



Along side some of the premiere events on the Masters Invitational Calendar the Masters Flash100 at the San Diego State Aztec Track and Field Invitational is looking to be one of the premiere events on the USA Track and Field (USATF) Masters Invitational schedule. Taking elite masters sprinting to the next level the *FLASH100* seeks to gather the worlds top 18 age group sprinters 40+ and raise the stakes of competition by providing a sizable monetary incentive. By providing a professional level atmosphere which rivals that of top level overseas meets, we hope to bring the rivalry and competitive nature of masters sprinting to the forefront and create an electric atmosphere conducive for record setting.



35th Annual Aztec Track and Field Invitational

***Presented by
Sheraton Mission Valley Hotel***

1433 Camino Del Rio S,
San Diego, CA 92108

<http://www.sheratonmissionvalley.com/>

March 14-16, 2013

***Aztrack Sports Deck
San Diego State University
San Diego, California***



Welcome

San Diego State University is pleased to be your host for this year's Aztec Track and Field Invitational presented by the Sheraton Mission Valley Hotel. First conducted in 1979, the Aztec Invitational has been a stop for many American and International athletes on their journey to NCAA and World Championships and well as the Olympics. Over the years, the meet has expanded from one to three days to include Open, Invitational, High School, and Masters Sections as well as Combined Events.

Special thanks to our event sponsors,

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for helping underwrite the expenses for the meet. The support from our event partners at USA Track and Field and RunnerSpace is also greatly appreciated.



We trust your experience here in San Diego will be filled with fast times, long and high jumps, deep throws, and vaults into the heavens.

SDSU Head Coach
SDSU Asst Coach
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SDSU Asst Coach
SDSU Asst Coach

Shelia Burrell
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Don Chadez, FlashWest
Boldi Kocsor
Tim Baron
Kuba Wasowski
Rick Reaser

Boy's Meet Records

Event	Name	Affiliation	Mark	Date
100m	Gary Thomas	Helix Charter	10.99 -1.2	3/19/2011
400m	Pete Lauderdale	Serra Gardena	49.17	3/19/2011
110 m Hurdle	Jahari Selmon	JW North	16.79 -1.6	3/13/2010
4x100m Relay	M. Rodgers, D. Feury R. Bennett, G. Farmer	Serra Gardena	42.49	3/19/2011
4x200m Relay		JW North	1:33.20	3/13/2010
4x400m Relay	R. Bennett, F. Olloqui L. Siscard, P. Lauderdale	Serra Gardena	3:23.45	3/19/2011
Shot Put	Chris Eidson	Santana	14.60m	3/19/2011
Discus	Jayson Kovar	Burroughs Ridgecres	53.49m	3/17/2012

Girl's Meet Records

Event	Name	Affiliation	Mark	Date
100m	Alexis Faulknor	Serra Gardena	12.30 +0.0	3/19/2011
400m	Chimere Ezumah	Serra Gardena	56.20	3/19/2011
100 m Hurdle	Deena Pierce	Serra Gardena	15.13 -2.4	3/19/2011
4x100m Relay	J. Owens, C. Ezumah, T. Crutchfield, A. Faulknor	Serra Gardena	46.71	3/19/2011
4x200m Relay		South Torrance	1:51.87	3/13/2010
4x400m Relay	A. Faulknor, K. Agudo, D. Baucham, C. Ezumah	Serra Gardena	3:51.48	3/19/2011
Shot Put	Shawlina Segovia	JW North	11.29m	3/13/2010
Discus	Rachel Alesi	Christian	29.90m	3/17/2012

Event	Men	Women
100m	10.70	11.90
200m	21.80	24.90
400m	48.50	56.00
800m	1:53.50	2:15.00
1500m	4:00.00	4:45.00
3000m	8:45.00	10:30.00
5000m	15:30.00	17:30.00
110H/100H	14.50	14.25
400H	53.50	1:01.50
3000 Steeple	9:30.00	11:00.00
LJ	7.15m (23'5 1/2")	5.85m (19'2 1/5")
HJ	2.10m (6'10 3/4")	1.70m (5'7")
TJ	15.00m (49'2 1/2")	12.35m (40'6 1/4")
PV	5.00m (16'4 3/4")	3.80m (12'5 1/2")
Shot	16.75m (54'11 1/2")	13.70 (44'11 1/2")
Discus	51.80m (169'11")	48.80m (160'1")
Javelin	57.90m (189'11")	44.20m (145'0")
Hammer	54.85m (179'11")	51.80m (169'11")

