

MEET-BY-MEET RESULTS

Date	Event	Location	Place
Jan. 27-28	at Pole Vault Summit	Reno, Nev.	NTS
Feb. 4	at Mountain T's Invitational	Flagstaff, Ariz.	NTS
Feb. 11	at Albuquerque Invitational	Albuquerque, N.M.	NTS
Feb. 23-25	at MWC Championships	Albuquerque, N.M.	4 of 9
March 10-11	at NCAA Championships	Fayetteville, Ark.	t51 of 63

60 Meters (NCAA Automatic - 7.27, NCAA Provisional - 7.44)

Athlete	Time	Date	Place	Site
1. Sherraine Pencil	7.69@	2/24	9th(p)	Albuquerque, N.M.
2. Shana Solomon	7.70@	2/11	7th	Albuquerque, N.M.
3. Brittani Dudley	7.76@	2/24	11th(p)	Albuquerque, N.M.

200 Meters (NCAA Automatic - 23.30, NCAA Provisional - 23.90)

Athlete	Time	Date	Place	Site
1. Sherraine Pencil	24.51@	2/25	4th	Albuquerque, N.M.
2. Brittani Dudley	24.77@	2/24	6th(p)	Albuquerque, N.M.
3. Shana Solomon	24.91@	2/24	9th(p)	Albuquerque, N.M.

400 Meters (NCAA Automatic - 52.40, NCAA Provisional - 54.40)

Athlete	Time	Date	Place	Site
1. Nicole Stone	55.19@	2/25	4th	Albuquerque, N.M.
2. Brittani Dudley	55.86@	2/25	6th	Albuquerque, N.M.
3. Larnie Boyd	56.36@	2/11	6th	Albuquerque, N.M.

800 Meters (NCAA Automatic - 2:05.70, NCAA Provisional 2:09.00)

Athlete	Time	Date	Place	Site
1. Kristin Olafsdottir	2:16.67@	2/23	1st(pn)	Albuquerque, N.M.
2. Lisa Naucler	2:19.79@	2/11	3rd	Albuquerque, N.M.
3. Nicole Carmier	2:22.90@	2/24	10th(p)	Albuquerque, N.M.

Mile (NCAA Automatic - 4:38.50, NCAA Provisional 4:47.00)

Athlete	Time	Date	Place	Site
1. Lisa Crampton	5:04.40@sr	2/25	8th	Albuquerque, N.M.
2. Celeste Tyson	5:17.77@	2/25	9th	Albuquerque, N.M.
3. Lisa Naucler	5:26.97@	2/24	13th(p)	Albuquerque, N.M.

3,000 Meters (NCAA Automatic - 9:16.00, NCAA Provisional - 9:35.00)

Athlete	Time	Date	Place	Site
1. Lisa Crampton	10:20.41@	2/11	3rd	Albuquerque, N.M.
2. Sarah Belger	10:49.45@	2/25	24th	Albuquerque, N.M.
3. Christal Cuadra	10:54.64@	2/11	6th	Albuquerque, N.M.

60-Meter Hurdles (NCAA Automatic - 8.15, NCAA Provisional - 8.43)

Athlete	Time	Date	Place	Site
1. Kristin Olafsdottir	8.66@	2/11	3rd	Albuquerque, N.M.
2. Deontee Kaye	8.74@	2/24	4th(p)	Albuquerque, N.M.
3. Corri Campbell-Fell	9.18@	2/24	15th(p)	Albuquerque, N.M.

4x400 Relay (NCAA Automatic - 3:33.50, NCAA Provisional - 3:40.00)

Athletes	Time	Date	Place	Site
1. Stone, Upuu, Olafsdottir, Dudley	3:43.63@sr	2/25	2nd	Albuquerque, N.M.
2. Stone, Boyd, Pencil, Upuu	3:47.39@	2/11	3rd	Albuquerque, N.M.
3. Carmier, Stone, Pencil, Olafsdottir	3:51.80@	2/4	1st(i)	Flagstaff, Ariz.

Distance Medley Relay (NCAA Automatic - 11:09.00, NCAA Provisional - 11:28.00)

Athletes	Time	Date	Place	Site
1. Crampton, Upuu, Carmier, Belger	12:27.56	2/25	5th	Albuquerque, N.M.

High Jump (NCAA Automatic - 6-0.50, NCAA Provisional - 5-10.00)

Athlete	Mark	Date	Place	Site
1. Nicole Carmier	5-6.50	2/4	1st	Flagstaff, Ariz.
2. Kristin Olafsdottir	5-5.00	2/23	2nd(pn)	Albuquerque, N.M.

Pole Vault (NCAA Automatic - 13-9.25, NCAA Provisional - 12-11.50)

Athlete	Mark	Date	Place	Site
1. Erin Asay	14-0.50+sr	2/11	1st	Albuquerque, N.M.
2. Dana Jensen	12-8.75	2/25	3rd	Albuquerque, N.M.
3. Monica Pacas	12-1.50	2/4	3rd(i)	Flagstaff, Ariz.

Long Jump (NCAA Automatic - 21-0.00, NCAA Provisional - 20-0.25)

Athlete	Mark	Date	Place	Site
1. Shana Watson	18-10.00	2/4	3rd(i)	Flagstaff, Ariz.
2. Kristin Olafsdottir	18-3.25	2/23	5th(pn)	Albuquerque, N.M.
3. Deontee Kaye	17-10.25	2/4	6th(i)	Flagstaff, Ariz.

Triple Jump (NCAA Automatic - 43-7.75, NCAA Provisional - 41-6.00)

Athlete	Mark	Date	Place	Site
1. Deontee Kaye	42-2.00*sr	2/2	2nd(i)	Flagstaff, Ariz.
2. Shana Watson	39-8.00	2/25	4th	Albuquerque, N.M.

Shot Put (NCAA Automatic - 55-5.50, NCAA Provisional - 50-6.25)

Athlete	Mark	Date	Place	Site
1. Leanne Taylor	41-10.75	2/25	9th	Albuquerque, N.M.
2. Brittani Lowe	40-0.50	2/11	13th	Albuquerque, N.M.

