

SDSU Track and Field



This Week: April 22-23, at UC San Diego Triton Invitational, La Jolla, Calif., All Day

Outdoor Schedule

Date	Meet	Result/Time
Mar. 12	SD City Champs.	2nd/6 teams
Mar. 19	Aztec Classic	NTS
Mar. 24-26	Florida Relays (Gainesville, Fla.)	NTS
Apr. 2	CS Northridge (Northridge, Calif.)	NTS
Apr. 9	APU Meet of Champions (Azusa, Calif.)	NTS
Apr. 13-17	Mt. Sac Relays (Walnut, Calif.)	NTS
Apr. 16	Long Beach State Invite	NTS
Apr. 22-23	UCSD Triton Invite (La Jolla, Calif.)	10 a.m.
Apr. 30	Steve Scott Invitational (Irvine, Calif.)	10 a.m.
May 7	Oxy Invitational (Los Angeles, Calif.)	5 p.m.
May 11-14	MWC Champs. (Fort Collins, Colo.)	10 a.m. MST
May 27-28	NCAA Regional Champs. (Eugene, Ore.)	4 p.m.
Jun. 8-11	NCAA Championships (Sacramento, Calif.)	TBA

2005 Outdoor Roster

Athlete	Events	Yr.	Ht.
Lital Azulay	Distance	So.	5-6
Alison Baker	Distance	So.	5-5
Shayla Balentine	Pole Vault	Sr.	5-6
Larnie Boyd	Sprints	Jr.	5-6
Joanna Burley	Pole Vault	Fr.	5-7
Raquel Butler	Sprints	Fr.	5-7
Nicole Carmier	Sprints/Jumps	Jr.	5-10
Sara Cates	Distance	So.	5-5
Christal Cuadra	Distance	Jr.	5-7
Brookie Determan	Distance	Fr.	5-6
Brittani Dudley	Sprints	Fr.	5-1
Jackie Duncan	Mid-Distance	Jr.	5-6
Christian Fairing	Distance	Jr.	5-6
Vonnie Fulford	Sprints	So.	5-6
Jennifer Greene	Jumps	Jr.	5-7
Heather Heron	Sprints/Hurdles	Sr.	5-7
Julie Hudlow	Pole Vault	Sr.	5-7
Emily Joller	Distance	Sr.	5-5
Jenna Loftus	Mid-Distance	So.	5-5
Bianca McNair	Sprints	Jr.	5-10
Lisa Naucler	Mid-Distance	So.	5-7
Marie Nilsson	Distance	Sr.	5-9
Monica Pacas	Pole Vault	Fr.	5-3
Sherraine Pencil	Sprints	Fr.	5-6
Janine Polischuk	Multi-Events	So.	5-5
Briana Powell	Mid-Distance	Fr.	5-4
Tori Respass-Parsons	Sprints	Sr.	5-10
Nicole Rothert	Sprints	So.	5-6
Christin Shibley	Pole Vault	Fr.	5-8
Jamillah Titus	Mid-Distance	Jr.	5-8
Celeste Tyson	Mid-Distance	So.	5-1
Mandy Upuu	Sprints	Fr.	5-4
Anne Vieira	Distance	Fr.	5-4

Head Coach: Rahn Sheffield, 14th season
Assistant Coaches: Jennifer Nanista, 12th season; Mike LoBue, first season; Rich Fox, eighth season

Aztecs To Compete In UC San Diego Triton Invitational This Weekend

- The San Diego State women's track and field team will make the short drive south to La Jolla to compete in the UC San Diego Triton Invitational on Friday and Saturday. It will mark the second time this season the Aztecs have traveled to the campus of UC San Diego. On March 12, SDSU took second of six teams at the San Diego City Championships.
- The meet gets underway on Friday with the hammer throw. The Aztecs', however, don't have an athlete compete until 11 a.m. Saturday, when both the pole vault and 400-meter commence.
- The women's portion of the meet will conclude with the 5,000-meter run at 6 p.m.

Rewind: Mt. SAC Relays

- SDSU had an impressive showing at the 47th annual Mt. SAC Relays last weekend. On Wednesday and Thursday in Azusa, Calif., Janine Polischuk placed ninth with 4,968 points in the heptathlon. She set season-best marks in the long jump (18-4 1/4) and 800-meter run (2 minutes, 29.21 seconds) during the competition.
- On Friday, Marie Nilsson ran a NCAA regional qualifying time of 10:51.37 in the 3,000-meter steeplechase and Nicole Carmier finished 14th in the Olympic Development 800-meter run with a personal-best time of 2 minutes, 10.40 seconds (ninth-fastest time ever recorded by an SDSU athlete).

