



rahn sheffield

Head Coach
16th Season
San Diego State '80

Rahn Sheffield's name has become synonymous with San Diego State track and field and he has played an integral part in writing the school's track and field history books.

A graduate of SDSU with a bachelor's degree in industrial arts and a champion track competitor himself, Sheffield has gained a reputation as one of the best at taking athletes with raw talent and developing them to their full potential.

Last year, Sheffield helped the Aztecs qualify for seven events in both the indoor and outdoor NCAA Championships and guided a school-record 15 Aztecs to the NCAA regional meet, the most since 2003. Overall, the 16th-year head coach has sent 63 qualifiers to the national meet.

In addition to the excellence on a national and regional level, five school records were set, including the indoor mile, triple jump, pole vault and 4x400-meter relay and the outdoor triple jump.

Senior Erin Asay's program-best indoor pole vault performance (14-00.50) at the Albuquerque Invitational automatically qualified her for the national indoor meet, where she became San Diego State's first indoor All-American and the 15th All-American during Sheffield's tenure at SDSU.

Besides helping Asay earn national recognition, Sheffield also coached Kristin Olafsdottir to a pair of Icelandic records. The freshman set her native country's standard when she earned 3,843 points in the pentathlon at the MWC indoor meet and then broke Iceland's 21-year old record in the heptathlon with 5,402 points at Mt. SAC, a performance she tied later in the year at the league championships. Adding to her list of accomplishments, Olafsdottir became the first athlete in the history of the MWC to be named freshman of the year and win the high point award at the conference outdoor event.

After the season, Sheffield traveled to Beijing, China, in the summer where he was an assistant coach for the United States Junior National Team at the 11th annual IAAF World Junior Championships. While there, he helped the U.S. earn 11 medals, the third most among the 44 competing countries at the event. Of the 11 American medalists, two



were Sheffield-coached athletes who earned a silver in the 400-meter hurdles and a bronze in the 100 hurdles.

In 2005, seniors Heather Heron and Shayla Balentine became the 13th and 14th athletes under Sheffield's tutelage to earn All-America honors, lifting the Aztecs to a top-30 team finish at the NCAA championships for the second year in a row.

Balentine finished as the runner-up in the pole vault at the NCAA meet, the highest finish by an Aztec since Laura DeSnoo (discus) and LaTanya Sheffield (400 hurdles) won national championships.

Heron, meanwhile, finished eighth in the finals of the 100-meter hurdles and recorded the sixth-fastest time (13.25) in school history during the semifinals.

At the Mountain Conference outdoor championships, Balentine and Heron were also victorious in the pole vault and 100 hurdles, respectively, while Heron placed second in the 400 hurdles and was also a member of the runner-up 4x400 relay team along with Nicole Carmier, Larnie Boyd and Brittani Dudley.

Balentine captured the pole vaulting crown at the MWC indoor meet with a leap of 14-0, setting a conference, meet and school record. For her efforts, Balentine earned the MWC Female Outstanding Performance Award.

In 2004, Sheffield led the Aztecs to a No. 14 national ranking and their highest team finish (27th) in his tenure at the NCAA meet, highlighted by senior Tonette Dyer's two All-America finishes. Dyer placed fourth in the 200 and fifth in the 100, making her one of only two Aztecs to earn All-America honors four times or more in their career at SDSU (Laura DeSnoo (1982, 84-86) was the other). Dyer was an All-American in both 2003, as a member of the team's eighth-place 4x400 relay, and in 2002, with her ninth-place finish in the 400 meters. Dyer had the world's fastest time (22.34) in the 200 for the majority of the 2004 outdoor season and was also ranked nationally in the 400 (eighth) and 100 (12th).

Sheffield coached the team to second-place efforts in both the outdoor and indoor MWC championships in 2004. SDSU earned all three non-coaching awards for the second straight season at the outdoor meet. Senior Nicole Ireland repeated as the meet's high point award-winner, while Dyer received most outstanding performance honors for her record time of 51.15 in the 400 meters. Heptathlon champion Janine Polischuk was also named the conference's freshman of the year.

