

Track And Field

This Week's Meet

April 14-18at Mt. SAC Relays
Hilmer Lodge Stadium (Walnut, Calif.)
All Day (PDT)



2004 OUTDOOR SCHEDULE

Date	Meet	Result/Time
Mar. 13	at SD City Championships	2nd
Mar. 19-20	Aztec Classic	NTS
Mar. 25-27	at Florida Relays	NTS
Mar. 27	at UCSD Spring Break	8th
Apr. 3-4	at Cal-Nevada Championships	1st
Apr. 9-10	at Sea Ray Relays	NTS
Apr. 14-18	at Mt. SAC Relays	All Day
Apr. 22-24	at Penn Relays	All Day
Apr. 23-24	at UCSD Invitational	All Day
May 2	at Steve Scott Invitational (Northridge, Calif.)	All Day
May 8	at Oxy Invitational	All Day
May 12-15	at MWC Championships (Las Vegas, Nev.)	All Day
May 28-29	at NCAA Regional Champs.	All Day
June 9-12	at NCAA Championships (Austin, Texas)	All Day

Home meets in bold, held at the SDSU Sports Deck

2004 SDSU OUTDOOR ROSTER

Athlete	Events	Yr.	Ht.
Julie Amster	Distance	Sr.	5-11
Erin Asay	Pole Vault	Jr.	5-6
Alison Baker	Distance	Fr.	5-5
Shayla Balentine	Pole Vault	Jr.	5-6
Larnie Boyd	Sprints	So.	5-6
Nicole Carmier	Sprints/Jumps	So.	5-10
Sara Cates	Distance	Fr.	5-5
Christal Cuadra	Distance	So.	5-7
Jackie Duncan	Mid-Distance	So.	5-6
Tonette Dyer	Sprints	Sr.	6-0
Christian Fairing	Distance	So.	5-6
Angie Fitzpatrick	Distance	Sr.	5-5
Tina Fodor	Distance	Jr.	5-5
Vonnie Fulford	Sprints	Fr.	5-6
Hollann Givens	Sprints	Sr.	5-7
Jennifer Greene	Jumps	So.	5-7
Jillita Griffin	Sprints	Sr.	5-4
Heather Heron	Sprints/Hurdles	Jr.	5-7
Candace Hill	Throws	Sr.	6-0
Julie Hudlow	Pole Vault	Jr.	5-7
Nicole Ireland	Sprints/Hurdles	Sr.	5-10
Emily Joller	Distance	Jr.	5-5
Monica Kazlauskay	Pole Vault	Fr.	5-8
Bianca McNair	Sprints	So.	5-10
Shanon Meyer	Multi-Events	So.	5-8
Marie Nilsson	Distance	Jr.	5-9
Janine Polischuk	Multi-Events	Fr.	5-5
Nicole Rothert	Sprints	Fr.	5-6
Megan Schaueremann	Jumps	Jr.	6-0
Leslie St. Pierre	Throws	Jr.	5-10
Jamillah Titus	Mid-Distance	So.	5-8
Celeste Tyson	Mid-Distance	Fr.	5-1
Cara Walker	Pole Vault	Fr.	5-6

Head Coach: Rahn Sheffield, 13th season

Assistant Coaches: Jennifer Nanista, 11th season; Rich Fox, seventh season; John Lally, first season

Aztecs Stay In California For Prestigious Mt. SAC Relays

• The San Diego State women's track and field team makes its annual trip north for the 46th running of the Mt. SAC Relays, scheduled for April 14-18 in Walnut, Calif.

Some of the top names in the world will be at this year's meet, including Marion Jones, who is expected to compete in the 400 meters. Over 150 colleges from across the nation will send representatives to the non-team scoring event.

• The action begins with the heptathlon, which will take place at Azusa Pacific University in Azusa, Calif., Wednesday at 9 a.m. The heptathlon will conclude a day later, starting at 9:30 a.m.

