

# SDSU Track and Field



This Week: Feb. 11-12 at Holiday Inn Invitational, Boise, Idaho - All Day

## 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)	10 a.m.
Feb. 24-	at MWC Champs (Colorado Springs, Colo.)	All Day
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
Ashtyn Gibson	Jumps	Fr.	5-8
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
NaOnka Mixon	Multi-Events	Jr.	5-9
Lisa Naucler	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

## Aztecs Travel North for Holiday Inn Invitational in Boise, Idaho

- The San Diego State track and field team will compete in its final tune-up meet before the Mountain West Conference indoor championship when they travel north to Boise, Idaho, to participate in the Holiday Inn Invitational this Friday and Saturday.
- The host Boise State Broncos will be one of 15 colleges, universities and club teams to compete at Jacksons Track at the Idaho Sports Center.
- The co-ed meet will be broken up into two days with the first event (men's long jump) slated to begin at 6 p.m. MST Friday night. The pole vault will kick-off the women's meet at 7 p.m., while the first women's running event will be the 60-meter hurdles (7:10 p.m.) Friday. The meet will resume Saturday with a noon start time scheduled for the mile.
- Fifteen teams will compete in the event, including three-time defending NCAA indoor champion Louisiana State, Pac-10 members Arizona State, USC, Washington State and conference foes UNLV and Utah.
- Jacksons Track at the Idaho Sports Center, which seats approximately 4,500, is 200-meters long, has six lanes which are banked and has a Mondo synthetic surface.

## Rewind: Aztecs Compete, Tie Records at Mountain T's Invitational

Seniors Erin Asay and Shayla Balentine each tied the school record in the pole vault, clearing 13 feet, 1.5 inches, and three other Aztecs won two events to pace the San Diego State track and field team at the Mountain T's Invitational in Flagstaff, Ariz., on Feb. 5. Asay and Balentine's second place vaults provisionally qualified the athletes for the NCAA indoor meet. Senior Tori Respass-Parsons earned a first-place finish in the 200-meter dash (open) with a time of 25.38 seconds, while junior Jamillah Titus and sophomore Nicole Carmier tied for first with a 5-5 leap in the high jump. Carmier also took second in the 800 invitational with a 2:14.96 clocking.

Other top-five performances on the day went to Coastal Carolina transfer Lital Azulay (second place, 10:40.89) and senior Marie Nilsson (third, 10:42.04) in the 3,000, Manhattan transfer Lisa Naucler (fourth, 2:19.28) in the 800, freshman Monica Pacas in the pole vault (fourth, 12-7.5), junior Christal Cuadra (fifth, 5:48.39) in the mile and Respass-Parsons in the long jump (fifth, 18-0.25).

## Flashback - 2004 Holiday Inn Invite

• A year ago, the San Diego State women's track and field squad won seven events, broke four school records and tallied two NCAA provisional qualifying times.

Aztec All-American Tonette Dyer had a standout day, winning the 60, 200 and 400 meters and running a leg on the team's first-place 4x400-meter relay. Dyer provisionally qualified for the NCAA meet in two events, finishing with a school record of 23.75 in the 200 and winning the 400 in 53.96. Dyer's time in the 200-meter race beat the previous school record of

23.89 set by Darla Vaughn in 1992.

Dyer combined with teammates Larnie Boyd, Nicole Ireland and Bianca McNair to break the school's record in the 4x400 relay for the second straight week. The quartet finished in a time of 3:43.66, almost four seconds faster than their school record set the previous week in Arizona of 3:47.29.

Marie Nilsson also shattered the school's record in the 3,000 meters, becoming the first SDSU runner to break the 10-minute barrier, completing the race in first in 9:44.80 (prev. record was 10:32.40).

San Diego native Candace Hill had the other school record on the day, besting her own career high with a throw of 48-8.25 in the shot put and finishing third overall.

Other winners on the day for the Aztecs included Heather Heron, who placed first in the 60-meter hurdles, and Shayla Balentine and Erin Asay, who tied for first in the pole vault by clearing 12-8.

