

# SDSU Track and Field



This Week: Mar. 11-12 at NCAA Indoor Championships, Fayetteville, Ark.; Mar. 12 at SD City Champs

## Indoor Schedule

Date	Meet	Result/Time
Jan. 22	at Pole Vault Summit (Reno, Nev.)	NTS
Feb. 5	at Mountain T's Invite (Flagstaff, Ariz.)	NTS
Feb. 11-	at Holiday Inn Invite (Boise, Idaho)	NTS
Feb. 24-	at MWC Champs. (Colorado Springs, Colo.)	5th/8
Mar. 11-	at NCAA Champs. (Fayetteville, Ark.)	All Day

Times local to site.

## 2005 Indoor Roster

Athlete	Events	Yr.	Ht.
Erin Asay	Pole Vault	Sr.	5-6
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 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 Rotherth	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

## Balentine, Asay to Compete at NCAA Indoor Meet; Others Open Up Outdoor Season at SD City Champs

Seniors Erin Asay and Shayla Balentine will compete at the 2005 NCAA Indoor Championship meet in Fayetteville, Ark., this weekend. Both athletes will participate in the pole vault, which is scheduled for 5:30 p.m. CST on Sat., March 12.

Head coach Rahn Sheffield will send 30 of its non-NCAA competing members to the 2005 San Diego Collegiate Track and Field Championships, the outdoor season-opening event for the squad, on March 12. The meet, which features five other teams, will take place at the Triton Track and Field Stadium on the campus of UC San Diego.

## Balentine, Asay Heading to Arkansas

Seniors Shayla Balentine and Erin Asay will compete in the 2005 NCAA Indoor Championship meet in Fayetteville, Ark., on Sat., March 12.

Balentine and Asay, who had already provisionally qualified for NCAA's and tied the school record earlier in the season, went 1-2 at the Mountain West Conference meet to better their position on the pole vault national list.

Balentine automatically qualified for NCAA's with a new MWC record, MWC Championship meet record, school record, and personal-best (indoor and outdoor) jump of 14 feet, zero inches. The mark moved her from 18th on the national list to third, a mere 1.25 inches from the second-ranked Lacy Janson of Florida State and 3.5 inches behind top-ranked Kate Soma of Washington.

Asay, who also had the 18th-best vault in the nation heading into the MWC meet, improved 10 spots to number eight with a personal-best vault of 13-8.25. She is currently tied with Washington State's Tamara Diles and trailing Laura Chmielewski of Northeastern by one-half inch.

NCAA indoor meet notes: Balentine and Asay will be the first SDSU athletes to compete in the indoor national championship since 2003 when Tonette Dyer qualified for the meet in the 400... Prior to Dyer, Felicia Stone was the last Aztec to participate in the meet (2000)... Balentine and Asay are ranked third and eighth, respectively, heading into the meet... The top-eight individuals in each event are named All-America... SDSU has never had an indoor All-American.

## San Diego City Champs Preview

This week's meet schedule begins with the women's long jump and hammer throw at 11 a.m. The track events will get underway at noon with the 3,000-meter steeplechase.

Only two athletes from a school may score in each event, limiting the Aztecs chance of scoring their usual high amount of points. SDSU will also have no athlete entered in the discus and the hammer throw as well.

Heather Heron, who didn't participate in the indoor season, will open up her senior season by competing in the 100- and 400-meter hurdles. Heron will look to

qualify for her second consecutive NCAA outdoor meet after competing in 2004.

## Rewind: 2004 San Diego City Champs

The San Diego State women's track and field team opened its 2004 outdoor season by claiming 12 event titles Saturday at the San Diego City Championships at UCSD in La Jolla, Calif. The Aztecs also logged nine NCAA regional qualifying efforts in six different events.

Aztec All-American Tonette Dyer and Heather Heron were the big winners on the day, placing first in two individual events each and running a leg on the winning 4x100-meter relay (45.37). Dyer recorded the fastest time of the day in the 100 meters of 11.61 and then finished with an NCAA regional qualifying time in the 200 of 23.69. Heron ran NCAA regional qualifying efforts in both of her individual events, the 100 (13.61) and 400-meter hurdles (1:00.64).