• The rest of the meet will take place back in Walnut, Calif., at Mt. San Antonio Junior College's Hilmer Lodge Stadium. The running events will be split three ways, with the distance events on Friday, the middle distance on Saturday and the sprints and relays on Sunday.

Dyer's 200 Highlights Trip To Tennessee

• In what has already been a record-setting senior campaign, San Diego State track and field's Tonette Dyer (**Shreveport, La.**) posted the second-fastest time in the world in 2004, winning the 200 meters in 22.96 last Saturday at the Sea Ray Relays in Knoxville, Tenn.

Dyer became the first Aztec to ever complete the 200 meters in under 23 seconds, smashing the previous school record of 23.32, set by former teammate Melinda Smedley in 2002. Dyer's time of 22.96 was a career best (non-wind-aided) by 0.40 seconds and is also a conference record, beating UNLV's Michele Davis' effort of 23.00 in 2002.

Dyer now ranks second in the world in 2004, trailing only Jamaica's Simone Facey (22.71). Her time is the fastest by an American this year (prev. 23.04 - NC Elite's Crystal Cox), the best by a collegian and meets the 'B' qualifying standard for this summer's U.S. Olympic Trials.

Dyer received the Tony Wilson Memorial Award at the Sea Ray Relays, given to the athlete of the meet in the women's running events.

• The Aztec 4x200 relay notched the other victory last weekend, beating 16 others with the second-fastest time in school history of 1:33.31.

The team's other two relays also performed well with the 4x100 taking sixth in a season-best of 45.22 (No. 8 in SDSU history) and the distance medley coming in fourth in 11:45.80 (No. 3 in school history).

• Junior **Marie Nilsson (Kil, Sweden)** continued to make her mark in the Aztec distance rankings, posting the school's best time since 1982 in the 3,000 meters of 9:39.01. Nilsson's time earned her a fifth place, but puts her fourth in the SDSU top 10.

Flashback: 2003 Mt. SAC Relays

• SDSU earned one event title and had five other top-five finishes at last season's Mt. SAC Relays. Then junior **Nicole Ireland (Las Vegas, Nev.)** won the 400-meter hurdles in 57.30, the second-fastest time in school history. Ireland's time was a season-best by almost two seconds (previous - 59.24) and trailed only NCAA champion LaTanya Sheffield, who owns the school record of 54.64.

• After finishing second in the Olympic

Development Division of the 400 meters (52.91), Ireland, along with teammates **Bianca McNair (Portland, Ore.), Tonette Dyer** and Melinda Smedley, ran the second-fastest 4x400-meter relay in Aztec history, finishing in 3:34.77.

• Dyer and Smedley combined to tally the team's three other top-five finishes. Dyer logged NCAA regional qualifying times in both the 200 (3rd - 23.52) and the 400 (5th - 52.60), while Smedley finished just two spots below her teammate in the 200 with a time of 23.78.

• Other outstanding performances for the Aztecs on the final day of the meet went to Smedley in the 100 meters (7th - 11.67), Leslie Miller in the 100 hurdles (8th - 14.01) and **Jamillah Titus (American Canyon, Calif.)** in the high jump (7th - 5-07.00).

• In the meet's final day, SDSU tallied 10 NCAA regional qualifying times/marks and recorded team season bests in the high jump, 100 hurdles, 400 meters, 400 hurdles and the 4x400-meter relay.

• Freshman **Shanon Meyer (Hesperia, Calif.)** finished seventh in the heptathlon with an NCAA provisional qualifying point total of 5,198. Senior Leslie Miller, placed ninth overall (4,993 pts.) in the two-day competition in Azusa, Calif.

Aztecs Still Prominent In Event Rankings

• With six meets under its belt, SDSU appears prominently in the national performance list, which shows the top times/marks so far in 2004.

Senior Tonette Dyer is the top 200-meter runner in the country with her time of 22.96. She also is seventh in the 100 meters (11.42) and eighth in the 400 meters (52.58).

Junior Marie Nilsson has the second-fastest time in the 3,000-meter steeplechase of 10:23.34, while Shayla Balentine, rounds out the Aztecs in the top 10 with her No. 10 spot in the pole vault of 13-3.50.

