

SDSU TRACK & FIELD



This week: March 23-25, at Jim Click Shootout, Tucson, Ariz.

2006 OUTDOOR SCHEDULE

DATE	EVENT	TIME/RESULT
March 11	SD City Champs (La Jolla, Calif.)	NTS
March 17-18	Aztec Track Classic (SDSU Sports Deck)	NTS
March 23-25	Jim Click Shootout (Tucson, Ariz.)	All Day
March 31- Apr. 1	Stanford Invitational (Palo Alto, Calif.)	All Day
Apr. 7-8	Duke Invitational (Durham, N.C.)	9 a.m.
Apr. 12-15	Mt. SAC Relays (Walnut, Calif.)	10 a.m.
Apr. 21-22	UCSD Invitational (La Jolla, Calif.)	9 a.m.
Apr. 27-29	Penn Relays (Philadelphia, Pa.)	10 a.m.
Apr. 30	Steve Scott Invitational (Irvine, Calif.)	10 a.m.
May 6	Oxy Invitational (Los Angeles, Calif.)	5 p.m.
May 10-13	MWC Championships (Provo, Utah)	10 a.m.
May 26-27	NCAA West Regionals (Provo, Utah)	4 p.m.
June 7-10	NCAA Championships (Sacramento, Calif.)	TBA

All times local to site

2006 OUTDOOR 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
Brittani Dudley	Sprints	So.	5-1
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.

Aztec Track and Field Travels To Arizona This Weekend To Compete In Jim Click Shootout

• Fresh off of its impressive showing at the Aztec Classic, the San Diego State track and field squad hits the road this weekend to the compete in the Jim Click Shootout, March 23-25, in Tucson, Ariz. The Aztecs will send 23 athletes to the three-day meet, which is being held at the University of Arizona's Roy P. Drachman Stadium.

Freshman Kristin Olafsdottir and junior transfer Kristin Karhio will represent the scarlet and black in the heptathlon, which will be contested on Thursday and Friday. The bulk of the competition gets underway on Saturday, commencing with the women's hammer throw at 10 a.m. MST. The jumping events are set to begin at 11:30 a.m. with the pole vault, while the track events are slated for a 12:30 p.m. start with the 3000-meter steeplechase.

Among the teams competing at this weekend's meet are Mountain West Conference rivals New Mexico and Wyoming along with Kansas State, Notre Dame and host school Arizona.

Roy P. Drachman Stadium features a nine-lane Rekortan surface, while the rings are brushed concrete.

Asay, Olafsdottir Qualify For NCAA Regionals

• Senior Erin Asay and freshman Kristin Olafsdottir both recorded NCAA regional qualifying standards at the 28th Annual Aztec Track and Field Classic at the SDSU Sports Deck.

Asay earned a trip to the regional meet in the pole vault with a clearance of 13-0.25, capturing first place in her first outdoor meet of the season. Two weeks ago, Asay became the first Aztec to garner All-American honors in indoor track and field when she finished seventh at the NCAA Championships in Fayetteville, Ark.

Olafsdottir, meanwhile, continues to impress in her first season on The Mesa. The Reykjavik, Iceland, native qualified for the regional meet in the 400-meter hurdles with a 1:00.50 clocking. A versatile athlete, Olafsdottir finished third in the pentathlon at the MWC indoor meet with 3,843 points, which established a new national record in her native Iceland and ranks third on SDSU's all-time list.

More Aztec Classic Highlights

• Asay and Olafsdottir were not the only Aztecs to taste success at last weekend's Track Classic. In fact, the scarlet and black captured 13 event titles over the two-day meet, tallying five first-place finishes on Friday and eight on Saturday.

In Friday's open competition, San Diego State received an exceptionally strong performance in the 400 meters as sophomore Sherraine Pencil led the way with a time of 56.06. The Toronto, Canada, native was followed in succession by senior Larnie Boyd (56.24) and sophomores Mandy Upuu (56.75) and Raquel Butler (58.76) as the Aztecs dominated the race.