The Aztecs won the 2004 California-Nevada State Championships and Sheffield received the meet's coach of the year award for the second consecutive year and third time in the last four seasons.

In 2003, Sheffield guided SDSU to one of the program's finest seasons ever, when a record six Aztecs earned All-America honors. Newcomer Nicole Ireland placed fourth in the 400 hurdles, senior Leslie Miller took sixth in the heptathlon and the 4x400 became the school's first relay to earn All-America accolades with its eighth-place finish.

The NCAA meet was just a cap to the Aztecs' milestone 2003, as Sheffield led SDSU to its first-ever MWC outdoor team championship, breaking Brigham Young's nation's best streak of 21 straight league outdoor titles, dating back to 1983.

Senior Melinda Smedley was named the MWC outdoor meet's most outstanding performer with her sweep of the 100 and 200 meters. Ireland garnered the high-point award, after winning three individual events and running a leg on the two first-place relays. Shanon Meyer earned conference freshman-of-the-year honors at both the indoor and outdoor meets and would later go on to claim the heptathlon at the USA junior nationals in mid-June before taking fourth at the Pan American Junior Championships.

As a team in 2003, SDSU took first at the San Diego City Championships and the Cal-Nevada Championships, elevating to as high as third in the U.S. Track Coaches Association (USTCA) power rankings.

For his efforts, Sheffield earned three major coaching awards in 2003. He was named both MWC and the Cal-Nevada Coach of the Year for the second time in three seasons and followed that with USTCA West District Coach-of-the-Year honors.

In 2002, with Sheffield's guidance, Dyer placed ninth in the 400 meters at the NCAA outdoor meet, running the sixth-fastest time (53.98) by an American entrant in the finals.

SHEFFIELD AT A GLANCE

Coaching Experience

- ▶ Head Coach: San Diego State, 1991-present
- ▶ Assistant Coach: San Diego State, 1984-1991

Coaching Highlights

- ▶ 63 NCAA Qualifiers; 15 All-Americans
- ▶ U.S. Junior National Team assistant coach at the 11th IAAF World Junior Championships
- ▶ Recognized five times by U.S. Olympic Development Committee as top hurdle/sprint coach
- ▶ Developed "rotation" hurdling technique recognized by ODC
- ▶ Three-time conference coach of the year (1991 Western Athletic; 2001, 2003 Mountain West)
- ▶ 2003 USTCA West District Coach of the Year

Just two weeks prior, Dyer, who was joined by teammates Miller (heptathlon) and Balentine (pole vault) at the NCAA meet, helped the Aztecs place third at the Mountain West Conference championships for the second consecutive season.

Under Sheffield's direction, three school records fell during the 2002 campaign alone. Smedley raced to a school-record time of 23.32 in the 200 meters after running the anchor leg on the fastest ever 4x100-meter relay (44.24) in both school and MWC history. Balentine and teammate Patricia Gutierrez, meanwhile, combined to set the first school record of 2002 in the indoor pole vault (12-9.50).

In 2001, SDSU had two athletes earn All-America honors in the same season for the first time since 1986. Aja Makaila Frary took third in the heptathlon and Daveetta Shepherd placed among the top eight American entrants in the 100-meter hurdles.

The team also took first at the Cal-Nevada meet and third at the MWC outdoor championships to earn Sheffield coach-of-the-year honors at both competitions.

In 1999, Sheffield worked his magic once again, coaching Felicia Stone to a qualifying berth in the NCAA 100-meter hurdles.

SDSU finished fourth at the Western Athletic Conference Championships that year, the second-best finish since 1991, and pole vaulter Aimee Crabtree earned All-America honors.

Another of Sheffield's charges, Miesha McKelvy, twice earned All-America honors (1997 and '98) and competed at the 1998 Goodwill Games before representing the U.S. twice at the World Championships, earning a bronze medal in the 100 hurdles in 2003. That same year, McKelvy also ran the third-fastest time ever in the 100 hurdles with a 12.51 clocking at the Nike Prefontaine Classic.