Aztec Outdoor Records		
100 meters	11.42, Tonette Dyer	2004
200 meters	22.96, Tonette Dyer	2004
400 meters	51.33, Renee Ross	1985
800 meters	2:02.88, Renee Ross	1985
1,500 meters	4:06.69, Monica Joyce	1982
3,000 meters	8:53.24, Monica Joyce	1982
5,000 meters	15:45.26, Monica Joyce	1982
10,000 meters	34:22.24, Lynn Kanuka	1981
3,000 SC	10:23.34, Marie Nilsson	2004
100 hurdles	12.82, Miesha McKelvy	1999
400 hurdles	54.64, LaTanya Sheffield	1985
High Jump	5-11.50, Lori Clark	1984
Long Jump	20-05.75, Lisa Domico	1999
Triple Jump	41-09.75, Gaylen Ames	1988
Pole Vault	13-03.50, Shayla Balentine	2004
Shot Put	58-03.75, Ramona Pagel	1984
Discus	196-4.00, Laura DeSnoo	1984
Hammer	168-8.00, Kellie Scott	1998
Javelin	178-3.00, Liz Mueller	1983
Heptathlon	5,751 pts., Aja Frary	2001
4x100 Relay		
44.24	Givens, Dyer, Hogg, Smedley	2002
4x200 Relay		
1:32.99	Smedley, Dyer, McNair, Ireland	2003
4x400 Relay		
3:30.57	Nilson, Ross, Robinson, Sheffield	1985
Distance Medley Relay		
11:06.64	Hemond, Sheffield, Joyce, Kanuka	1982
<i>(Records non-wind aided, not converted for altitude)</i>		

**2004 SDSU Women's Track and Field Outdoor Season
Bests (Top 3) - As of April 12, 2004**

100 meters (Regional: 11.78)

11.42sr^	Tonette Dyer	(5)	1st
11.61w^(11.77^)	Nicole Ireland	(5)	p/2nd
11.82w (12.23)	Jillita Griffin	(5)	p/5th

100-meter hurdles (Regional: 13.95)

13.39w^(13.61^)	Heather Heron	(5)	p/1st
13.41w^(13.77^)	Nicole Ireland	(5)	2nd
14.51w (114.72)	Janine Polischuk	(5)	p/10th

200 meters (Regional: 23.96)

22.96sr^	Tonette Dyer	(6)	1st
23.72w^(23.81^)	Nicole Ireland	(5)	2nd
24.50	Bianca McNair	(3)	15th

400 meters (Regional: 54.61)

52.58^	Tonette Dyer	(2)	1st
54.32^	Larnie Boyd	(1)	1st
54.42^	Nicole Ireland	(6)	7th

400-meter hurdles (Regional: 1:00.82)

59.6h^	Nicole Ireland	(2)	4th
59.92^	Heather Heron	(5)	p/2nd
1:00.75^	Larnie Boyd	(1)	2nd

800 meters (Regional: 2:10.29)

2:10.96	Jamillah Titus	(6)	11th
2:11.81	Nicole Carmier	(3)	8th
2:12.1h	Larnie Boyd	(2)	3rd

1,500 meters (Regional: 4:29.12)

4:32.03	Marie Nilsson	(5)	p/1st
4:42.87	Jamillah Titus	(3)	5th
4:51.33	Celeste Tyson	(5)	p/19th
4:55.71	Christal Cuadra	(1)	5th

3,000-meter steeplechase (Regional: 10:57.18)

10:23.34sr^	Marie Nilsson	(5)	1st
11:47.05	Tina Fodor	(5)	13th
12:14.2h	Angie Fitzpatrick	(2)	8th

3,000 meters (N/A)

9:39.01	Marie Nilsson	(6)	5th
10:20.55	Christal Cuadra	(6)	22nd
10:55.38	Tina Fodor	(1)	9th

5,000 meters (Regional: 16:56.43)