Lisa Naucler continued to impress in her first season as an Aztec with a seventh-place finish in the University/Open 800 (2:11.46), while Jackie Duncan set a season-best mark in the same race of 2:14.26.

Brittani Dudley and Sherraine Pencil ran season-best times of 55.98 and 57.88, respectively, in the 400, and Celeste Tyson bettered her season-best time in the 1,500 by more than nine seconds (4:40.03).

- Carmier won the University/Open high jump on Saturday (5-7 1/4) and Monica Pacas finished fifth in the University/Open pole vault, clearing 12-5 1/4.
- On Sunday, Heather Heron bettered her NCAA regional qualifying mark in the Olympic Development 100-hurdles with a season-low time of 13.59 seconds. The senior took third in the event after competing in the 400-hurdles (12th place, 1:02.07) earlier in the day.

Shayla Balentine had the top collegiate mark in the pole vault invitational, clearing 13 feet, 11 3/4 inches, and Polischuk posted a season-best mark in the 400-hurdles (1:02.74).

Dudley (33rd place, season-best 24.85), Pencil (35th, 24.94) and Vonnie Fulford (36th, season-best 25.05) had impressive outings in the 400, while Pencil also competed in the Olympic Development 100 (12th, 12.17).

Dudley (33rd place, season-best 24.85), Pencil (35th, 24.94) and Vonnie Fulford (36th, season-best 25.05) had impressive outings in the 400, while Pencil also competed in the Olympic Development 100 (12th, 12.17).

Rewind: Springco-Long Beach Invite

- At the Springco-Long Beach Invitational on Saturday, Jennifer Greene won the triple jump with a personal-best mark of 38-7 3/4 and was 12th in the long jump (17-4).

Other notable SDSU performances on the day went to Larnie Boyd, who set season-low times in both the 200 (25.26) and the 400 (56.42), and Raquel Butler and

Briana Powell, who had season-best marks in the 200 (25.68) and 800 (2:20.69), respectively.

Flashback: 2004 UCSD Triton Invite

- In an otherwise off-week for most of the SDSU women's track and field squad at the 2004 UCSD Triton Invitational, Nicole Ireland posted a season best in the 400 hurdles by almost two seconds, winning the event in an NCAA regional qualifying time of 57.40. The time was the sixth-fastest time in the nation at the point in the season.

Candace Hill also had a season best in the discus, throwing 157-08, en-route to a 25th place in an elite field of 47 competitors.

Cara Walker cleared a season high 12-1 1/4 for fifth place, while Tina Fodor was sixth in the 3,000 (10:43.39) and Ireland took sixth in the 100 hurdles (14.08).

Aztecs Still Prominent In Event Rankings

- With seven meets under its belt, SDSU appears prominently in the national performance list, which shows the top times/marks so far in 2005.

Senior Shayla Balentine is the most notable performer with her 14-0 1/2 leap in the pole vault. The mark is tops in the nation among collegiate athletes, tied for fourth in the United States and tied for seventh among all world competitors. Her clear at the Azusa Pacific Meet of Champions on April 9 also set a SDSU and Mountain West Conference record.

Balentine is joined on the NCAA regional list in the pole vault by Monica Pacas, who is ranked 31st in the nation with her jump of 12-6 1/4. The freshman has set NCAA regional marks in the event three consecutive weeks.

Senior Heather Heron has the 24th-fastest time in the 100-hurdles (13.59), junior Nicole Carmier is 30th in the high jump (5-8 3/4) and senior Marie Nilsson is ranked 58th in the steeplechase after her time of 10:51.37 on Friday at the prestigious Mt. SAC Relays.