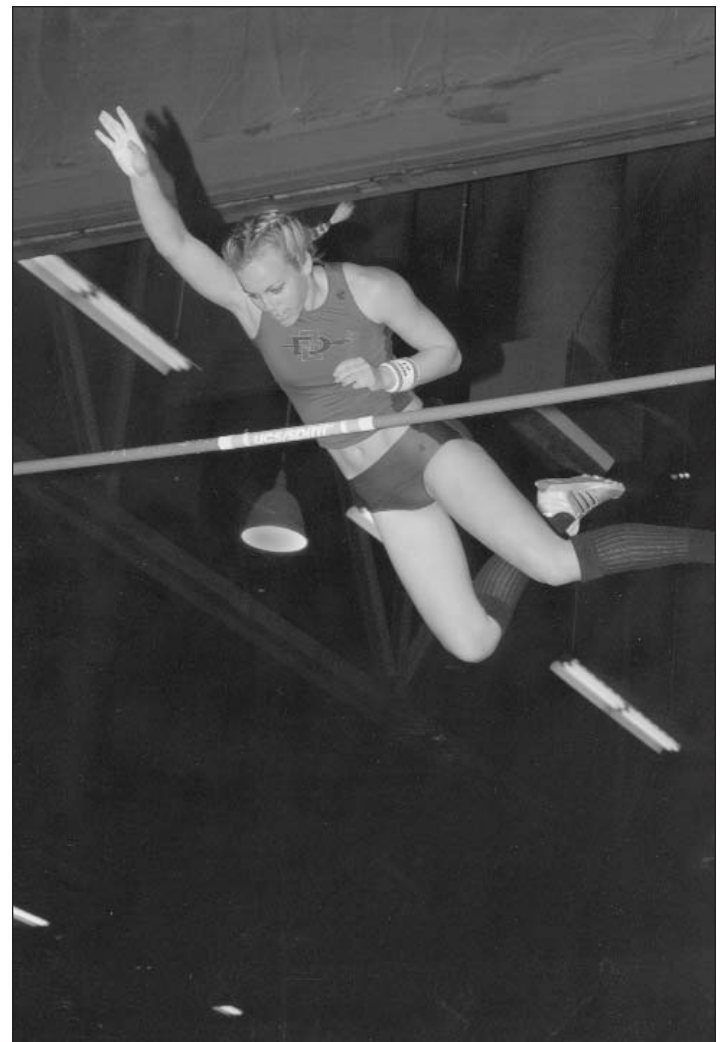
Pentathlon (NCAA Automatic - 4,050, NCAA Provisional - 3,700)

Athlete	Mark	Date	Place	Site
1. Kristin Olafsdottir	3,843*	2/23	3rd	Albuquerque, N.M.
2. Corri Campbell-Fell	3,198	2/23	9th	Albuquerque, N.M.
3. Kristin Karhio	3,094	2/23	10th	Albuquerque, N.M.

Weight Throw (NCAA Automatic - 68-10.75, NCAA Provisional - 62-4.00)

Athlete	Mark	Date	Place	Site
1. Brittani Lowe	45-7.75	2/25	17th	Albuquerque, N.M.

+ = NCAA Automatic; * = NCAA Provisional; sr = school record; p = preliminaries; i = invitational; @ = run at altitude; pn = pentathlon



Erin Asay became the first Aztec athlete to earn indoor track and field All-America honors when she finished seventh at the NCAA indoor meet. (Photo Credit: Dave Saylor)

INDOOR NOTES

The San Diego State track and field team prepared for the outdoor season by competing in the brief, but equally important indoor campaign.

The indoor season was a successful one for the Aztecs as four records were set with one individual earning All-America honors.

Below are some of the highlights from the 2006 indoor campaign:

► Senior Erin Asay became San Diego State's first indoor All-American after finishing seventh at the NCAA Indoor Track and Field Championships in Fayetteville, Ark. Asay vaulted 13-5.25 to earn the national honor. Her effort was good enough to score two points for SDSU placing it 51st out of 63 teams.

► San Diego State improved upon 2005's fifth-place finish at Mountain West Conference indoor meet by coming in fourth with 76 points.

► Asay became the MWC indoor pole vault champion after a vault of 13-4.50. It marked the second time in three years that she took home the individual crown.

► Freshman Dana Jensen earned all-conference honors after placing third in the pole vault when she cleared 12-08.75.

► Freshman Deontee Kaye became an all-MWC performer after she finished second in the triple jump with a leap of 41-10.50. It was her third straight meet in which she recorded an NCAA provisional qualifying mark.

► Freshman Kristin Olafsdottir was named all-league when she placed third in the pentathlon with 3,843 points. Her effort was good enough for an NCAA provisional qualifying mark and ranked her third in school history after first-place finishes in the 60-meter hurdles and the 800-meter run.

► The SDSU 4x400 relay team of Nicole Stone, Mandy Upuu, Kristin Olafsdottir and Brittani Dudley earned all-MWC accolades and in the process established a new school record when they clocked in with a time of 3:43.63.

► Junior Lisa Crampton etched her name in the school record book when she ran the fastest indoor mile (5:04.40) in program history.

► Asay found herself atop the all-time SDSU pole vault list when she vaulted 14-0.50 at the Albuquerque Invitational.

► Kaye broke the school record in the triple jump with an effort of 42-02.00 at the Mountain T's Invitational in Flagstaff, Ariz.

2006 MWC INDOOR MEET RESULTS

Final Team Standings

1. Colorado State, 156.5; 2. Brigham Young, 155.5; 3. TCU, 98; **4. San Diego State, 76**; 5. New Mexico, 57; 6. Utah, 42; 7. Wyoming, 31; 8. UNLV, 29; 9. Air Force, 16.

High Point Award: Nicole Feest, CSU

Outstanding Performers: Ashley Owens, UNLV

Freshman of the Year: Mindy Neeley, BYU

Coach of the Year: Del Hessel, CSU

Final Individual Results

(Top Five and SDSU Finishers)

60 Meters - 1. Ashley Owens, UNLV, 7.20; 2. Janay DeLoach, CSU, 7.33; 3. Virgil Hodge, TCU, 7.44; 4. Lakeisha Lawson, UNLV, 7.61; 5. Kandis Bell, TCU, 7.63.