16:43.56^	Marie Nilsson	(3)	2nd
17:47.38	Christal Cuadra	(3)	6th
18:42.40	Tina Fodor	(4)	6th

High Jump (Regional: 5-08.00)

5-06.00	Jamillah Titus	(2)	1st
5-05.00	Nicole Carmier	(1)	2nd
4-10.25	Janine Polischuk	(2)	t9th

Long Jump (Regional: 19-05.50)

19-00.50	Janine Polischuk	(2)	3rd
18-05.75	Megan Schauerermann	(5)	8th
17-02.25	Hollann Givens	(1)	5th

Triple Jump (Regional: 40-02.75)

39-06.50w	Nicole Ireland	(5)	3rd
39-03.25	Hollann Givens	(5)	t6th
38-11.75	Megan Schauerermann	(5)	9th

Pole Vault (Regional: 12-3.50)

13-03.50sr^	Shayla Balentine	(5)	1st
12-11.50^	Erin Asay	(5)	t2nd
12-00.50	Cara Walker	(2)	3rd

Shot Put (Regional: 46-8.75)

49-08.50^	Candace Hill	(2)	2nd
35-09.00	Leslie St. Pierre	(2)	11th
35-03.50	Janine Polischuk	(2)	12th

Discus (Regional: 152-10)

154-03.00^	Candace Hill	(2)	2nd
148-02.00	Leslie St. Pierre	(4)	3rd

Hammer (Regional: 173-4)

147-11.00	Leslie St. Pierre	(5)	21st
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4x100-Meter Relay (45.80)

45.22^	Givens/Dyer/Heron/Ireland	(6)	6th
45.30^	Givens/Dyer/Heron/Ireland	(5)	1st
45.37^	Fulford/Dyer/Heron/McNair	(1)	1st

4x200-Meter Relay (N/A)

1:33.31		(6)	1st
1:35.98	Boyd/McNair/Dyer/Givens	(3)	4th

4x400-Meter Relay (3:43.03)

3:38.39	Boyd/Dyer/McNair/Givens	(3)	4th
3:51.07	Carmier/Titus/Duncan/Givens	(1)	1st
3:56.52		(5)	9th

Distance Medley Relay (N/A)

11:37.77	Boyd/Givens/Carmier/Nilsson	(3)	1st
11:45.80	Titus/McNair/Boyd/Nilsson	(6)	4th

MEET KEY

- (1) San Diego City Championships, La Jolla, CA, Mar. 13: UCSD 217, SDSU 204, CSSM 69, PLNU 60, AIU 9, USD 7
- (2) Aztec Classic, San Diego, CA, Mar. 19-20: NTS
- (3) Florida Relays, Gainesville, FL, Mar. 26-27: NTS
- (4) UCSD Spring Break, La Jolla, CA, Mar. 27: 8th, 21 pts.
- (5) Cal-Nevada Championships, SLO, CA, April 3-4: SDSU 167, CSN 119, NEV 113, CPSLO 90, CAL 86
- (6) Sea Ray Relays, Knoxville, TN, April 9-10: NTS
- (7) Mt. SAC Relays, Walnut, CA, Apr. 15-18: All Day
- (8) UCSD Invitational, La Jolla, CA, Apr. 23-24: All Day
- (9) Penn Relays, Philadelphia, PA, Apr. 22-24: All Day
- (10) Steve Scott Invitational, Irvine, CA, May 2: All Day
- (11) Oxy Invitational, Los Angeles, CA, May 8: All Day
- (12) MWC Championships, Las Vegas, NV, May 12-15: All Day
- (13) NCAA Regionals, Northridge, CA, May 28-29: All Day
- (14) NCAA Championships, Austin, TX, June 10-12: All Day

KEY

+	NCAA Automatic Standard		
*	NCAA Provisional Standard		
^	NCAA Regional Qualifying Standard		
h	Hand Time	t	Tie
m	Meet Record	sr	School Record
p	Preliminaries	@	Run At Altitude
Hp	Heptathlon		
w	Wind reading +2.0		