Aztec Outdoor Records

100	Tonette Dyer	11.20	2004
200	Tonette Dyer	22.34	2004
400	Tonette Dyer	51.15	2004
800	Renee Ross	2:02.88	1985
1,500	Monica Joyce	4:06.69	1982
3,000	Monica Joyce	8:53.24	1982
5,000	Monica Joyce	15:45.26	1982
10,000	Lynn Kanuka	34:22.24	1981
Steeplechase	Marie Nilsson	10:23.34	2004
100 Hurdles	Miesha McKelvy	12.82	1999
400 Hurdles	LaTanya Sheffield	54.64	1985
4x100	Givens, Dyer Hogg, Smedley	44.24	2002
4x400	Nilson, Ross Robinson, Sheffield	3:30.57	1985
High Jump	Lori Clark	5-11.5	1984
Pole Vault	Shayla Balentine	14-0.50	2005
Long Jump	Lisa Domico	20-5.75	1999
Triple Jump	Gaylen Ames	41-9.75	1988
Shot Put	Ramona Pagel	58-3.75	1984
Discus	Laura DeSnoo	196-4	1984
Hammer	Kellie Scott	168-8	1998
Javelin	Liz Mueller	178-3	1983
Heptathlon	Aja Frary	5,751 pts.	2001

**2005 SDSU Track and Field Outdoor Season Best Times & Marks
(as of April 18, 2005)**

100 meters (Regional: 11.75/SDSU Record: 11.20 - Tonette Dyer, 2004)		Time/Mark
1. Sherraine Pencil	San Diego City Championships (3/12/05)	12.13
2. Tori Respass-Parsons	Azusa Pacific Meet of Champions (4/9/05)	12.25
3. Vonnie Fulford	Azusa Pacific Meet of Champions (4/9/05)	12.28
4. Brittani Dudley	San Diego City Championships (3/12/05)	12.29
200 meters (Regional: 23.96/SDSU Record: 22.34 - Tonette Dyer, 2004)		Time/Mark
1. Sherraine Pencil	San Diego City Championships (3/12/05)	24.84
2. Brittani Dudley	Mt. SAC Relays (4/16/05)	24.85
3. Vonnie Fulford	Mt. SAC Relays (4/16/05)	25.05
4. Larnie Boyd	Springco-Long Beach State Invitational (4/16/05)	25.26
5. Tori Respass-Parsons	CS Northridge 8-Way (4/2/05)	25.58
6. Raquel Butler	Springco-Long Beach State Invitational (4/16/05)	25.68
7. Janine Polischuk	Mt. SAC Relays Heptathlon (4/13/05)	25.97hp
8. Bianca McNair	Aztec Classic (3/19/05)	26.14
400 meters (Regional: 54.61/SDSU Record: 51.15 - Tonette Dyer, 2004)		Time/Mark
1. Nicole Carmier	San Diego City Championships (3/12/05)	55.82
2. Brittani Dudley	Mt. SAC Relays (4/15/05)	55.98
3. Larnie Boyd	Springco-Long Beach State Invitational (4/16/05)	56.42
4. Sherraine Pencil	Mt. SAC Relays (4/15/05)	57.88
5. Jackie Duncan	Aztec Classic (3/19/05)	57.92
6. Raquel Butler	Azusa Pacific Meet of Champions (4/9/05)	57.94
7. Nicole Rothert	CS Northridge 8-Way (4/2/05)	59.00
8. Jamillah Titus	Aztec Classic (3/19/05)	1:00.15
9. Briana Powell	Azusa Pacific Meet of Champions (4/9/05)	1:00.57
10. Jenna Loftus	Azusa Pacific Meet of Champions (4/9/05)	1:01.90
800 meters (Regional: 2:09.80/SDSU Record: 2:10.29 - Renee Ross, 1985)		Time/Mark
1. Nicole Carmier	Mt. SAC Relays (4/15/05)	2:10.40 (9th all-time)
2. Lisa Naucler	San Diego City Championships (3/12/05)	2:11.29
3. Jackie Duncan	Mt. SAC Relays (4/15/05)	2:14.26
4. Jenna Loftus	CS Northridge 8-Way (4/2/05)	2:18.80
5. Jamillah Titus	CS Northridge 8-Way (4/2/05)	2:20.32
6. Marie Nilsson	San Diego City Championships (3/12/05)	2:20.35
7. Briana Powell	Springco-Long Beach State Invitational (4/16/05)	2:20.69
8. Lital Azulay	San Diego City Championships (3/12/05)	2:21.39
9. Nicole Rothert	San Diego City Championships (3/12/05)	2:21.65
10. Celeste Tyson	Aztec Classic (3/19/05)	2:21.82
11. Christal Cuadra	Azusa Pacific Meet of Champions (4/9/05)	2:25.11
12. Ali Baker	Azusa Pacific Meet of Champions (4/9/05)	2:25.37
13. Janine Polischuk	Mt. SAC Relays Heptathlon (4/14/05)	2:29.21hp
1,500 meters (Regional: 4:27.80/SDSU Record: 4:06.69 - Monica Joyce, 1982)		Time/Mark
1. Lisa Naucler	Azusa Pacific Meet of Champions (4/9/05)	4:35.32
2. Marie Nilsson	San Diego City Championships (3/12/05)	4:38.95
3. Celeste Tyson	Mt. SAC Relays (4/15/05)	4:40.03
4. Lital Azulay	Aztec Classic (3/19/05)	4:45.69
5. Christal Cuadra	Aztec Classic (3/19/05)	4:49.78
6. Jackie Duncan	Azusa Pacific Meet of Champions (4/9/05)	4:51.72
7. Christian Fairing	CS Northridge 8-Way (4/2/05)	4:52.01
8. Jenna Loftus	San Diego City Championships (3/12/05)	5:01.46
9. Ali Baker	Azusa Pacific Meet of Champions (4/9/05)	5:02.87
10. Sara Cates	Springco-Long Beach State Invitational (4/16/05)	5:07.79
11. Emily Joller	Springco-Long Beach State Invitational (4/16/05)	5:24.66
12. Anne Vieira	Springco-Long Beach State Invitational (4/16/05)	5:27.83