Sheffield's most well-known coaching job, however, began close to home when he directed his sister, LaTanya, in the 400 hurdles. LaTanya Sheffield, who did not begin hurdling until her sophomore year at SDSU, went on to run the fastest time in the world, establish an American record, an NCAA record and an NCAA meet record. She set that collegiate meet record in defeating a stellar field that included Jackie Joyner-Kersey and Sandra Farmer, the former American record holder.

LaTanya Sheffield capped a brilliant career by advancing to the 400-meter hurdle finals at the 1988 Olympic Games, establishing an American Olympic record in the process.

Another standout who developed under Sheffield's coaching wing was Renee Ross, SDSU's record holder in the 800 meters (2:02.88). In 1985, Ross missed the world 500-meter indoor record by a mere second at the Michelob Indoor Invitational. More recently, Sheffield tutored another former Aztec, 2000 Sydney Olympic participant Marla Runyan, who holds seven world records and claimed four gold medals at the 1992 Paralympics in Barcelona, Spain.

Since his arrival on Montezuma Mesa, Sheffield's athletes have rewritten SDSU's outdoor top 10 lists, claiming 16 school records. The Aztecs also dominated the PCAA/Big West Conference, setting six of eight records in the sprinting events.

In 1991, his first year as head coach, SDSU won four events, set three conference records and placed second at the WAC outdoor championships. All of this earned Sheffield coach-of-the-year honors in the con-

ference.

SDSU's first two years in the WAC saw Sheffield produce two-time athlete of the year, Darla Vaughn, a three-time NCAA outdoor championships qualifier and a two-time NCAA Indoor Championships qualifier. She was one of six Sheffield athletes to qualify for the 1992 U.S. Olympic Trials, two of whom advanced to the finals.

Sheffield's trip to the Olympic Trials has become a tradition, with two athletes participating in 1984, eight in 1988, six in 1992, 1996 and 2000, and seven in 2004. Among these notable athletes are Olympic Festival 400-meter hurdle record holder Schowanda Williams and multiple Olympic Festival gold medalist Tim Williams.

In 2004, Sheffield coached Brenda Taylor, the seventh-ranked 400 hurdler in the world, to a spot on the U.S. Olympic team after she ran the third-fastest time ever on American soil with a 53.36 performance. He also guided Megan Addy (eighth) and Tanisha Mills (10th) to national rankings in the 400 hurdles, while leading Miesha McKelvy-Jones to a ninth-place U.S. ranking in the 100 hurdles.

Sheffield's coaching ability has gained him worldwide recognition. He has been named one of the top hurdle/sprint coaches five times by the United States Olympic Development Committee. Sheffield's unique hurdling technique, the "rotation", has changed the outlook on hurdling. Using two of his athletes, the Olympic Development Committee compared this technique to the ultimate 400-meter hurdle model. Sheffield's athletes' performances were proven to be superior to that of the ultimate model.

The foundation for Sheffield's coaching achievements can surely be traced back to his own days as an athlete who had the talent and the heart to win. These are the traits that Sheffield tries to instill in his athletes. His career started at Crenshaw High School in Los Angeles when he won the AAU Age-Group Nationals. This was followed by a stellar career at East L.A. Junior College, where he became conference champion in the 400-meter hurdles and pole vault. He entered SDSU and wasted no time in winning the PCAA crown in the 400-meter hurdles, defeating Dee Dee Cooper, the second-ranked hurdler in the world. Sheffield later became one of only five Aztecs to become a two-time All-American and at one time ranked seventh in the nation and 21st in the world.

Sheffield's athletic expertise is not limited to track and field. He was also a member of the three-time conference champion Crenshaw High School football team. There he was named most valuable player and awarded the Mitchell Watson Memorial Award - the highest honor accorded to athletes at Crenshaw. He also played on a state champion football squad at East L.A. Junior College. Considered the best athlete ever coached by Jim Brown at Crenshaw High School, Sheffield expects nothing less than 100 percent from his athletes.

