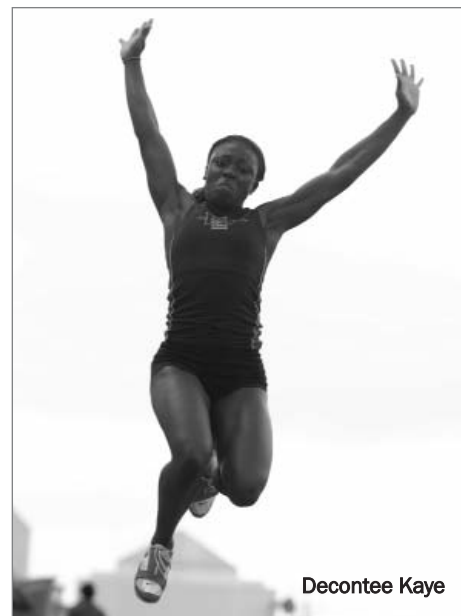
Looking to build off what was a superb 2007 season are the Aztec jumpers, led by All-American Decontee Kaye.

The junior became SDSU’s first All-American in a horizontal jumping event when she finished with a school-record and fourth-place leap of 44 feet, 4.25 inches in the triple jump at the NCAA championships. After her banner sophomore season, Kaye has now put herself in a position to compete for an Olympic berth on her native Liberian national team.

Senior Karoline Koehler, who seemed to match every one of Kaye’s efforts, is also back having finished third at regionals and competing at nationals.

Both rank 1-2 on San Diego State’s all-time performance list in the triple jump and Koehler is second all-time in the long jump followed by Kaye in third.

“We have a determined, focused group of athletes,” Nanista said. “The sky is the limit with this group.”



Decontee Kaye

Throws

SDSU will be vastly improved in this area with the progression of sophomore Michele Dannhausen and the addition of Tamara McMillan and Andrea Martinez.

“We definitely have some good throwers that will help that part of our squad,” Nanista said. “We have three solid athletes that we really have not had in the past that will help bolster our team.”

Dannhausen returns for her second season having logged the top distances in the shot put, discus, hammer and javelin throws from last year. Since the end of 2007, the sophomore has made great strides and will contribute to a strong group.

McMillan, a junior college transfer, comes to SDSU as a decorated thrower. At Cowley College in Kansas, McMillan won the NJCAA indoor weight throw title and then followed it with a hammer throw championship during the outdoor campaign. A natural winner, she helped her team win the 2007 conference and region title before inking with the Aztecs.

Meanwhile Martinez, another junior college transfer, was Glendale (Ariz.) Community College’s outstanding female athlete and female thrower during her two seasons. In her final season, she guided her squad to a fourth-place finish at the NJCAA Region I meet.

Multi-Events

Kristin Olafsdottir is the veteran of the multi-events for SDSU and is fresh off a runner-up effort in the heptathlon and a third-place finish in the pentathlon at the conference meet.

Joining Olafsdottir is Shana Watson, who began competing in the multi-events toward the end of her sophomore campaign and was one of 12 athletes to compete in the heptathlon at the MWC championships.

“Both Kristin and Shana are talented athletes that we should see a lot from this spring,” Nanista said. “I believe we will have some really good performances from both throughout the season.”



Monica Pacas

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*