Other first-place finishers in the track events for SDSU included Larnie Boyd in the 400 meters (54.32), Jamillah Titus in the 800 (2:15.93), Marie Nilsson in the 1500 (4:38.24), Tina Fodor in the 3,000-meter steeplechase (12:00.83) and the 4x400-meter relay (3:51.07).

In the field events, SDSU came away with two event titles in the pole vault and long jump. Aztec tandem Shayla Balentine and Erin Asay tied for first place in the pole vault, posting NCAA regional qualifying marks of 12-4. Megan Schaueremann notched a first-place finish in the long jump of 18-00.50 and also was the runner-up in the triple jump (38-09.75).

In team competition, the Aztecs placed second overall, just 13 points behind host UCSD, which won the meet with 217 points.

## A Look Ahead

SDSU will play host to its lone home meet, the 27th Annual Aztec Track & Field Classic next Saturday (March 19), upon the Choc Sportsman Oval at the SDSU Sports Deck.

## Aztec Indoor Records

55	Darla Vaughn	6.90	1992
60	Tonette Dyer	7.33	2004
200	Tonette Dyer	23.75	2004
400	Tonette Dyer	53.51	2003
800	<b>Jamillah Titus</b>	2:11.26	2003
Mile	<b>Marie Nilsson</b>	5:10.90	2004
3,000	<b>Marie Nilsson</b>	9:44.80	2004
5,000	<b>Marie Nilsson</b>	18:53.60	2004
55 Hurdles	Darla Vaughn	7.64	1992
60 Hurdles	Miesha McKelvy	8.24	1999
High Jump	Aja Frary	5-8	2000
	Marla Runyan	5-8	1991
Long Jump	Lisa Domico	19-10.25	1999
Triple Jump	Lisa Domico	38-8.25	1999
Pole Vault	<b>Shayla Balentine</b>	14-0	2005
Shot Put	Candace Hill	53-1.50	2004
Pentathlon	Aja Frary	3,902 pts.	2000
4x400	<b>Boyd, Ireland,</b>	3:43.66	2004
	Dyer, Smedley		
4x800	Royal, Petersen,	9:31.14	1991
	Wright, Ritchie		
Distance Medley	<b>Naucier, Dudley</b>	12:13.23	2005
	<b>Carmier, Azulay</b>		



**2005 SDSU Women's Track and Field Indoor  
Season Bests (As of March 2, 2005)**

*(All meets competed on a banked 200-meter track or flat tracks larger than 200m)*

**60 Meters (Auto: 7.27, Prov.: 7.44)**

7.62@	Tori Respass-Parsons	(4)	4th(p)
7.73@	Brittani Dudley	(4)	7th
7.76@	Sherraine Pencil	(4)	10th(p)
7.89@	Vonnie Fulford	(4)	13th(p)

**60-Meter Hurdles (Auto: 8.15, Prov.: 8.43)**

9.23	Janine Polischuk	(3)	23rd(p)
9.76@	Tori Respass-Parsons	(4)	16thpn
11.32@	Jennifer Greene	(2)	24th

**200 Meters (Auto: 23.30, Prov.: 23.90)**

24.80@	Brittani Dudley	(4)	5th
24.86@	Sherraine Pencil	(4)	6th
25.20@	Tori Respass-Parsons	(4)	9th
25.43@	Vonnie Fulford	(4)	11th(p)
26.43@	Bianca McNair	(2)	12th(o)
26.90@	Janine Polischuk	(2)	16th(i)
27.57@	Jennifer Greene	(2)	20th(o)
29.90@	Larnie Boyd	(2)	17th(i)

**400 Meters (Auto: 52.40, Prov.: 54.40)**

56.62@	Brittani Dudley	(4)	5th
58.16	Sherraine Pencil	(3)	17th
59.36	Jackie Duncan	(3)	26th
59.93	Nicole Rothert	(3)	30th
1:01.12@	Janine Polischuk	(2)	5th(o)
1:01.59	Jenna Loftus	(3)	36th
1:03.10@	Bianca McNair	(4)	25th(p)
1:09.96@	Larnie Boyd	(2)	11th(i)