As a sprint/hurdle coach, Sheffield has been sought out by athletes across the nation and as far away as Canada and Holland. For three years (2003-05), he oversaw the Aztec football team's speed and conditioning program, drawing on his expertise as a specialist in the world of the National Football League. Pro football players from across the nation come to Sheffield as a conditioning coach in the off-season and have excelled on their teams as a result. The most notable being current Arizona Cardinals safety Robert Griffith and former San Diego Charger Ronnie Harmon, who was twice named team MVP while under Sheffield's tutelage.

Although the list of athletes coached by Sheffield is long and varied, one common thread runs through them all - a heart and a desire to succeed. With these two ingredients, Sheffield has had repeated success stories and a look into SDSU's history books is a testament to the gift that he possesses.

ALL-TIME AZTEC COACHES CHART

Coach	Years	Best Conf. Finish	Best NCAA Finish
Mary Alice Hill	1977-78	2nd (1978)	
Fred LaPlante	1979-83	1st (1982)	10th (1982)
Jim Cerveny	1984-90	2nd (1986)	9th (1985)
Rahn Sheffield	1991-Present	1st (2003)	t27th (2004)



Jennifer nanista

Assistant Coach
14th Season
San Diego State '90

Jennifer Nanista is in her 14th year as an assistant coach at San Diego State. In the fall, she heads the Aztecs' cross country team, while during the track season, Nanista is in charge of the team's middle distance and distance runners. In addition, Nanista is involved with every facet of the Aztec program, including academics, recruiting, fundraising, meet management and all administrative aspects.

One of the best middle distance runners to ever wear the scarlet and black, she finished second in the 800 meters at both the 1989 and 1990 Big West Conference championships. She also helped lead the Aztecs to a third-place team finish in 1990. Her career-best time of 2:11.83 in the 800 was one of the fastest times in school history. Nanista also competed at Mesa Junior College under former Aztec great Arnie Robinson, before transferring to SDSU.

That competitive spirit has carried over to her coaching.

During the 2006 cross country season, she took a relatively young squad and got them to improve as the season progressed. Evidence in the team's progression can be seen on the season-best times chart as over half of the team's top 5K and 6K times combined were achieved in the last two meets of the regular season.

With the help of Nanista, senior Celeste Tyson set a personal best in

the 5K and held SDSU's top time in both the 5K and 6K. In addition, Tyson joined Meryl Folloso as the only Aztecs to garner Mountain West Conference athlete of the week honors.

In 2005, she directed San Diego State to one of its finest seasons in school history as SDSU made its first-ever appearance in the cross country regional polls. During the breakthrough campaign, the Aztecs captured the Santa Clara Invitational and posted a school-best seventh-place finish at the NCAA West Regional championships.

Under Nanista's tutelage, sophomore Lital Azulay recorded three of the school's top-10 fastest times in the 6K races and became just the second SDSU runner to garner first-team all-conference accolades after finishing fifth at the MWC Cross Country Championships.

Azulay also became just the second Aztec to earn MWC Runner of the Week honors twice in the same season and was an NCAA all-West Region selection.

After a successful cross country campaign, she coached a pair of juniors, Celeste Tyson and Lisa Crampton, to the 2006 NCAA West Regionals in the 3,000-meter steeplechase.

During the 2005 outdoor track campaign, she helped junior Nicole Carmier set a personal best in the 800 meters with a time of 2:08.50, which qualified for the NCAA regional meet and ranked fourth on the school's all-time list.

In 2004, Nanista tutored junior Christal Cuadra to a 14th-place finish at the MWC Cross Country Championships, an improvement of 28 spots from 2003. The 2004 track season, she saw Marie Nilsson post regional qualifying times in the steeplechase and the 5,000 and four school records as the Aztecs climbed to No. 14 in the national rankings.

In 2003, she led the SDSU cross country team to another fine season, helping the Aztecs make improvements at both the Mountain West Conference and NCAA regional meets and finishing in the top six in seven of their 10 races. The year was highlighted by the program's first team title in three seasons, as five runners finished in the top 11 at the Long Beach State Invitational.