200 Meters - 1. Virgil Hodge, TCU, 23.46; 2. Ashley Owens, UNLV, 23.53; 3. Jamee Jones, TCU, 24.18; **4. Sherraine Pencil, SDSU, 24.51**; 5. Mindy Neeley, BYU, 24.73; **6. Brittani Dudley, SDSU, 25.01**; **8. Shana Solomon, SDSU, 25.31**.

400 Meters - 1. Deborah Jones, TCU, 53.98; 2. Ariel Burr, UNM, 54.27; 3. Marquita Davis, TCU, 54.31; 4. Sharon Larrier, WYO, 54.70; 5. **Nicole Stone, SDSU, 55.19**; **6. Brittani Dudley, SDSU, 55.86**; **8. Mandy Upuu, SDSU, 56.57**.

800 Meters - 1. Michelle Lindsay, BYU, 2:14.05; 2. Challis Firl, BYU, 2:14.54; 3. Riann Lucy, UNM, 2:14.89; 4. Janett Ern, UU, 2:15.57; 5. Kristen Hemphill, CSU, 2:16.53.

1 Mile Run - 1. Calandra Stewart, TCU, 4:59.20; 2. Kelly Robinson, AFA, 5:00.48; 3. Danielle Korb, CSU, 5:01.03; 4. Laura Taylor, BYU, 5:01.98; 5. Ann Marie Thomas, BYU, 5:03.18; **8. Lisa Crampton, SDSU, 5:04.40**; **9. Celeste Tyson, SDSU, 5:17.77**.

3,000 Meters - 1. Nicole Feest, CSU, 9:47.68; 2. Timmie Murphy, UNM, 9:51.24; 3. Anne Heiner, BYU, 9:52.74; 4. Amy Fowler, BYU, 9:55.49; 5. Breanne Sandberg, BYU, 9:55.50; **13. Lisa Crampton, SDSU, 10:26.14**; **24. Sarah Belger, SDSU, 10:49.45**.

5,000 Meters - 1. Nicole Feest, CSU, 17:08.61; 2. Chelsea McKell, BYU, 17:14.20; 3. Breanne Sandberg, BYU, 17:24.68; 4. Michelle Kvernmo, WYO, 18:02.21; 5. Melissa Thomas, CSU, 18:05.67.

60 Meter Hurdles - 1. Kishelle Paul, TCU, 8.62; 2. Kathryn Sevy, BYU, 8.66; 3. Shaylee Babbitt, WYO, 8.75; 4. Julie Curtis, TCU, 8.77; 5. Sarah Lacey, BYU, 8.78; **8. Deontee Kaye, SDSU, 13.92**.

4x400 Yard Relay - 1. TCU, 3:40.41; **2. San Diego State (Stone, Upuu, Olafsdottir, Dudley), 3:43.63**; 3. UNLV, 3:48.74; 4. Colorado State, 3:49.10; 5. New Mexico, 3:49.48; 6.

Brigham Young, 3:49.72; 7. Utah, 3:50.34; 8. Wyoming, 3:53.39; 9. Air Force, 4:08.05.

Distance Medley Relay - 1. Brigham Young, 11:52.80; 2. Colorado State, 12:03.26; 3. New Mexico, 12:06.93; 4. TCU, 12:16.97; **5. San Diego State (Crampton, Upuu, Carmier, Belger), 12:27.56**; 6. Utah, 12:46.37; 7. Wyoming, 12:49.39.

High Jump - 1. Rheannon Backes, CSU, 5-10.00 (1.78m); 2. Kristina Curits, UNM, 5-07.75 (1.72m); 2. Tiyan Peters, UNM, 5-07.75 (1.72m); 4. Anne McLaughlin, CSU, 5-06.00 (1.68m); **4. Nicole Carmier, SDSU, 5-06.00**; **15. Kristin Karhio, SDSU, 5-00.25 (1.53m)**.

Pole Vault - **1. Erin Asay, SDSU, 13-04.50 (4.08m)**; 2. Mandy Lonsway, BYU, 13-00.75 (3.82m); **3. Dana Jensen, SDSU, 12-08.75**; 4. Kelly Furr, BYU, 12-04.75; 5. Makenzie Iorg, BYU, 12-00.75; **6. Monica Pacas, SDSU, 12-00.75**, **10. Dana Van Wagner, SDSU, 11-07.00**.

Long Jump - 1. Janay DeLoach, CSU, 20-00.50 (6.11m); 2. Mindy Neeley, BYU, 19-03.25 (5.87m); 3. Amanda Feight, UU, 19-02.50 (5.85m); 4. Katie Lloyd, CSU, 18-10.50 (5.75m); 5. Haley McAllister, UU, 18-09.00 (5.71m); 7. **Shana Watson, SDSU, 18-03.25 (5.57m)**; **12. Deontee Kaye, SDSU, 17-06.75 (5.35m)**; **22. Kristin Karhio, SDSU, 15-07.75 (4.77m)**.

Triple Jump - 1. Kamila Rywelska, BYU, 42-00.50 (12.81m); **2. Deontee Kaye, SDSU, 41-10.50 (12.76m)**; 3. Amanda Miller, CSU, 39-08.50 (12.10m); **4. Shana Watson, SDSU, 39-08.00 (12.09m)**; 5. JennaBree Tollestrup, BYU, 38-09.75 (11.83m).

Shot Put - 1. Candis Kelley, TCU, 48-07.50 (14.82m); 2. Jaimee Troth, CSU, 47-01.50 (14.36m); 3. Jill McCormick, CSU, 45-10.75 (13.99m); 4. AJ Roby, UU, 44-03.25 (13.49m); 5. Zelma Wade, TCU, 43-10.00 (13.36m); **9. Leanne Taylor, SDSU, 41-10.75 (12.77m)**; **14. Brittany Lowe, SDSU, 37-10.50 (11.54m)**.