3,000 meters (Regional: NA/SDSU Record: 8:53.24 (Monica Joyce, 1982) Time/Mark

1. Marie Nilsson	Aztec Classic (3/19/05)	9:59.65
2. Lital Azulay	Aztec Classic (3/19/05)	10:12.85
3. Christal Cuadra	Aztec Classic (3/19/05)	10:29.30
4. Christian Fairing	Aztec Classic (3/19/05)	10:41.51
5. Brookie Detterman	San Diego City Championships (3/12/05)	11:05.14
6. Sara Cates	San Diego City Championships (3/12/05)	11:07.31
7. Emily Joller	San Diego City Championships (3/12/05)	11:28.79
8. Ali Baker	Aztec Classic (3/19/05)	11:39.99
9. Anne Vieira	CS Northridge 8-Way (4/2/05)	11:49.84

5,000 meters (Regional: 16:52.00/SDSU Record: 15:45.26 - Monica Joyce, 1982) Time/Mark

1. Marie Nilsson	Florida Relays (3/24/05)	17:40.97
2. Lital Azulay	Florida Relays (3/24/05)	17:57.60
3. Chrstal Cuadra	Florida Relays (3/24/05)	18:18.34
4. Christian Fairing	Azusa Pacific Meet of Champions (4/9/05)	18:27.38
5. Sara Cates	Aztec Classic (3/19/05)	19:04.2h
6. Brookie Detterman	Aztec Classic (3/19/05)	19:23.2h
7. Emily Joller	Aztec Classic (3/19/05)	19:55.0h
8. Anne Vieira	Aztec Classic (3/19/05)	20:36.4h

100-meter hurdles (Regional: 13.95/SDSU Record: 12.82 - Miesha McKelvy, 1999) Time/Mark

1. Heather Heron	Mt. SAC Relays (4/17/05)	13.59^
2. Janine Polischuk	Azusa Pacific Meet of Champions (4/9/05)	14.74

400-meter hurdles (Regional: 1:00.82/SDSU Record: 54.64 - LaTanya Sheffield, 1985) Time/Mark

1. Heather Heron	Azusa Pacific Meet of Champions (4/9/05)	1:01.64
2. Janine Polischuk	Mt. SAC Relays (4/15/05)	1:02.74

3,000-meter steeplechase (Regional: 10:52.10/SDSU Record: 10:23.34 - Marie Nilsson, 2004)

1. Marie Nilsson	Mt. SAC Relays (4/15/05)	10:51.37^
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4x100-Meter Relay (Regional: 45.80/SDSU Record: 44.24 - Givens, Dyer, Hogg, Smedley, 2002)

1. Fulford, Respass-Parsons, Heron, Pencil	Aztec Classic (3/19/05)	47.15
2. Dudley, Pencil, Heron, Fulford	San Diego City Championships (3/12/05)	47.20
3. Dudley, Respass-Parsons, Heron, Carmier	CS Northridge 8-Way (4/2/05)	47.30
4. Dudley, Respass-Parsons, Heron, Fulford	Azusa Pacific Meet of Champions (4/9/05)	47.36