Invitation Section

Qualifying Standards

Women's Meet Records

Event	Name	Affiliation	Mark	Date
100m	Evelyn Ashford	Medalist TC	10.97 -1.0	3/6/1982
200m	Melinda Smedley	Sheffield Elite TC	23.33 +0.6	3/15/2008
400m	Linetta Wilson	South Bay TC	52.03	3/2/1996
800m	Debbie Marshall	Unattached	2:05.89	3/7/1992
1500m	Ruth Wysocki	Unattached	4:15.23	3/7/1992
3000m	Jeanne Lasee-Johnson	Nike	9:33.98	3/7/1992
5000m	Kathy Mintie	UCLA	15:49.37	3/7/1981
100 m Hurdle	Gail Devers	UCLA	13.13 NWI	3/5/1988
100 m Hurdle	Lashinda Demus	Secretariat	13.17 -3.3	3/19/2011
400 m Hurdle	Brenda Taylor	Sheffield Elite TC	55.38	3/22/2003
3000m Steeple	Amber Henry	Weber State	10:12.00	3/16/2012
4x100m Relay	G. Mayo, J. Tarmoh, D. Duncan, J. Beard	Texas A&M	43.90	3/19/2011
4x200m Relay	V. Bell, G. McCraw, V. Watkins, Z. Johnson	So Cal Cheetahs	1:36.27	3/3/1984
4x400m Relay	Y. Hannus, K. Bolten, R. Campbell, J. Griffith	Stanford TC	3:34.9	3/6/1982
4x800m Relay		UC Berkeley	8:47.24	3/3/1984
W880m SMR	V. Allen, J. Bolden, D. Carney, G. Gardner	LA Mercurettes	1:43.5	3/10/1979
High Jump	Colleen Reinstra-Somm	Unattached	1.96m	3/5/1983
Pole Vault	Bethany Buell	South Dakota	4.33m	3/16/2012
Long Jump	Jennifer Innis	So Cal Cheetahs TC	6.56 m NWI	3/6/1982
Long Jump	Kierra Foster	Unattached	6.20m +2.0	3/13/2010
Triple Jump	Shakeema Walker	High Performance TC	13.40m -1.1	3/20/2004
Shot Put	Ramona Pagel	Unattached	19.85m	3/2/1985
Discus	Lorna Griffin	Unattached	61.14m	3/3/1984
Hammer	Leslie Coons	Unattached	67.07m	3/15/2008
Javelin (New)	Allyson Wardell-Anders	Cal Poly SLO	49.82m	3/16/2012
Javelin (Old)	Karen Smith	Cal Poly SLO	59.72m	3/6/1982
Heptathlon	Allison Reaser	San Diego State	5475 pts	3/16/2012

Men's Meet Records

Event	Name	Affiliation	Mark	Date
FLASH100m	TBD			3/16/2013
100m	Ron Brown	Unattached	10.23 NWI	3/5/1983
100m	Micky Grimes	Nike	10.26 +0.0	3/22/2003
200m	Demetrius Pinder	Texas A&M	20.54 +1.8	3/19/2011
400m	Sanderlei Parrela	Brazil	45.98	3/1/1997
800m	David Omwansa	USC	1:46.85	3/8/1980
1500m	Ray Wicksell	Sub 4 TC	3:39.58	3/6/1982
Mile	Armando Cendej	Maccabi TC	4:10.8	3/8/1980
3000m	Edgar De Oliveira	Brazil	7:58.23	3/6/1993
5000m	Paul Williams	Canada	13:44.51	3/6/1982
10,000m	Ken Velasquez	Unattached	29:09.03	3/7/1992
110m Hurdle	Robert Reading	Unattached	13.59 NWI	3/5/1994
110m Hurdle	Micah Harris	High Performance TC	13.92 +1.2	3/19/2005
400m Hurdle	Bernie Holloway	San Jose State	49.69	3/5/1983
3000m Steep	Greg Beardsley	Brooks	8:46.4	3/3/1984
4x100m Relay		USC	39.18	3/10/1979
4x200m Relay	B. Jackson, D. Evans, W. Jones, R. Brown	Stars and Stripes TC	1:22.88	3/3/1984
4x400m Relay	B. Mullins, R. Bethany, J. Sanford, B. Greene	USC	3:04.2	3/8/1980
4x800m Relay	Holman, Jackson, Savage, D. Omwansa	USC	7:30.8	3/8/1980
4000m DMR	P. Richardson, W. Jones, M. Schwartz, D. Raby	Arizona State	9:44.11	3/6/1982
800m SMR	M. Sanford, B. Greene, B. Mullins, J. Sanford	USC	1:21.12	3/8/1980
High Jump	Erik Kynard	Kansas State	2.28m	3/19/2011
Pole Vault	Jon Takahashi	Sheffield Elite TC	5.65m	3/17/2007
Long Jump	Kenta Bell	High Performance TC	7.77m NWI	3/22/2003
Long Jump	Mikese Morse	South Florida	7.25m +0.4	3/15/2008
Triple Jump	Kenta Bell	High Performance TC	17.49m -0.2	3/20/2004
Shot Put	Jamie Beyer	Sheffield Elite TC	20.53m	3/18/2006
Discus	Ian Waltz	High Performance TC	62.83m	3/20/2004
Hammer	Gian Paolo Ullani	Italy	71.20m	3/8/1980
Javelin (New)	Brad Bradstock	Unattached	75.44m	3/2/1996
Javelin (Old)	Duncan Atwood	Athletics West	83.41m	3/6/1982
Decathlon	Kevin Nielsen	BYU	7030 pts	3/16/2012