Individually, Nanista coached Nilsson to three of the school's top-four 6K times in 2003, including an SDSU record of 21:04 at the NCAA regional meet. Nilsson was the team's top finisher in every race in which she competed, tallying five, top-seven individual finishes.

Nilsson also became the first Aztec to earn MWC Runner of the Week honors twice in a season. She followed that up with a spot on the seven-runner MWC first team by placing fourth, a first in program history, and made the NCAA all-West region squad.

During the 2003 track campaign, Nanista helped coach the Aztecs to their first-ever MWC outdoor track and field crown. SDSU ended Brigham Young's streak of 21 consecutive outdoor titles, which was the longest active streak in the nation in the sport of women's track and field. Individually, Nanista guided Jamillah Titus and Jennifer Stakiw to regional qualifying times in the 800. The Aztecs also had a record six student-athletes earn All-America honors at the 2003 NCAA outdoor championships where the team placed 29th overall.

San Diego State has shown dramatic improvement in the Mountain West Conference since 1999, going from eighth to second in a span of only two years at the MWC indoor track and field championship and from fifth to first in just three years at the outdoor meet.

In 1999, Nanista coached Sophia Hawker to an NCAA Cross Country Championships qualifying berth, becoming the first Aztec to compete at the national meet in 18 years. Hawker was also a 1999 first-team all-region selection.

Nanista continues to compete as a member of the Sheffield Elite Track Club. She has won races at the Occidental Invitational, the UC San Diego Invitational and was a runner-up at the Baldy Castillo Invite. Her personal record in the 800 meters currently stands at 2:08.10. Nanista's résumé also includes a runner-up finish in the Arturo Barrios 5K Road Race in nearby Chula Vista, Calif.

A native of Golden, Colo., Nanista earned a bachelor of science in financial services in 1990 and in 1997, completed her master's of science in marketing at SDSU.





mike lobue

Assistant Coach
3rd Season
Fresno State '01

Mike LoBue begins his third season as an assistant coach at San Diego State. He is in charge of the jumps and throws, and also serves as co-strength and conditioning coach for the Aztec women's track and field team.

Last year, he helped then-freshman Deontee Kaye break the San Diego State record in the indoor triple jump and match the standard during the outdoor season.

Kaye's indoor performance of 42 feet, 2 inches was an NCAA provisional qualifying leap and as a result, earned her Mountain West Conference athlete of the week honors. She also became just the second Aztec to surpass 40 feet and her effort was the second-best in MWC history.

For an encore, LoBue helped Kaye break an 18-year-old school record in the outdoor triple jump. Her leap of 41-9.75 at the Duke Invitational tied Gaylen Ames' school record set in 1988 and it topped her NCAA regional qualifying mark by eight inches.

Classmate Shana Watson enjoyed a banner year under the tutelage of LoBue as she earned all-conference accolades in the outdoor long jump and triple jump. Her leap of 40-10.50 in the triple jump at the league outdoor meet was good for second place and fourth in school history. In addition to her conference performance, she qualified for the NCAA West Regionals and finished with a personal- and team-best effort of 20-1.00 in the long jump (third in SDSU history) and registered a triple jump of 38.7.75.

Besides helping Kaye and Watson, LoBue also coached another freshman in Kristin Olafsdottir to a pair of Icelandic records. The freshman set her native country's standard when she earned 3,843 points in the pentathlon at the MWC indoor meet and then broke Iceland's 21-year old record in the heptathlon with 5,402 points at Mt. SAC, a performance she tied later in the year at the league championships. Adding to her list of accomplishments, Olafsdottir became the first athlete in the history of the MWC to be named freshman of the year and win the high point award at the conference outdoor event.

