

# SDSU Track and Field



This Week: May 27-28, at NCAA West Regional, Eugene, Ore., 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 (Long Beach, Calif.)	NTS
Apr. 22-23	UCSD Triton Invite (La Jolla, Calif.)	NTS
Apr. 30	Steve Scott Invitational (Irvine, Calif.)	NTS
May 7	Oxy Invitational (Los Angeles, Calif.)	5 p.m.
May 11-14	MWC Champs. (Fort Collins, Colo.)	4th/8 teams
<b>May 27-28</b>	<b>NCAA Regional Champs. All Day (Eugene, Ore.)</b>	
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 Dettlerman	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 Naucier	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

## NCAA Bids On The Line For SDSU At West Regionals This Weekend

• Four San Diego State track and field members will head to the Northwest this coming weekend for the NCAA West Regional at Hayward Field in Eugene, Ore. This is the third season that the NCAA is holding regionals as the means of qualifying for the national championship meet, slated for June 8-11 in Sacramento, Calif.

• Other regional meets are scheduled for Oklahoma (Midwest), Indiana (Mid-East) and Manhattan College (East). The west regional consists of 42 division I institutions from the states of Arizona, California, Hawaii, Idaho, Nevada, Oregon, Utah and Washington.

• The top-five finishers in each individual event and the top three relays will earn automatic entries to the NCAA meet, while the remaining berths will go to the highest ranking individuals and relays not to earn automatic bids.

The fields at the NCAA meet are expected to be a minimum of 20 for each individual event and 12 teams in each relay.

• The heptathlon (women) and decathlon (men), along with the 10,000 meters are the only events that directly qualify for the NCAA meet and will not be contested at the regional level. Aztec sophomore **Janine Polischuk (Regina, Saskatchewan)** provisionally qualified for nationals with her 5,050-point total at the MWC championship meet. However, Polischuk's point total puts her 45th on the national list, far from an NCAA qualifying spot.

• On day one of the regional meet, competition for the women begins at noon (field events) and 4 p.m. (track events). The women's discus kicks off Saturday at 11 a.m., while the final event, the 4x400 relay, starts at 6:20 p.m.

## And The Line-Up Is ...

• SDSU will send four student-athletes to the meet. The following is an alphabetical list with events:

- **Shayla Balentine (Los Osos, Calif.)** - Pole vault
- **Nicole Carmier (Elk Grove, Calif.)** - 800, high jump
- **Heather Heron (Yakima, Wash.)** - 100H, 400H
- **Monica Pacas (Atascadero, Calif.)** - Pole vault

• Senior **Marie Nilsson (Kil, Sweden)** qualified to compete in the meet in the steeplechase (10:51.37), but will not participate due to an injury.

## 2004 NCAA Regionals: A Look Back

• SDSU automatically qualified two individuals and one relay for the national championship meet last year at the NCAA West Regional in Northridge, Calif. The Aztecs finished sixth with 40 points, two places better than 2003.

Tonette Dyer and Nicole Ireland both garnered individual NCAA trips, with Dyer making her third straight appearance and Ireland her fourth. Ireland then ran the second leg of SDSU's 4x400 relay, which qualified for the national championships for the second year in a row.

Dyer won both the 100 and 200 meters, posting a new school and conference record of 11.24 in the 100 in the process. In the 200, Dyer finished in 22.91, almost a half a second better than her nearest competitor, California's Antonette Carter (23.33). Ireland came in second in the 400-meter hurdles for

the second consecutive season, posting a season best of 56.64.

After running the fourth-best time in the preliminaries, the Aztec 4x100 relay of Larnie Boyd, Dyer, Heather Heron and Ireland placed fifth in 44.69, only 0.34 seconds out of first place.

Boyd, Ireland, Heron and Hollann Givens closed out the meet by taking third in the 4x400 with the sixth-fastest time in school history of 3:35.89.

## SDSU Fourth at 2005 MWC Meet

• Shayla Balentine and Heather Heron took home first-place honors in the pole vault and 100-meter hurdles, respectively, to lead the Aztecs to a fourth-place showing at the 2005 MWC Championships. The Aztecs had 88 points, just 4.5 points shy of third-place Wyoming (92.5).

Balentine remained undefeated this season in collegiate competition in the pole vault with a first-place clear of 13 feet, 10 inches. She broke her own meet record by 8 ½ inches, set in 2002 (13-1 ½).

Heron won the 100 hurdles with the eighth-fastest time in SDSU history of 13.31 seconds. She also took second in the 400 hurdles (59.09).

Nicole Carmier and Monica Pacas logged third-place finishes in the 800 (2:10.28) and pole vault (12-0 ¾), respectively.

Other highlights on the day included Janine Polischuk in the 400 hurdles (fifth place, 1:01.19), Sherraine Pencil in the 100 (fifth, 12.20) and Christin Shibley in the pole vault (fifth, 11-8).