4x400-Meter Relay (Regional: 3:42.00/SDSU Record: 3:30.57 - Nilsson, Ross, Robinson, Sheffield, 1985)

1. Dudley, Carmier, Heron, Boyd	CS Northridge 8-Way (4/2/05)	3:50.45
2. Dudley, Carmier, Pencil, Heron	San Diego City Championships (3/12/05)	3:51.28
3. Butler, Fulford, Powell, Titus	San Diego City Championships (3/12/05)	3:55.42
4. Butler, Powell, Rothert, Titus	CS Northridge 8-Way (4/2/05)	3:59.63

High Jump (Regional: 5-08.75/SDSU Record: 5-11.50 - Lori Clark, 1984) Time/Mark

1. Nicole Carmier	Azusa Pacific Meet of Champions (4/9/05)	5-08.75^ (t6th all-time)
2. Jamillah Titus	Azusa Pacific Meet of Champions (4/9/05)	5-05.75
3. Janine Polischuk	Mt. SAC Relays (4/13/05)	5-02.50hp

Pole Vault (Regional: 12-5.50/SDSU Record: 14-00.50 - Shayla Balentine, 2005) Time/Mark

1. Shayla Balentine	Azusa Pacific Meet of Champions (4/9/05)	14-00.50^(SDSU/MWC Record)
2. Monica Pacas	Azusa Pacific Meet of Champions (4/9/05)	12-06.25^ (t6th all-time)
3. Christin Shibley	Aztec Classic (3/19/05)	11-07.75
4. Julie Hudlow	Aztec Classic (3/19/05)	11-01.75

Long Jump (Regional: 19-06.25)/SDSU Record: 20-05.75 - Lisa Domico, 1999) Time/Mark

1. Tori Respass-Parsons	Azusa Pacific Meet of Champions (4/9/05)	19-05.25 (t4th all-time)
2. Janine Polischuk	Mt. SAC Relays Heptathlon (4/14/05)	18-04.25hp
3. Brittani Dudley	San Diego City Championships (3/12/05)	17-10.75
4. Jennifer Greene	Azusa Pacific Meet of Champions (4/9/05)	17-05.50

Triple Jump (Regional: 40-02.75)/SDSU Record: 41-09.75 - Gaylen Ames, 1988)		Time/Mark
1. Jennifer Greene	Springco-Long Beach State Invitational (4/16/05)	38-07.75
2. Sherraine Pencil	Aztec Classic (3/19/05)	35-08.75

Shot Put (Regional: 46-11)/SDSU Record: 46-08.75 - Ramona Pagel, 1984)		Time/Mark
1. Tori Respass-Parsons	Aztec Classic (3/19/05)	36-04.25
2. Janine Polischuk	San Diego City Championships (3/12/05)	35-05.00

Javelin (Regional: 141-7)/SDSU Record: 178-03.00 - Liz Mueller, 1983)		Time/Mark
1. Janine Polischuk	Aztec Classic (3/19/05)	127-06
2. Jennifer Greene	San Diego City Championships (3/12/05)	90-10
3. Bianca McNair	San Diego City Championships (3/12/05)	70-2

Heptathlon (NCAA Auto: 5,500 points, NCAA Prov.: 5,000 pts./ SDSU Record: 5,751 - Aja Frary, 2001)		
1. Janine Polischuk	Mt. SAC Relays Heptathlon (4/13-14/05)	4,968

KEY

^ - NCAA Regional Qualifying Standard h - Hand Time t - tied hp - heptathlon

Meet Results

3/12/05 - San Diego City Championships, La Jolla, Calif., Second of six teams (231.5 pts.)
 3/19/05 - Aztec Classic, San Diego, Calif., No team scores
 3/24-25/05 - Florida Relays, Gainesville, Fla., No team scores
 4/2/05 - Cal State Northridge 8-Way, Northridge, Calif., No team scores
 4/9/05 - Azusa Pacific Meet of Champions, Azusa, Calif., No team scores
 4/13-14/05 - Mt. SAC Relays Heptathlon, Azusa, Calif., Janine Polischuk - 4,968 pts. (Ninth of 11)
 4/15-17/05 - Mt. SAC Relays, Walnut, Calif., No team scores