Weight Throw - 1. Jill McCormick, CSU, 64-02.25 (19.56m); 2. Kate Burton, WYO, 61-08.50 (18.81m); 3. Jamiee Troth, CSU, 60-05.75 (18.43m); 4. Vanessa Mortensen, UU, 58-11-50 (17.97m); 5. Haley Hunt, CSU, 58-08.50 (17.89m); **17. Brittany Lowe, SDSU, 45-07.75 (13.91m)**; **22. Leanne Taylor, SDSU, 38-11.00**.

Pentathlon - 1. Katie Lloyd, CSU, 3,898; 2. Amanda Feigt, UU, 3,880; **3. Kristin Olafsdottir, SDSU, 3,843**; 4. Liis Berendsen, BYU, 3,620; 5. JennaBree Tollestr, BYU, 3,587; **9. Corri Campbell-Fell, SDSU, 3,198**; **10. Kristin Karhio, SDSU, 3,094**.

MEET-BY-MEET RESULTS

Date	Event	Location	Place
March 11	at SD City Championships	La Jolla, Calif.	NTS
March 17-18	Aztec Track Classic	San Diego, Calif.	NTS
March 23-25	at Jim Click Shootout	Tucson, Ariz.	NTS
Mar. 31-Apr. 1	at Stanford Invitational	Palo Alto, Calif.	NTS
April 7-8	at Duke Invitational	Durham, N.C.	NTS
April 12-15	at Mt. SAC Relays	Walnut, Calif.	NTS
April 22	at UCSD Triton Invitational	La Jolla, Calif.	NTS
April 28-29	at Steve Scott Invitational	Irvine, Calif.	NTS
May 7	at Claremont Classic	Claremont, Calif.	NTS
May 10-13	at MWC Championships	Provo, Utah	4 of 9
May 26-27	at NCAA West Regional	Provo, Utah	16 of 30
June 7-8	at NCAA Championships	Sacramento, Calif.	NTS

100 Meters (NCAA Regional - 11.75)

Athlete	Time	Date	Place	Site
1. Shana Solomon	11.72	4/15	7th(uo)	Walnut, Calif.
2. Sherraine Pencil	11.80@	5/13	5th	Provo, Utah
3. Shana Watson	12.15@	5/12	10th(p)	Provo, Utah

200 Meters (NCAA Regional - 23.96)

Athlete	Time	Date	Place	Site
1. Sherraine Pencil	23.97@	5/13	4th	Provo, Utah
2. Shana Solomon	24.36@	5/12	9th(p)	Provo, Utah
3. Larnie Boyd	24.46@	5/12	10th(p)	Provo, Utah

400 Meters (NCAA Regional - 54.61)

Athlete	Time	Date	Place	Site
1. Nicole Stone	52.94@+	5/13	3rd	Provo, Utah
2. Larnie Boyd	54.18@+	5/12	7th(p)	Provo, Utah
3. Sherraine Pencil	55.61	4/13	5th(uo)	Walnut, Calif.

800 Meters (NCAA Regional - 2:09.80)

Athlete	Time	Date	Place	Site
1. Mandy Upuu	2:11.93@	5/13	4th	Provo, Utah
2. Nicole Carmier	2:12.78	4/1	24th(ts)	Palo Alto, Calif.
3. Lisa Naucler	2:13.06	4/13	16th(uo)	Walnut, Calif.

1,500 Meters (NCAA Regional - 4:27.80)

Athlete	Time	Date	Place	Site
1. Lisa Crampton	4:35.08	4/22	3rd	La Jolla, Calif.
2. Celeste Tyson	4:36.93	4/7	19th	Durham, N.C.
3. Lisa Naucler	4:37.25	3/25	1st	Tucson, Ariz.

3,000 Meters (Not an NCAA event)

Athlete	Time	Date	Place	Site
1. Lisa Crampton	10:08.22	3/11	1st	La Jolla, Calif.
2. Celeste Tyson	10:14.59	3/11	2nd	La Jolla, Calif.
3. Christal Cuadra	10:35.54	3/25	8th	La Jolla, Calif.

5,000 Meters (NCAA Regional - 16:52.00)

Athlete	Time	Date	Place	Site
1. Lisa Crampton	17:15.94	4/13	19th(uo)	Walnut, Calif.
3. Christal Cuadra	18:08.59	4/1	25th(s4)	Palo Alto, Calif.
3. Sarah Belger	18:11.79	4/13	20th(uo)	Walnut, Calif.

10,000 Meters (NCAA Automatic - 33:55.00) (NCAA Provisional - 35:00.00)

Athlete	Time	Date	Place	Site
1. Sarah Belger	40:48.29@	5/12	11th	Provo, Utah

100-Meter Hurdles (NCAA Regional - 13.92)

Athlete	Time	Date	Place	Site
1. Kristin Olafsdottir	13.94@	5/12	2nd(p)	Provo, Utah
2. Deontee Kaye	14.41	3/25	2nd	Tucson, Ariz.
3. Corri Campbell-Fell	14.55@	5/12	13th(p)	Provo, Utah

400-Meter Hurdles (NCAA Regional - 1:00.82)

Athlete	Time	Date	Place	Site
1. Kristin Olafsdottir	59.33@+	5/13	1st	Provo, Utah
2. Corri Campbell-Fell	1:00.10@+	5/13	3rd	Provo, Utah
3. Nicole Stone	1:00.72+	4/14	1st(uo)	Walnut, Calif.

3,000-Meter Steeplechase (NCAA Regional - 10:50.25)

Athlete	Time	Date	Place	Site
1. Lisa Crampton	10:42.11+	4/8	3rd	Durham, N.C.
2. Celeste Tyson	10:48.32+	4/22	3rd	La Jolla, Calif.

4x100 Relay (NCAA Regional - 45.70)

Athletes	Time	Date	Place	Site
1. Dudley, Solomon, Stone, Pencil	45.85@	5/13	2nd	Provo, Utah
2. Boyd, Pencil, Olafsdottir, Solomon	46.08	3/25	2nd	Tucson, Ariz.
3. Boyd, Solomon, Stone, Watson	46.26	4/29	3rd	Irvine, Calif.