In relay competition, the 1,600-meter team of Carmier, Larnie Boyd, Heron and Brittani Dudley took second in a season-best time of 3:43.39.

## SDSU In The NCAA Event Rankings

• Shayla Balentine is the most notable performer in the NCAA event rankings with her 14-0 1/2 leap in the pole vault at the Azusa Pacific Meet of Champions meet on April 9. The jump is the second best collegiate mark in the nation, eighth in the United States and 19th in the world. The vault also set a SDSU and Mountain West Conference record.

The 2005 indoor and outdoor MWC championship meet winner is also undefeated this outdoor season against collegiate athletes and is ranked second in the latest "Dandy Dozen" poll. The D12 factors in performances in past major competitions (such as conference championships, national championships and Olympic competition), durability and freedom from injuries, demonstrated ability to compete well in multiple rounds of competition, ability in other events, head-to-head competition with other top athletes, and personal or seasonal bests. It is the highest an Aztec pole vaulter has ever been ranked.

Balentine is joined on the NCAA list in the pole vault by Monica Pacas, who is ranked 55th in the nation and 20th in the region with her jump of 12-6 1/4.

Heather Heron is 24th in the nation in the 100 hurdles (13.35) and 33rd in 400 hurdles (59.17). The senior has a good chance of qualifying for the national meet in both events, as she is ranked sixth (100 hurdles) and third (400 hurdles) in the region.

Nicole Carmier is ranked 64th nationally and 16th in the region in the 800 with a time of 2:08.50. She is also 72nd in the nation in the high jump (5-8 4/4) and 17th in the region.

**2005 SDSU Track and Field Outdoor Season Best Times & Marks  
(as of May 16, 2005)**

<b>100 meters (Regional: 11.75/SDSU Record: 11.20 - Tonette Dyer, 2004)</b>		<b>Time/Mark</b>
1. Sherraine Pencil	San Diego City Championships (3/12/05)	12.13
2. Tori Respass-Parsons	MWC Championships (5/14/05)	12.21a
3. Heather Heron	Steve Scott Invitational (4/30/05)	12.27
4. Vonnie Fulford	Azusa Pacific Meet of Champions (4/9/05)	12.28
5. Brittani Dudley	San Diego City Championships (3/12/05)	12.29
6. Tori Respass-Parsons	UC San Diego Triton Invitational (4/23/05)	12.52
<b>200 meters (Regional: 23.96/SDSU Record: 22.34 - Tonette Dyer, 2004)</b>		<b>Time/Mark</b>
1. Heather Heron	Steve Scott Invitational (4/30/05)	24.71
2. Sherraine Pencil	San Diego City Championships (3/12/05)	24.84
3. Brittani Dudley	Mt. SAC Relays (4/16/05)	24.85
4. Larnie Boyd	MWC Championships (5/13/05)	24.87a
5. Tori Respass-Parsons	MWC Championships (5/13/05)	24.92a
6. Vonnie Fulford	Mt. SAC Relays (4/16/05)	25.05
7. Raquel Butler	Springco-Long Beach State Invitational (4/16/05)	25.68
8. Janine Polischuk	MWC Championships (5/11/05)	25.97hpa
9. Bianca McNair	Aztec Classic (3/19/05)	26.14
<b>400 meters (Regional: 54.61/SDSU Record: 51.15 - Tonette Dyer, 2004)</b>		<b>Time/Mark</b>
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. Raquel Butler	UC San Diego Triton Invitational (4/23/05)	57.30
5. Sherraine Pencil	UC San Diego Triton Invitational (4/23/05)	57.58
6. Jackie Duncan	Aztec Classic (3/19/05)	57.92
7. Nicole Rothert	CS Northridge 8-Way (4/2/05)	59.00
8. Briana Powell	Steve Scott Invitational (4/30/05)	1:00.12
9. Jamillah Titus	Aztec Classic (3/19/05)	1:00.15
10. Jenna Loftus	Steve Scott Invitational (4/30/05)	1:00.64
<b>800 meters (Regional: 2:09.80/SDSU Record: 2:02.88 - Renee Ross, 1985)</b>		<b>Time/Mark</b>
1. Nicole Carmier	Oxy Invitational (5/7/05)	2:08.50^ (4th all-time)
2. Lisa Naucler	Oxy Invitational (5/7/05)	2:10.32
3. Jackie Duncan	Mt. SAC Relays (4/15/05)	2:14.26
4. Jenna Loftus	Steve Scott Invitational (4/30/05)	2:17.18
5. Briana Powell	Steve Scott Invitational (4/30/05)	2:18.75
6. Celeste Tyson	UC San Diego Triton Invitational (4/23/05)	2:19.21
7. Nicole Rothert	Oxy Invitational (5/7/05)	2:19.89
8. Jamillah Titus	CS Northridge 8-Way (4/2/05)	2:20.32
9. Marie Nilsson	San Diego City Championships (3/12/05)	2:20.35
10. Lital Azulay	San Diego City Championships (3/12/05)	2:21.39
11. Janine Polischuk	MWC Championships (5/12/05)	2:21.75
12. Christal Cuadra	Azusa Pacific Meet of Champions (4/9/05)	2:25.11
13. Ali Baker	Azusa Pacific Meet of Champions (4/9/05)	2:25.37
<b>1,500 meters (Regional: 4:27.80/SDSU Record: 4:06.69 - Monica Joyce, 1982)</b>		<b>Time/Mark</b>
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. Jackie Duncan	Steve Scott Invitational (4/30/05)	4:39.59
4. Celeste Tyson	Mt. SAC Relays (4/15/05)	4:40.03
5. Christian Fairing	Steve Scott Invitational (4/30/05)	4:45.02
6. Lital Azulay	Aztec Classic (3/19/05)	4:45.69
7. Christal Cuadra	Aztec Classic (3/19/05)	4:49.78
8. Ali Baker	Oxy Invitational (5/7/05)	4:52.23
9. Jenna Loftus	San Diego City Championships (3/12/05)	5:01.46
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	UC San Diego Triton Invitational (4/23/05)	10:40.22
5. Sara Cates	UC San Diego Triton Invitational (4/23/05)	10:47.55
6. Brookie Detterman	San Diego City Championships (3/12/05)	11:05.14
7. Ali Baker	UC San Diego Triton Invitational (4/23/05)	11:09.70
8. Anne Vieira	UC San Diego Triton Invitational (4/23/05)	11:25.43
9. Emily Joller	San Diego City Championships (3/12/05)	11:28.79

