

# SDSU TRACK & FIELD



This week: at Mountain T's Invitational, Flagstaff, Ariz., 9 a.m. MST

## 2006 INDOOR SCHEDULE

DATE	EVENT	TIME/RESULT
Jan. 27-28	Pole Vault Summit (Reno, Nev.)	NTS
Feb. 4	Mountain T's Invite (Flagstaff, Ariz.)	9 a.m.
Feb. 11	Albuquerque Invite (Albuquerque, N.M.)	10 a.m.
Feb. 23-25	MWC Championships (Albuquerque, N.M.)	10 a.m.
Mar. 10-11	NCAA Championships (Fayetteville, Ark.)	All Day

All times local to site

## 2006 INDOOR ROSTER

Athlete	Events	Yr.	Ht.
Katie Adams	Pole Vault	Fr.	5-8
Erin Asay	Pole Vault	Sr.	5-6
Lital Azulay	Distance	Jr.	5-6
Ali Baker	Distance	Jr.	5-5
Sarah Belger	Distance	Jr.	5-6
Larnie Boyd	Sprints/Hurdles	Sr.	5-6
Joanna Burley	Pole Vault	So.	5-7
Raquel Butler	Sprints	So.	5-7
Corri Campbell-Fell	Hurdles	Fr.	5-5
Nicole Carmier	Sprints/Jumps	Sr.	5-10
Lisa Crampton	Distance	Jr.	5-6
Christal Cuadra	Distance	Sr.	5-7
Michele Dannhausen	Throws	Fr.	5-7
Brittany Donofrio	Sprints/Hurdles	Fr.	5-3
Brittani Dudley	Sprints	So.	5-1
Nicole Fowler	Sprints	Fr.	5-5
Dana Jensen	Pole Vault	Fr.	5-4
Kristin Karhio	Multi-Events	Jr.	5-9
Deontee Kaye	Jumps/Hurdles	Fr.	5-4
Brittany Lowe	Throws	Fr.	5-8
Amanda Maydeck	Distance	Fr.	5-5
Lisa Naucler	Mid-Distance	Jr.	5-7
Jenelle Nicholas	Mid-Distance	Fr.	5-1
Kristin Olafsdottir	Multi-Events	Fr.	5-8
Monica Pacas	Pole Vault	So.	5-3
Sherraine Pencil	Sprints	So.	5-6
Briana Powell	Mid-Distance	So.	5-4
Christin Shibley	Pole Vault	So.	5-8
Shana Solomon	Sprints	Fr.	5-7
Nicole Stone	Sprints/Hurdles	Fr.	5-6
Leanne Taylor	Throws	Fr.	5-11
Jamillah Titus	Mid-Dist./Jumps	Sr.	5-8
Celeste Tyson	Mid-Distance	Jr.	5-1
Mandy Upuu	Sprints	So.	5-4
Dana Van Wagner	Pole Vault	Jr.	5-6
Anne Vieira	Distance	So.	5-4
Shana Watson	Jumps	Fr.	5-6
Carrie Wick	Pole Vault	Fr.	5-5

Head Coach: Rahn Sheffield (San Diego State '80), 15th Season

Assistant Coaches: Jennifer Nanista (San Diego State '90), 13th season; Mike Lobue (Fresno State '01), second season; Richard Fox (San Diego State '92), ninth season.

## SDSU Track and Field Set To Compete In First Full Meet Of 2006 On Saturday

• The San Diego State track and field squad will compete in its first full indoor meet of the season on Saturday at the 2006 Mountain T's Invitational in Flagstaff, Ariz. The Aztecs are expected to take 25 student-athletes to the one-day competition, set for the J. Lawrence Walkup Skydome on the campus of Northern Arizona University.

The women's field events will commence at 9 a.m. MST with the triple jump, while the track events are set to begin at 10:55 a.m. with the 60-meter dash.

In addition to SDSU, six other four-year collegiate teams will be competing on the women's side at this year's meet, including Arizona, Northern Arizona, Long Beach State, New Mexico State, Cal State Dominguez Hills and Cal State Bakersfield.

The J. Lawrence Walkup Skydome features a 300-meter Mondo track with six lanes around the oval and an eight-lane straightaway used for 60-meter and 60-meter hurdle events. Flagstaff sits at an altitude of 6,877 feet.

## Rewind: Six Aztecs Compete at National Pole Vault Summit

• The San Diego State indoor track and field season got underway on Jan. 28 as six Aztec pole vaulters competed in the 15th Annual National Pole Vault Summit and Olympic Development Clinic at the Hilton Hotel in Reno, Nev.

Senior Erin Asay (San Diego, Calif.) recorded SDSU's most impressive performance of the day when she cleared 13 feet, 3.50 inches, which was the top vault in the women's collegiate first division. Asay's mark provisionally qualified her for the NCAA indoor championships and also ranks as the top vault in the Mountain West Conference and is tied for third in the nation as of Jan. 31.

"Erin started off the year with a great first meet," said Aztec assistant coach Richard Fox. "We're looking forward to see how she progresses during the season."

Meanwhile, Florida transfer Dana Van Wagner (Sparr, Fla.) registered a vault of 11-7.75 in her first meet for SDSU, a result also shared by teammate Monica Pacas (Atascadero, Calif.). Rounding out the scarlet and black contingent at the summit were freshmen Dana Jensen (Temecula, Calif.), Carrie Wick (Santee, Calif.) and Katie Adams (Laguna Niguel, Calif.).

Former SDSU star Shayla Balentine also competed at the meet, posting a leap of 12-11.50 in the women's open first division.

## Flashback--2005 Mountain T's Invite

• 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 2005 Mountain T's Invitational.

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 juniors Jamillah Titus and 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) and junior Christal Cuadra (fifth, 5:48.39) in the mile.



## Aztec Indoor Records

55	Darla Vaughn	6.90	1992
60	Tonette Dyer	7.33	2004
200	Tonette Dyer	23.75	2004
400	Tonette Dyer	53.31	2003
Mile	Marie Nilsson	5:10.90	2004
3,000	Marie Nilsson	9:44.80	2004
5,000	Marie Nilsson	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	38-08.25	1999
Pole Vault	Shayla Balentine	14-0	2005
Shot Put	Candace Hill	53-01.50	2004
Pentathlon	Aja Frary	3,902 pts.	2000
4x400	Boyd, Ireland, Dyer, Smedley	3:43.66	2004
4x800	Royal, Peterson, Wright, Ritchie	9:31.14	1991
DMR	Titus, Ireland, Edwards, Cuadra	12:13.80	2003

## 2006 NCAA Indoor Qualifying Standards

(Based on fully automated timing systems and on a banked 200m or flat tracks larger than 200m)

Event	Automatic	Provisional
60 Meters	7.27	7.44
60-Meter Hurdles	8.15	8.43
200 Meters	23.30	23.90
400 Meters	52.40	54.40
800 Meters	2:05.70	2:09.00
Mile	4:38.50	4:47.00
3,000 Meters	9:16.00	9:35.00
5,000 Meters	16:10	16:45
High Jump	6-00.50	5-10.00
Long Jump	21-00.00	20.00.25
Triple Jump	43-07.7	41-06.00
Pole Vault	13-09.25	12-11.50
Shot Put	55-05.50	50-06.25
Weight Throw	68-10.75	62-04.00
Pentathlon	4,050 pts.	3,700 pts.
4x400	3:33.50	3:40.00
DMR	11:09.00	11.28.00