4x400 Relay (NCAA Regional - 3:42.00)

Athletes	Time	Date	Place	Site
1. Stone, Boyd, Pencil, Dudley	3:39.26@+	5/27	4th	Provo, Utah
2. Stone, Boyd, Olafsdottir, Upuu	3:41.22+	3/25	2nd	Tucson, Ariz.
3. Stone, Boyd, Pencil, Upuu	3:41.42+	4/15	3rd(uo)	Walnut, Calif.

High Jump (NCAA Regional - 5-08.75)

Athlete	Mark	Date	Place	Site
1. Kristin Karhio	5-5.00	4/29	t3rd	Irvine, Calif.
Jamillah Titus	5-5.00	4/22	4th	La Jolla, Calif.
Krisitn Olafsdottir	5-5.00	4/12	6th(hp)	Walnut, Calif.

Long Jump (NCAA Regional - 19-07.00)

Athlete	Mark	Date	Place	Site
1. Shana Watson	20-1.00+	5/26	9th	Provo, Utah
2. Kristin Olafsdottir	19-1.50	4/13	5th(hp)	Walnut, Calif.
3. Deontee Kaye	18-5.00	4/22	7th	La Jolla, Calif.

Triple Jump (NCAA Regional - 40-05.00)

Athlete	Mark	Date	Place	Site
1. Deontee Kaye	41-9.75sr+	4/7	4th	Durham, N.C.
2. Shana Watson	40-10.50+	5/13	2nd	Provo, Utah

Pole Vault (NCAA Regional - 12-05.75)

Athlete	Mark	Date	Place	Site
1. Erin Asay	13-9.25+	4/22	2nd	La Jolla, Calif.
2. Monica Pacas	12-11.75+	5/27	7th	Provo, Utah
3. Dana Van Wagner	12-6.00+	5/27	t18th	Provo, Utah

Shot Put (NCAA Regional - 46-11.00)

Athlete	Mark	Date	Place	Site
1. Leanne Taylor	47-7.00+	4/22	11th	La Jolla, Calif.
2. Brittany Lowe	42-2.00	5/13	9th	Provo, Utah
3. Michele Dannhausen	36-9.75	4/28	9th	Irvine, Calif.

Discus (NCAA Regional - 155-02.00)

Athlete	Mark	Date	Place	Site
1. Leanne Taylor	164-0+	4/22	14th	La Jolla, Calif.
2. Brittany Lowe	139-4	4/8	6th	Durham, N.C.
3. Michele Dannhausen	134-4	3/25	8th	Tucson, Ariz.

Javelin (NCAA Regional - 142-06.00)

Athlete	Mark	Date	Place	Site
1. Michele Dannhausen	122-10	5/7	6th	Claremont, Calif.
2. Kristin Olafsdottir	115-4	4/29	8th	Irvine, Calif.
3. Brittany Lowe	100-9	3/11	7th	La Jolla, Calif.

Hammer Throw (NCAA Regional: 177-08.00)

Athlete	Mark	Date	Place	Site
1. Brittany Lowe	156-7	5/12	11th	Provo, Utah
2. Leanne Taylor	103-10	3/11	6th	La Jolla, Calif.
3. Michele Dannhausen	96-00	3/11	7th	La Jolla, Calif.

Heptathlon (NCAA Automatic - 5,500) (NCAA Provisional - 5,000)

Athlete	Mark	Date	Place	Site
1. Kristin Olafsdottir	5,402*	5/11	2nd	Provo, Utah
2. Kristin Karhio	4,608	5/11	9th	Provo, Utah

+ = NCAA Automatic; * = NCAA Provisional; ts = top section; s4 = section four; @ = run at altitude; sr = school record; p = preliminaries; hp = heptathlon; uo = university open section

OUTDOOR NOTES

The San Diego State track and field team completed another successful season in 2006, qualifying a school-record 15 student-athletes for the NCAA regional meet and sending two individuals and one relay team to the national meet.

Below are some of the highlights from the 2006 outdoor campaign:

► Freshman Deontee Kaye tied an 18-year old school record with her 41-9.75 leap in the triple jump at the Duke Invitational in Durham, N.C. Kaye tied Gaylen Ames' record, which was set in 1988.

► Freshman Kristin Olafsdottir became the Mountain West Conference's first female student-athlete to earn the league's High Point Award and be named Freshman of the Year in the same season at the conference meet.

► SDSU qualified a program-best 15 student-athletes for the NCAA regional meet. The previous high was 12 during the 2003 campaign.

► Senior Erin Asay became the fourth MWC pole vault champion in San Diego State history with a first-place clearance of 13-5.25. She joined two-time winner Shayla Balentine (2002, 2005) and Aimee Crabtree (2001).

► Freshman Shana Watson earned all-MWC honors in both the triple jump and long jump. Her second-place effort of 40-10.50 in the triple jump was a personal best as was her 19-7.50 performance in the long jump.

► Junior Lisa Crampton and freshmen Corri Campbell-Fell and Nicole Stone also garnered all-MWC accolades after finishing third in the steeplechase, 400 hurdles and 400 meters, respectively.

► The Aztecs sent Erin Asay (pole vault) and Nicole Stone (400 meters), along with their 4x400 relay team of Stone, Larnie Boyd, Sherraine Pencil and Brittani Dudley to the NCAA championships.

► San Diego State placed 17 individuals on 13 separate Aztec all-time outdoor top-10 lists in 2006.

► Nicole Stone captured first place in the 400 meters at the prestigious Mt. SAC relays with a time 55 seconds. She also was awarded the 400-meter hurdles crown with an NCAA regional qualifying standard of 1:00.72.

► Freshman Leanne Taylor finished first in the discus throw at Mt. SAC with an NCAA regional qualifying mark of 159-9.

2006 MWC OUTDOOR MEET RESULTS

Final Team Standings

1. Brigham Young, 183; 2. Colorado State, 150.5; 3. TCU, 144; 4. **San Diego State, 121**; 5. New Mexico, 67.5; 6. Utah, 65; 7. Wyoming, 43; 8. Air Force, 29; 9. UNLV, 16.