SDSU collected a 1-2 finish in three other events as well. Juniors Lisa Naucler (4:51.86) and Sarah Belger (4:57.30) grabbed the top two spots in the 1,500, while in the 800, junior Celeste Tyson (2:17.25) edged sophomore Briana Powell (2:17.68) in an extremely tight race. Shana Solomon and Corri Campbell-Fell also battled it out in the 100-meter hurdles as the freshman duo tied

for first with a time of 15.19. Another freshman, Nicole Stone, also recorded a first-place finish for the scarlet and black with a 1:01.72 clocking in the 400 hurdles.

Meanwhile, junior Lisa Crampton competed in her first steeplechase of the season, placing second with a personal-best time of 10:59.41.

San Diego State returned on Saturday battling periodic rain showers to post eight additional victories during the invitational portion of the meet.

"I was very pleased with everyone's effort today, said Aztec assistant coach Jennifer Nanista. "We were once again forced to compete in less-than-ideal conditions, but we fought through it and there were some pretty good performances out there despite the weather."

SDSU dominated the field events, capturing six of seven individual titles. Freshman Leanne Taylor continued her early-season success in the throwing category, posting victories in the shot put (45-9) and discus (156-7) - both personal bests. Taylor's distance in the discus is now fifth on the Aztecs' all-time list, while her mark in the shot put ranks seventh in school history.

Two other freshmen, Deontee Kaye (triple jump - 38-1) and Shana Watson (long jump - 17-1), were also winners for the scarlet and black. Along with Erin Asay's first-place finish in the pole vault, senior Nicole Carmier completed SDSU's supremacy in the field, capturing the high jump with a leap of 5-3.

Out on the track, Nicole Stone took the 400 meters with a winning time of 55.72, while Mandy Upuu emerged triumphant in the 800 with a 2:14.53 clocking. Stone and Upuu also teamed with Kristin Olafsdottir and sophomore Brittani Dudley on the Aztecs' second-place 4x400 relay team (3:46.70).

SDSU also received a trio of runner-up finishes from Shana Solomon in the 200 (24.63), Lisa Crampton in the 1,500 (4:37.54) and Celeste Tyson in the 3,000 (10:17.99).



AZTEC OUTDOOR RECORDS

100	Tonette Dyer	11.20	2004
200	Tonette Dyer	22.34	2004
400	Tonette Dyer	51.15	2004
800	Renee Ross	2:02.88	1985
1,500	Monica Joyce	4:06.69	1982
3,000	Monica Joyce	8:53.24	1982
5,000	Monica Joyce	15:45.26	1982
10,000	Lynn Kanuka	34:22.24	1981
Steeplechase	Marie Nilsson	10:23.34	2004
100 Hurdles	Miesha McKelvey	12.82	1999
400 Hurdles	LaTanya Sheffield	54.64	1985
4x100	Givens, Dyer, Hogg, Smedley	44.24	2002
4x400	Nilsson, Ross, Robinson, Sheffield	3:30.57	1985
High Jump	Lori Clark	5-11.5	1984
Pole Vault	Shayla Balentine	14-1.25	2005
Long Jump	Lisa Domico	20-5.75	1999
Triple Jump	Gaylen Ames	41-9.75	1988
Shot Put	Ramona Pagel	58-3.75	1984
Discus	Laura DeSnoo	196-4	1984
Hammer	Kellie Scott	168-8	1998
Javelin	Liz Mueller	178-3	1983
Heptathlon	Aja Makaila Frary	5,751 pts.	2001

**2006 San Diego State Women's Track & Field
Outdoor Bests
(As of March 22, 2006)**

100 METERS (REGIONAL: 11.75)

SDSU RECORD: 11.20, TONETTE DYER-2004 **TIME/MARK**

1. Shana Solomon	Aztec Track Classic (i)	12.15
2. Sherraine Pencil	Aztec Track Classic (i)	12.22
3. Brittani Dudley	Aztec Track Classic (o)	12.41
4. Shana Watson	Aztec Track Classic (o)	12.50
5. Deontee Kaye	Aztec Track Classic (o)	12.57

200 METERS (REGIONAL: 23.96)

SDSU RECORD: 22.34, TONETTE DYER-2004 **TIME/MARK**

1. Shana Solomon	Aztec Track Classic (i)	24.63
2. Sherraine Pencil	Aztec Track Classic (i)	24.71
3. Brittani Dudley	Aztec Track Classic (i)	25.19
4. Raquel Butler	Aztec Track Classic (o)	26.36
5. Kristin Karhio	Aztec Track Classic (o)	27.43