Similar to the aforementioned group, Leanne Taylor, another first-year Aztec thrived under LoBue's guidance. The Porterville, Calif., native posted personal bests and NCAA regional qualifying standards in the shot put and the discus with marks of 47-7.00 and 164-0, respectively. At the regional meet, she ended the campaign having posted a distance of 150-7.00 in the discus and a 44-5.25 effort in the shot put.

In 2005, LoBue coached Janine Polischuk to a third-place performance in the heptathlon (5,050 pts.) at the MWC outdoor championships and also had five out of six athletes score points in the other jumping events.

The Aztecs did not have any throwers in 2005, so LoBue assisted with the throws at the Olympic Training Center in Chula Vista, where he coached Ian Waltz, Jarred Rome and Nick Petrucci at the USA Track and Field Nationals to first, third, and fifth-place finishes, respectively, in the discus. Waltz went on to finish fifth at the world championships, while Rome placed seventh. LoBue also worked with Jamie Beyer and coached him to a 69-4 performance and fifth place at the USA Nationals in the shot put.

LoBue comes to SDSU from the University of Utah where he coached the jumps and the multi-events from 2001 to 2004. He also served as the strength and conditioning coach for the men's and women's cross country teams. At Utah, LoBue developed the women's pole vaulting program from a nonexistent event in 2001, to one of the strongest in the conference in 2004. He was also instrumental in the reinstatement of the

men's track and field team in 2004, where he coached the first male to score in the conference in a field event in more than a decade (javelin). LoBue left Utah after coaching a conference champion in the pole vault in 2003, as well as many other conference and regional placers in his three years there.

Prior to his tenure at Utah, LoBue was the jumps and relays coach at Golden West High School in Visalia, Calif., from 1996-2001, where he produced numerous high-caliber athletes in the pole vault and multi-events. In 2000, he coached a student-athlete who captured a USATF age-group decathlon title. In 1997, he helped a student-athlete break the national sophomore class record in the pole vault.

During his time at Golden West High, LoBue served a one-year stint as a volunteer coach at Fresno State for multi-events from 1999-2000. He also made a stopover at the University of Nebraska in 2000, working with the pole vaulters and multi-events before returning to Golden West.

When he is not coaching at San Diego State, LoBue coaches pole vaulters in the Sheffield Elite Track Club and holds an annual instructional pole vaulters camp along with assistant coach Rich Fox. In fact, LoBue helped Jonathan Takahashi place sixth overall in the pole vault at the 2006 USA Outdoor Track and Field Championships. Competing as an unattached athlete, Takahashi cleared 18 feet, 4.5 inches, which was the third-best clearance of the meet.

A 2001 graduate of Fresno State with a degree in mass communication and journalism, LoBue was a member of the track and field team where he competed in the pole vault and the decathlon. LoBue earned his master's degree in sport psychology from the University of Utah in 2004. He is a certified strength and conditioning specialist through the National Strength and Conditioning Association.

A native of Visalia, Calif., LoBue and his wife Brooke reside in San Diego.





richard fox

Assistant Coach
10th Season
San Diego State '92

Richard Fox enters his 10th season as an assistant coach at San Diego State. In 1998 when the NCAA implemented the pole vault for women, Fox became a member of the Aztec staff as a volunteer coach. Since then, Fox has brought SDSU to the forefront of collegiate pole vaulting as one of the nation's premier programs.

In 2003, Fox's duties expanded to include working as an assistant coach with the Aztec cross country squad. During this time, Fox has worked with two runners, Marie Nilsson and Lital Azulay, both of whom earned first-team all-MWC and all-district honors, as well as Christal Cuadra, who earned second-team all-MWC accolades.

Fox's pole vaulters have posted tremendous success over the past nine years. SDSU has had 41 all-conference performances, won eight Mountain West Conference titles, provisionally qualified for the NCAA Championships 31 times and sent six to the national meet, with three earning All-America honors. The Aztecs have also broken eight indoor and six outdoor school records and have set both the MWC championship and overall conference records numerous times.