High Point Award: Kristin Olafsdottir, SDSU

Outstanding Performer: Dana Pounds, AFA

Freshman of the Year: Kristin Olafsdottir, SDSU

Coach of the Year: Del Hessel, CSU

Final Individual Results

(Top Five and SDSU Finishers)

100 Meters - 1. Virgil Hodge, TCU, 11.24; 2. Jamee Jones, TCU, 11.55; 3. Lekeisha Lawson, UNLV, 11.69; 4. Krislan Matison, UNM, 11.76; 5. **Sherraine Pencil, SDSU, 11.80**; 7. **Shana Solomon, SDSU, 11.98**.

200 Meters - 1. Virgil Hodge, TCU, 22.89; 2. Jamee Jones, TCU, 23.51; 3. Deborah Jones TCU, 23.88; 4. **Sherraine Pencil, SDSU, 23.97**; 5. Kristin Matison, UNM, 24.36; 8. **Shana Solomon, SDSU, 24.79**.

400 Meters - 1. Nathandra John, TCU, 52.31; 2. Ariel Burr, UNM, 52.93; 3. **Nicole Stone, SDSU, 52.94**; 4. Deborah Jones, TCU, 53.10; 5. Marquita Davis, TCU, 53.72; 7. **Larnie Boyd, SDSU, 54.97**; 8. **Brittani Dudley, SDSU, 56.11**.

800 Meters - 1. Michelle Lindsay, BYU, 2:08.65; 2. Challis Firl, BYU, 2:09.18; 3. Calandra Stewart, TCU, 2:10.24; 4. **Mandy Upuu, SDSU, 2:11.93**; 9. **Lisa Naucler, SDSU, 2:33.14**.

1,500 Meters - 1. Calandra Stewart, TCU, 4:34.40; 2. Amy Fowler, BYU, 4:34.86; 3. Danielle Korb, CSU, 4:35.63; 4. Laura Taylor, BYU, 4:36.86; 5. **Celeste Tyson, SDSU, 4:37.30**; 11. **Lisa Naucler, SDSU, 4:57.88**.

5,000 Meters - 1. Chelsea Mckell, BYU, 17:01.99; 2. April Thomas, CSU, 17:10.59; 3. Jaquelyne Gallegos, UNM, 17:14.93; 4. Rena Chesser, BYU, 17:24.91; 5. Kristin Hemphill, CSU, 17:45.30; 8. **Lisa Crampton, SDSU, 18:02.65**.

10,000 Meters - 1. Chelsea McKell, BYU, 35:01.98; 2. Lisa Frischknecht, BYU, 37:46.68; 3. Michelle Kvernmo, WYO, 38:04.20; 4. Kellie Anderson, Utah, 38:17.29; 5. Jenna Taylor, BYU, 38:37.68; 11. **Sarah Belger, SDSU, 40:48.29**.

100 Meter Hurdles - 1. Kishelle Paul, TCU, 13.79; 2. Shaylee Babbitt, WYO, 13.85; 3. Julie Curtis, TCU, 13.95; 4. **Kristin Olafsdottir, SDSU, 14.08**; 5. Sarah Lacey, BYU, 14.15.

400 Meter Hurdles - 1. **Kristin Olafsdottir, SDSU, 59.33**; 2. Julie Curtis, TCU, 59.40; 3. **Corri Campbell-Fell, SDSU, 60.10**; 4. Nicole Nevitt, BYU, 60.15; 5. Jenn Fresques, Utah, 60.42.

3,000 Meter Steeplechase - 1. Rena Chesser, BYU, 10:53.53; 2. Kristin Hemphill, CSU, 10:58.57; 3. **Lisa Crampton, SDSU, 11:03.10**; 4. Amy Fowler, BYU, 11:03.27; 5. Margaret Frash, AFA, 11:09.32; 9. **Celeste Tyson, SDSU, 11:24.24**.

4x100 Meter Relay - 1. TCU, 44.23; 2. **SDSU, (Dudley, Solomon, Stone, Pencil), 45.85**; 3. UNLV, 46.09; 4. UNM, 46.32; 5. WYO, 46.37.

4x400 Meter Relay - 1. TCU, 3:37.31; 2. **SDSU, (Stone, Boyd, Pencil, Dudley) 3:40.65**; 3. BYU, 3:46.61; 4. WYO, 3:46.70; 5. Utah, 3:47.03.

High Jump - 1. Rheannon Backes, CSU, 5-07.75 (1.72m); 2. Kristin Hirst, BYU, 5-06.50 (1.69m); 3. Katie Lloyd, CSU, 5-06.50 (1.69m); 4. Sarah Lacey, BYU, 5-6.50 (1.69m); 5. Nicole Mancinelli, Utah, 5-04.50 (1.64m); 9. **Kristin Olafsdottir, SDSU, 5-02.50 (1.59m)**; 9. **Jamillah Titus, SDSU, 5-02.50 (1.59m)**; 12. **Kristin Karhio, SDSU, 5-02.50 (1.59m)**.

Pole Vault - 1. **Erin Asay, SDSU, 13-05.25 (4.10m)**; 2. Julene Bailey-Kaufusi, BYU, 13-01.50 (4.00m); 3. Mandy Lonsway, BYU, 12-09.50 (3.90m); 4. Whitney Johnson, UNM, 12-09.50 (3.90m); 5. Kelly Furr, BYU, 12-05.50 (3.80m); 7. **Dana Van Wagner, SDSU, 12-05.50 (3.80m)**; 8. **Monica Pacas, SDSU, 12-05.50 (3.80m)**.

Long Jump - 1. Mindy Neeley, BYU, 19-08.25 (6.00m); 2. Amanda Feigt, Utah, 19-08.00 (5.99m); 3. **Shana Watson SDSU 19-07.50 (5.98m)**; 4. Katie Lloyd, CSU, 19-02.00 (5.84m); 5. **Deontee Kaye, SDSU, 18-10.75 (5.76m)**; 6. **Kristin Olafsdottir, SDSU, 18-02.75 (5.54m)**.

Triple Jump - 1. Amanda Miller, CSU, 41-06.00 (12.65m); 2. **Shana Watson, SDSU, 40-10.50 (12.46m)**; 3. Kamila Rywelska, BYU, 40-04.00 (12.29m); 4. Hagit Salamon, UNM, 39-03.75 (11.98m); 5. Ashley Shriver, WYO, 38-00.75 (11.60m).