400 METERS (REGIONAL: 54.61)

SDSU RECORD: 54.61, TONETTE DYER-2004 **TIME/MARK**

1. Nicole Stone	Aztec Track Classic (i)	55.72
2. Sherraine Pencil	Aztec Track Classic (o)	56.06
3. Mandy Upuu	Aztec Track Classic (o)	56.75
4. Brittani Dudley	Aztec Track Classic (i)	57.73
5. Raquel Butler	Aztec Track Classic (o)	58.76
6. Nicole Carmier	Aztec Track Classic (o)	59.13

800 METERS (REGIONAL: 2:09.80)

SDSU RECORD: 2:08.88, RENEE ROSS-1985 **TIME/MARK**

1. Mandy Upuu	Aztec Track Classic (i)	2:14.53
2. Lisa Naucler	Aztec Track Classic (i)	2:16.13
3. Nicole Carmier	San Diego City Championships	2:17.14
4. Celeste Tyson	Aztec Track Classic (o)	2:17.25
5. Briana Powell	Aztec Track Classic (o)	2:17.68
6. Jamillah Titus	Aztec Track Classic (o)	2:25.30

1,500 METERS (REGIONAL: 4:27.80)

SDSU RECORD: 4:06.69, MONICA JOYCE-1982 **TIME/MARK**

1. Lisa Crampton	Aztec Track Classic (i)	4:37.54
2. Celeste Tyson	Aztec Track Classic (i)	4:42.36
3. Lisa Naucler	San Diego City Championships	4:47.34
4. Sarah Belger	San Diego City Championships	4:49.53

3,000 METERS (REGIONAL: NA)

SDSU RECORD: 8:53.24, MONICA JOYCE-1982 **TIME/MARK**

1. Lisa Crampton	San Diego City Championships	10:08.22
2. Celeste Tyson	San Diego City Championships	10:14.59
3. Sarah Belger	Aztec Track Classic	10:39.89
4. Christal Cuadra	San Diego City Championships	10:45.14
5. Anne Vieira	San Diego City Championships	11:42.02
6. Amanda Maydeck	San Diego City Championships	11:47.85

5,000 METERS (REGIONAL: 16:52.00)

SDSU RECORD: 15:45.26, MONICA JOYCE-1982 **TIME/MARK**

1. Anne Vieira	Aztec Track Classic (o)	19:41.79
2. Amanda Maydeck	Aztec Track Classic (o)	20:50.02

10,000 METERS (AUTO: 33:55.00, PROV.:35:00.00)

SDSU RECORD: 34:22.24, LYNN KANUKA-1981 **TIME/MARK**

n/a

100-METER HURDLES (REGIONAL: 13.92)**SDSU RECORD: 12.82, MIESHA MCKELVEY-1999** **TIME/MARK**

1. Deontee Kaye	Aztec Track Classic (i)	14.51
2. Kristin Olafsdottir	Aztec Track Classic (i)	14.93
3. Corri Campbell-Fell	Aztec Track Classic (i)	15.17
4. Shana Solomon	Aztec Track Classic (o)	15.19
5. Kristin Karhio	Aztec Track Classic (o)	15.91

400-METER HURDLES (REGIONAL: 1:00.82)**SDSU RECORD: 54.64, LATANYA SHEFFIELD-1985** **TIME/MARK**

1. Kristin Olafsdottir	Aztec Track Classic (i)	1:00.50+
2. Nicole Stone	Aztec Track Classic (o)	1:01.72
3. Corri Campbell-Fell	Aztec Track Classic (i)	1:03.01

3000-METER STEEPLECHASE (REGIONAL: 10:50.25)**SDSU RECORD: 10:23.34, MARIE NILSSON-2004** **TIME/MARK**

1. Lisa Crampton	Aztec Track Classic	10:59.41
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4x100-METER RELAY (REGIONAL: 45.70)**SDSU RECORD: 44.24, GIVENS, DYER, HOGG, SMEDLEY-2002** **TIME/MARK**