A year ago under Fox's guidance, senior Erin Asay broke the indoor school record formerly held by ex-teammate Shayla Balentine at the Albuquerque Invitational with a vault of 14-00.50. Thanks to her record-setting performance, which was also a conference record, she automatically qualified for the NCAA indoor championships, where she finished seventh and became the first Aztec to earn indoor All-

America honors.

In 2005, Balentine solidified her place among the elite vaulters in the nation, earning All-America honors after finishing as runner-up at the 2005 NCAA outdoor championships with a leap of 14-1.25. Balentine's mark set a new school record and capped off a remarkable season in which she claimed both the indoor and outdoor MWC pole vaulting titles. Balentine also cleared 14-0 at the MWC indoor meet, setting another school and conference record and tied for 41st in the world.

Balentine and Asay competed at the NCAA indoor meet as well, finishing 10th and 12th, respectively. Asay logged a runner-up finish at the MWC indoor meet with a personal-best vault of 13-8.25, while freshman Monica Pacas registered all-MWC performances at both indoor and outdoor meets.

In 2004, Fox helped Asay capture the MWC indoor title with an NCAA provisional qualifying mark of 13-0.25, giving her a ranking of 23rd in the nation at the time. Balentine also set a school record during the indoor season with a jump of 13-1.5. Freshman Cara Walker posted a top-10 indoor mark for SDSU while claiming an all-MWC performance, along with Balentine and Asay.

During the 2004 outdoor season, Asay again cleared 13-0.25, improving on her previous outdoor personal best of 11-7 and giving her an NCAA ranking of 31st. Balentine also qualified for the NCAA meet after she leaped 13-3.25 to win the pole vault at the Cal-Nevada championship meet, which earned her a No. 15 collegiate ranking. Her outdoor mark ranked 125th in the world in 2004.

In 2003, Balentine recorded an indoor school record and had two performances over the NCAA provisional mark of 12-10, which was among the top 30 in the nation. Balentine set a then-collegiate personal best of 13-2.25 at the NCAA outdoor regionals, tying the MWC and school record, while ranking 17th nationally.

During the 2002 season, Balentine, the national prep record-holder, swept the MWC indoor and outdoor pole vaulting titles, advancing to the NCAA championships and taking 17th overall.

Fox had a talented group of veterans in 2002 in seniors Patricia Gutierrez and Jesika Englebretson. Gutierrez was runner-up at the MWC outdoor meet for the second straight year, while Englebretson was an all-conference performer both indoors and outdoors, finishing the outdoor campaign with a personal-best jump of 12-8.25.

During the 2001 season, Fox helped Aimee Crabtree to the MWC outdoor pole vault title and teammate Patricia Gutierrez to a runner-up finish. Crabtree set the outdoor MWC record and school record at 13-2.25 and ranked 19th in the nation, earning an invitation to the NCAA championships.

During the 2000 season, two Aztec pole vaulters, Crabtree and Alexa Harz, redshirted the collegiate season to concentrate on making the U.S. Olympic squad. At the Olympic trials, Harz vaulted a personal record of 13-8.25 to place fifth, while Crabtree jumped 13-2.50 for 12th place. Earlier in the year, Crabtree vaulted a season best 13-10 at UCSD and an unofficial personal record of 14-0 at the Santa Barbara Beach meet.

Crabtree's All-America performance highlighted the 1999 season, as she placed seventh at the NAAs and established a then-school record of 13-0.25, the fifth female college vaulter to ever clear 13-feet. Crabtree also set the school indoor record of 12-5.50, ranking fifth nationally.

Prior to joining the Aztec staff, Fox coached the pole vault for one year at Torrey Pines High School, leading his student-athlete to the school record.

Fox was a four-year track and field team member and varsity letter-winner at San Diego State from 1988-92. He is a 1992 graduate of SDSU with a bachelor of science in finance and a postgraduate master's of criminal justice from Boston University.

Fox was a special agent with the Drug Enforcement Agency for one year and has been with the San Diego Police Department as an officer since 1994, where he works patrol in the Western Division.

Fox completed an open 5K road run in 17:16 in 2004 and continues to compete in the decathlon at the Police & Fire Games.