Shot Put - 1. Candis Kelley, TCU, 50-6.25 (15.40m); 2. AJ Roby, Utah, 47-3.50 (14.41m); 3. Jaimee Troth, CSU, 45-10.50 (13.98m); 4. Jill McCormick, CSU, 45-09.50 (13.95m); 5. Zelma Wade, TCU, 44-08.75 (13.63m); 8. **Leanne Taylor, SDSU, 43-03.75 (13.20m)**; 9. **Brittany Lowe, SDSU, 42-02.00 (12.85m)**.

Discus Throw - 1. Katie Hansen, CSU, 175-10 (53.59m); 2. Jill McCormick, CSU, 165-01 (50.33m); 3. Olivia Korte, AFU, 164-00 (50.00m); 5. **Leanne Taylor, SDSU, 155-03 (47.32m)**; 17. **Brittany Lowe, SDSU, 125-03 (38.18m)**.

Hammer Throw - 1. Vanessa Mortensen, Utah, 205-00 (62.49m); 2. Stacy Poulos, CSU, 194-06 (59.28m); 3. Jamiee Troth, CSU, 189-09 (57.84m); 4. Kate Burton, WYO, 186-09 (56.92m); 5. Haley Hunt, CSU, 185-10 (56.64m); 11. **Brittany Lowe, SDSU, 156-07 (47.74m)**.

Javelin Throw - 1. Dana Pounds, AFA, 195-08 (59.64m); 2. Katie Coronado, UNM, 161-11 (49.36m); 3. Tiffany Arrhenius, BYU, 156-10 (47.80m); 4. Emily Pearson, CSU, 149-03 (45.50m); 5. Piret Kuresson, BYU, 146-05 (44.63m).

Heptathlon - 1. Katie Lloyd, CSU, 5,418; 2. **Kristin Olafsdottir, SDSU, 5,402**; 3. Amanda Feigt, Utah, 5,195; 4. Emily Pearson, CSU, 5,194; 5. Sandy Fortner, UNM, 5,190; 9. **Kristin Karhio, SDSU, 4,608**.

CELESTE TYSON LEADS YOUNG AZTEC CROSS COUNTRY SQUAD IN 2006

With nearly 56 percent of San Diego State's cross country team made up of newcomers, including seven freshmen, the Aztecs relied heavily on senior captain Celeste Tyson and she did not disappoint in 2006.

Even with a relatively young squad, SDSU still managed six top-10 finishes in the team's nine meets. Its best finish came at the Fullerton Season Opener where San Diego State placed fourth of 19 schools. That day the Aztecs were led by junior college transfer Meryl Folloso, who finished with a time of 19 minutes, 3 seconds, en route to earning Mountain West Conference athlete of the week honors.

At the lone home meet of the season, the 62nd Aztec Invitational at Balboa Park, SDSU registered a fifth-place effort, with eight runners establishing season-bests. San Diego State was led by Tyson's 20th-place finish and was the first of six straight races in which she crossed the finish line before any other Aztec.

In Salem, Ore., at the Willamette Invitational, SDSU came in seventh and saw Tyson, Folloso, and freshmen Jessica Mason and Stephanie Armstrong register Aztec career-bests with three others, juniors Lisa Naucler and Lital Azulay and senior Jackie Duncan turning in season-low times. Tyson was San Diego State's top performer completing the race in 17:54.95, good for ninth place.

After claiming the 2005 Santa Clara Invitational title, the Aztecs fell short of making it two in a row when they finished in seventh place. Once again, SDSU was paced by Tyson, who recorded her fourth top-10 finish of her career, with an eighth-place effort of 17:52.00. The Austin, Texas, native's performance was the best 5K of her Aztec career, the fastest time of the season for San Diego State and it earned her MWC athlete of the week accolades.

SDSU carried its momentum from Santa Clara and took it into the MWC Championships in Salt Lake City, Utah, to wrap up its regular season. In the process, four Aztecs set season bests at the 6K meet. Tyson completed the race in 22:57.00, the team's fastest time of the season, with Azulay, Mason and Naucler each turning in season-low marks.



Senior Celeste Tyson posted the fastest 5K and 6K times of the 2006 campaign and was one of two Aztecs to earn Mountain West Conference Athlete of the Week honors.

2006 RESULTS

Date	Meet	Time/Result
Sept. 2	Fullerton Season Opener <i>Fullerton, Calif.</i>	4th of 19
Sept. 16	Aztec Invitational <i>San Diego, Calif.</i>	5th of 12
Sept. 23	Griak Invitational <i>Falcon Heights, Minn.</i>	31st of 31
Sept. 30	Willamette Invitational <i>Salem, Ore.</i>	7th of 19
	UC Riverside Invitational <i>Riverside, Calif.</i>	12th of 20
Oct. 7	UCSD Triton Classic <i>La Jolla, Calif.</i>	10th of 17
Oct. 14	Santa Clara Invitational <i>Sunnyvale, Calif.</i>	7th of 13
Oct. 28	MWC Championships <i>Salt Lake City, Utah</i>	8th of 9
Nov. 11	NCAA West Regionals <i>Portland, Ore.</i>	25th of 30

2006 ROSTER

Name	Yr.-Exp.	Hometown
Priscilla Arco	Jr.-JC	Northridge, Calif.
Stephanie Armstrong	Fr.-HS	Foothill Ranch, Calif.
Bonnie Axman	Jr.-TR	Fairfax, Va.
Lital Azulay	Jr.-1L	Holon, Israel
Lindsay Barajas	Fr.-HS	Rancho Cucamonga, Calif.
Sarah Belger	Sr.-1L	Albuquerque, N.M.
Darien Buc	Fr.-HS	Dana Point, Calif.
Sara Cates	Sr.-3L	Carlsbad, Calif.
Jackie Duncan	Sr.-1L	Syracuse, N.Y.
Meryl Folloso	Jr.-JC	Cypress, Calif.
Makenzie Mabry	Fr.-HS	La Crescenta, Calif.
Jessica Mason	Fr.-HS	Alameda, Calif.
Amanda Maydeck	So.-SQ	Glendora, Calif.
Lisa Naucler	Jr.-1L	Ljusdal, Sweden
Celeste Tyson	Sr.-3L	Austin, Texas
Anne Vieira	Jr.-SQ	San Diego, Calif.
Jessica Walker	Fr.-HS	Murrieta, Calif.
Michelle Warburton	Fr.-HS	Wantagh, N.Y.