**800 Meters (Auto: 2:05.65, Prov.: 2:09.00)**

2:13.95	Nicole Carmier	(3)	5th
2:15.85	Lisa Naucler	(3)	7th
2:20.96	Jackie Duncan	(3)	16th
2:21.88	Jenna Loftus	(3)	21st
2:23.90	Nicole Rothert	(3)	24th
2:24.38	Jamillah Titus	(3)	25th
2:28.70	Celeste Tyson	(3)	28th
2:40.24@	Tori Respass-Parsons	(4)	14thpn

**Mile (Auto: 4:38.50, Prov.: 4:47.00)**

5:24.76@	Lisa Naucler	(4)	7th
5:33.90	Celeste Tyson	(3)	13th
5:48.39@	Christal Cuadra	(2)	5th(i)

**3,000 Meters (Auto: 9:16.00, Prov.: 9:35.00)**

10:07.23	Lital Azulay	(3)	3rd
10:13.13	Marie Nilsson	(3)	4th
11:04.29	Christal Cuadra	(3)	13th
11:07.14	Christian Fairing	(3)	14th

**High Jump (Auto: 6.00.50, Prov.: 5-10.00)**

5-05.00	Nicole Carmier	(2)	T1st
5-05.00	Jamillah Titus	(2)	T1st
5-01.00	Janine Polischuk	(4)	T11thpn
4-08.25	Tori Respass-Parsons	(4)	18thpn

**Long Jump (Auto: 21-00.00, Prov.: 20-00.25)**

18-00.00	Tori Respass-Parsons	(2)	5th
17-10.25	Janine Polischuk	(3)	18th
16-01.50	Jennifer Greene	(4)	18th

**Triple Jump (Auto: 43-07.75, Prov.: 41-06.00)**

37-05.25	Jennifer Greene	(4)	9th
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**Pole Vault (Auto: 13-09.25, Prov.: 12-11.50)**

14-00.00+sr	Shayla Balentine	(4)	1st
13-08.25*	Erin Asay	(4)	2nd
12-08.25	Monica Pacas	(4)	4th
11-06.50	Christin Shibley	(4)	8th

**Shot Put (Auto: 55-5.5, Prov.: 50-6.25)**

39-01.25	Tori Respass-Parsons	(4)	3rdpn
36-06.75	Janine Polischuk	(3)	22nd

**Weight Throw (Auto: 67-03.25, Prov.: 60-08.50)**

N/A

**Pentathlon (Auto: 4,050 pts., Prov: 3,700)**

3,002	Tori Respass-Parsons	(4)	16th
1,538	Janine Polischuk	(4)	18th

**4x400-Meter Relay (Auto: 3:34.50, Prov.: 3:40.00)**

3:51.57	Dudley/Carmier/Pencil/Duncan	(3)	5th
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**DMR (Auto: 11:09.00, Prov.: 11:28.00)**

12:13.23sr	Naucler/Dudley/Carmier/Azulay	(3)	3rd
12:50.14@	Naucler/Pencil/Duncan/Azulay	(4)	7th

**MEET KEY**

- (1) Pole Vault Summit, Reno, Nev., Jan. 22: NTS
- (2) Mountain T's Invitational, Flagstaff, Ariz, Feb. 5 (300mF, 6,877 alt.): NTS
- (3) Boise State Invitational, Nampa, Idaho, Feb. 11-12 (200mB, 2,654 alt.): NTS
- (4) Mountain West Championships, Colorado Springs, Colo., Feb. 24-26 (268mF, alt. 6,007): 5th/8 teams
- (5) NCAA Indoor Championships, Fayetteville, Ark., Mar. 11-12 (200mB)

**KEY**

- + NCAA Automatic Standard
- \* NCAA Provisional Standard
- ^ Non-NCAA qualifying event
- h Hand Time
- m Meet Record
- p Preliminaries
- Pn Pentathlon
- i Invitational
- t Tie
- sr School Record
- @ Run At Altitude
- o Open