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

1. Lital Azulay	Steve Scott Invitational (4/30/05)	17:16.08
2. Marie Nilsson	Florida Relays (3/24/05)	17:40.97
3. Christal 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	Oxy Invitational (5/7/05)	18:36.80
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	Steve Scott Invitational (4/30/05)	19:59.17

**10,000 meters (NCAA Auto: 34:10.00, NCAA Prov.: 35:15.00/ SDSU Record: 34:22.24 - Lynn Kanuka, 1981)**

1. Lital Azulay	MWC Championships (5/13/05)	38:47.18a
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**100-meter hurdles (Regional: 13.95/SDSU Record: 12.82 - Miesha McKelvy, 1999) Time/Mark**

1. Heather Heron	MWC Championships (5/14/05)	13.31^wa
2. Janine Polischuk	MWC Championships (5/11/05)	14.51hpa

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

1. Heather Heron	MWC Championships (5/14/05)	59.06^a
2. Janine Polischuk	MWC Championships (5/14/05)	1:01.19a

**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. Dudley, Respass-Parsons, Fulford, Heron	Steve Scott Invitational (4/30/05)	46.75
2. Fulford, Respass-Parsons, Heron, Pencil	Aztec Classic (3/19/05)	47.15
3. Dudley, Pencil, Heron, Fulford	San Diego City Championships (3/12/05)	47.20
4. Dudley, Respass-Parsons, Heron, Carmier	CS Northridge 8-Way (4/2/05)	47.30
5. Dudley, Respass-Parsons, Heron, Pencil	UC San Diego Triton Invitational (4/23/05)	47.37

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

1. Dudley, Carmier, Heron, Boyd	MWC Championships (5/14/05)	3:43.39a
2. Dudley, Carmier, Pencil, Heron	San Diego City Championships (3/12/05)	3:51.28
3. Fulford, Duncan, Pencil, Butler	Steve Scott Invitational (4/30/05)	3:52.78
4. Butler, Fulford, Powell, Titus	San Diego City Championships (3/12/05)	3:55.42
5. 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	Steve Scott Invitational (4/30/05)	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	UC San Diego Triton Invitational (4/23/05)	12-02.00 (9th all-time)

4. Julie Hudlow Oxy Invitational (5/7/05) 11-05.75

**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	MWC Championships (5/14/05)	38-10.25
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	Steve Scott Invitational (4/30/05)	128-00
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	MWC Heptathlon (5/11-12/05)	5.050p
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**KEY**

^ - NCAA Regional Qualifying Standard    p - NCAA Provisional Qualifying Standard    h - Hand Time    t - tied    hp - heptathlon  
w - wind-aided    a - altitude

**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

4/23/05 - UC San Diego Triton Invitational, La Jolla, Calif. - No team scores

4/30/05 - Steve Scott Invitational, Irvine, Calif. - No team scores

5/7/05 - Oxy Invitational, Los Angeles, Calif. - No team scores

5/11-5/14/05 - Mountain West Conference Championships, Fort Collins, Colo. - Fourth of eight teams (88 pts.)