Head Coach: Rahn Sheffield, 16th season

Assistant Coach: Jennifer Nanista, 14th season

Volunteer Assistant Coach: Richard Fox, 10th season

Athletic Trainers: Laura Meldrum & Marco Zucconi

2006 TOP 10 TIMES -- 5K

Athlete	Time	Meet	Date
1. Celeste Tyson	17:52.00	Santa Clara Invitational	Oct. 14
2. Celeste Tyson	17:54.95	Willamette Invitational	Sept. 30
3. Meryl Folloso	18:31.00	Santa Clara Invitational	Oct. 14
4. Meryl Folloso	18:34.20	Willamette Invitational	Sept. 30
5. Lisa Naucler	18:38.40	Santa Clara Invitational	Oct. 14
6. Jackie Duncan	18:48.30	Santa Clara Invitational	Oct. 14
7. Jessica Mason	18:48.70	Santa Clara Invitational	Oct. 14
8. Lital Azulay	18:57.30	Santa Clara Invitational	Oct. 14
9. Jessica Mason	18:57.55	Willamette Invitational	Sept. 30
10. Celeste Tyson	18:58.00	Aztec Invitational	Sept. 16

2006 TOP 10 TIMES -- 6K

Athlete	Time	Meet	Date
1. Celeste Tyson	22:57.00	MWC Championships	Oct. 28
2. Celeste Tyson	23:06.31	NCAA West Regionals	Nov. 11
3. Celeste Tyson	23:49.00	Griak Invitational	Sept. 23
4. Meryl Folloso	24:11.00	Griak Invitational	Sept. 23
5. Lital Azulay	24:12.30	MWC Championships	Oct. 28
6. Jessica Mason	24:18.00	MWC Championships	Oct. 28
7. Lisa Naucler	24:33.60	MWC Championships	Oct. 28
8. Jackie Duncan	24:38.80	MWC Championships	Oct. 28
9. Jessica Mason	24:47.00	Griak Invitational	Sept. 23
10. Meryl Folloso	24:51.47	NCAA West Regionals	Nov. 11

FOUR AZTECS ESTABLISH SEASON BESTS AT MWC CHAMPIONSHIPS

Four Aztec runners set season-low times and two established lifetime bests at the 2006 Mountain West Conference Championships at Rose Park Golf Course on the campus of the University of Utah. San Diego State finished the 6K-meet in eighth after recording a total of 203 points.

Senior Celeste Tyson led the way as she ran the fastest 6K of any other Aztec this season with a time of 22 minutes, 57 seconds. She surpassed the team's previous top clocking of the campaign by 52 seconds. Earlier this season, Tyson ran a team-best 23:49.00 at the Roy Griak Invitational in Falcon Heights, Minn.

Besides Tyson, three other Aztecs ran their fastest 6K of the year. Lital Azulay shaved over a minute off her previous season-low time crossing the finish line in 24:12.30 with Jessica Mason following close behind with a season-best time of 24:18.00.

Lisa Naucler was the third SDSU runner in the aforementioned group as she recorded a season-low time of 24:33.60.

The final two Aztecs to complete the race, Jackie Duncan and Stephanie Armstrong, each established lifetime bests. Duncan registered a time of 24:38.80, while Armstrong finished her first conference championship with a mark of 25:50.90.

San Diego State Finishers

- 30. Celeste Tyson – 22:57.00
- 45. Lital Azulay – 24:12.30
- 46. Jessica Mason – 24:18.00
- 49. Lisa Naucler – 24:33.60
- 50. Jackie Duncan – 24:38.80
- 58. Stephanie Armstrong – 25:50.90



Senior Jackie Duncan posted a top-10 6K time at the Mountain West Conference Cross Country Championships in Salt Lake City, Utah.



Junior Lisa Naucler completed Mountain West Conference Cross Country Championships with a season-best 6K time.

2006 MWC CHAMPIONSHIPS

Rose Park Golf Course
Salt Lake City, Utah
Saturday, Oct. 28, 2006

Team Results

										<u>Pts.</u>
1. Brigham Young	1	5	7	9	13	=	35			
2. Colorado State	3	6	10	11	14	=	44			
3. New Mexico	4	8	17	30	35	=	94			
4. Wyoming	12	18	19	21	43	=	113			
5. TCU	2	24	28	33	34	=	121			
6. Utah	22	27	32	36	39	=	156			
7. Air Force	20	23	31	37	48	=	159			
8. San Diego State	29	41	42	45	46	=	203			
9. UNLV	49	50	54	56	57	=	266			

2006 MWC AWARDS

Runner of the Year

Kassi Andersen, Brigham Young

Freshman of the Year

Vanessa Ortiz, New Mexico

Coach of the Year

Patrick Shane, Brigham Young

All-Mountain West Conference Teams

First Team

Kassi Andersen, Brigham Young

Calandra Stewart, TCU

Nicole Feest, Colorado State

Timmie Murphy, New Mexico

Amber Duffin, Brigham Young

April Thomas, Colorado State

Amy Fowler, Brigham Young

Second Team

Leslie Luna, New Mexico

Breanne Sandberg, Brigham Young

Kirsten Anthony, Colorado State

Danielle Korb, Colorado State

Gretchen Johnson, Wyoming

Anne Heiner, Brigham Young

Heather Loseke, Colorado State

Mountain West Conference Athletes of the Week

Sept. 7 - Meryl Folloasco, San Diego State

Sept. 11 - Kassi Andersen, Brigham Young

Sept. 19 - Emily Higgins, Wyoming

Sept. 26 - Amber Duffin, Brigham Young

Oct. 3 - Kassi Andersen, Brigham Young

Oct. 10 - Anne Heiner, Brigham Young

Oct. 18 - Celeste Tyson, San Diego State