1. Pencil, Olafsdottir, Dudley, Solomon	Aztec Track Classic	46.73
2. Pencil, Solomon, Kaye, Dudley	San Diego City Championships	48.92

4x400-METER RELAY (REGIONAL: 3:42.00)**SDSU RECORD: 3:30.57, NILSSON, ROSS, ROBINSON, SHEFFIELD-1985** **TIME/MARK**

1. Stone, Olafsdottir, Upuu, Dudley	Aztec Track Classic	3:46.70
2. Carmier, Pencil, Campbell-Fell, Titus	Aztec Track Classic	3:54.82
3. Carmier, Powell, Campbell-Fell, Titus	San Diego City Championships	3:57.86

HIGH JUMP (REGIONAL: 5-8.75)**SDSU RECORD: 5-11.50, LORI CLARK-1984** **TIME/MARK**

1. Nicole Carmier	Aztec Track Classic (i)	5-3.00
2. Jamillah Titus	Aztec Track Classic (i)	5-1.00
3. Kristin Karhio	Aztec Track Classic (i)	5-1.00
4. Kristin Olafsdottir	Aztec Track Classic (o)	5-1.00
5. Katie Adams	Aztec Track Classic (o)	4-9.00

LONG JUMP (REGIONAL: 19-7.00)**SDSU RECORD: 20-5.75, LISA DOMICO-1999** **TIME/MARK**

1. Shana Watson	Aztec Track Classic	17-1.00
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TRIPLE JUMP (REGIONAL: 40-5.00)**SDSU RECORD: 41-9.75, GAYLEN AMES-1988** **TIME/MARK**

1. Deontee Kaye	Aztec Track Classic	38-1.00
2. Shana Watson	Aztec Track Classic	38-0.00

POLE VAULT (REGIONAL: 12-5.75)**SDSU RECORD: 14-1.25, SHAYLA BALENTINE-2005** **TIME/MARK**

1. Erin Asay	Aztec Track Classic	13-0.25+
2. Monica Pacas	San Diego City Championships	12-1.50
3. Dana Van Wagner	Aztec Track Classic	11-10.75
4. Katie Adams	Aztec Track Classic	11-7.25
5. Joanna Burley	Aztec Track Classic	11-3.00
6. Carrie Wick	Aztec Track Classic	10-11.50
7. Christin Shibley	San Diego City Championships	10-8.00

SHOT PUT (REGIONAL: 46-11.00)**SDSU RECORD: 58-3.75, RAMONA PAGEL-1984)** **TIME/MARK**

1. Leanne Taylor	Aztec Track Classic	45-9.00
2. Brittany Lowe	Aztec Track Classic	38-6.75
3. Michele Dannhausen	San Diego City Championships	34-11.00
4. Kristin Karhio	Aztec Track Classic	31-5.25

DISCUS (REGIONAL: 155-2.00)**SDSU RECORD: 196-4.00, LAURA DeSNOO-1984)****TIME/MARK**

1. Leanne Taylor	Aztec Track Classic	156-7
2. Brittany Lowe	Aztec Track Classic	134-11
3. Michele Dannhausen	Aztec Track Classic	122-7

JAVELIN (REGIONAL: 142-6.00)**SDSU RECORD: 178-3, LIZ MUELLER-1983)****TIME/MARK**

1. Michele Dannhausen	Aztec Track Classic	118-0
2. Brittany Lowe	San Diego City Championships	100-9
3. Kristin Olafsdottir	Aztec Track Classic	99-8
4. Monica Pacas	San Diego City Championships	91-2

HAMMER THROW (REGIONAL: 177-8.00)**SDSU RECORD: 168-8.00, KELLY SCOTT-1998)****TIME/MARK**

1. Brittany Lowe	Aztec Track Classic (o)	129-3
2. Leanne Taylor	San Diego City Championships	103-10
3. Michele Dannhausen	San Diego City Championships	96-00

HEPTATHLON (AUTO: 5,500 PTS., PROV.:5,000 PTS.)**SDSU RECORD: 5,751 PTS., AJA MAKAILA FRARY-2001****POINTS**

n/a

KEY

+	NCAA Regional Qualifying Standard
i	invitational
o	open