## 2005 NCAA Indoor Qualifying Standards

(Banked 200m or flat tracks larger than 200m)

60 Meters (Auto: 7.27, Prov.: 7.44)
60-Meter Hurdles (Auto: 8.15, Prov.: 8.43)
200 Meters (Auto: 23.30, Prov.: 23.90)
400 Meters (Auto: 52.40, Prov.: 54.40)
800 Meters (Auto: 2:05.65, Prov.: 2:09.00)
Mile (Auto: 4:38.50, Prov.: 4:47.00)
3,000 Meters (Auto: 9:16.00, Prov.: 9:35.00)
High Jump (Auto: 6.00.50, Prov.: 5-10.00)
Long Jump (Auto: 21-00.00, Prov.: 20-00.25)
Triple Jump (Auto: 43-07.75, Prov.: 41-06.00)
Pole Vault (Auto: 13-09.25, Prov.: 12-11.50)
Shot Put (Auto: 55-5.5, Prov.: 50-06.25)
Weight Throw (Auto: 67-03.25, Prov.: 60-08.50)
Pentathlon (Auto: 4,050 pts., Prov: 3,700)
4x400-Meter Relay (Auto: 3:33.50, Prov.: 3:40.00)
DMR (Auto: 11:09.00, Prov.: 11:28.00)

## 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>Erin Asay</b>	13-1.50	2005
	<b>Shayla Balentine</b>	13-1.50	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>Titus, Ireland,</b>	12:13.8	2003
	Edwards, <b>Cuadra</b>		

**2005 SDSU Women's Track and Field Indoor  
Season Bests (As of February 5, 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	(2)	5th
7.77@	Brittani Dudley	(2)	8th
7.91@	Vonnie Fulford	(2)	11th

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

10.71@	Tori Respass-Parsons	(2)	21st
11.32@	Jennifer Greene	(2)	24th

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

25.17@	Brittani Dudley	(2)	8th
25.38@	Tori Respass-Parsons	(2)	1st(o)
25.46@	Sherraine Pencil	(2)	11th(i)
25.77@	Vonnie Fulford	(2)	14th(i)
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)**

59.96@	Sherraine Pencil	(2)	9th(i)
1:01.12@	Janine Polischuk	(2)	5th(o)
1:09.96@	Larnie Boyd	(2)	11th(i)

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

2:14.96@	Nicole Carmier	(2)	2nd(i)
2:19.28@	Lisa Naucier	(2)	4th(i)
2:21.93@	Jackie Duncan	(2)	6th(i)
2:27.04@	Nicole Rothert	(2)	7th(o)
2:29.31@	Jenna Loftus	(2)	8th(o)
2:31.51@	Celeste Tyson	(2)	9th(o)
2:35.70@	Jamillah Titus	(2)	8th(i)

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

5:48.39@	Christal Cuadra	(2)	5th(i)
6:05.09@	Celeste Tyson	(2)	6th(i)

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

10:40.89@	Lital Azulay	(2)	2nd
10:42.04@	Marie Nilsson	(2)	3rd
11:42.22@	Christal Cuadra	(2)	10th
11:48.67@	Christian Fairing	(2)	11th

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

5-5.00	Nicole Carmier	(2)	T1st
5-5.00	Jamillah Titus	(2)	T1st

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

18-0	Tori Respass-Parsons	(2)	5th
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**Triple Jump (Auto: 43-07.75, Prov.: 41-06.00)**

35-6.5	Jennifer Greene	(2)	6th
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**Pole Vault (Auto: 13-09.25, Prov.: 12-11.50)**

13-1.50	Erin Asay	(2)	T2nd
13-1.50	Shayla Balentine	(2)	T2nd
12-7.50	Monica Pacas	(2)	T4th
11-1.75	Christin Shibley	(2)	T12th

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

N/A

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

N/A

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

N/A

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

3:57.36@	Dudley/Carmier/Pencil/Duncan	(2)	5th(i)
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**DMR (Auto: 11:09.00, Prov.: 11:28.00)**

N/A

**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.)
- (4) Mountain West Championships, Colorado Springs, Colo., Feb. 24-26 (268mF, alt. 6,007)
- (5) NCAA Indoor Championships, Fayetteville, Ark., Mar. 11-12 (200mB)

**KEY**

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