

SDSU Track and Field



This Week: April 30, at Steve Scott Invitational, Irvine, Calif., 10 a.m.

Outdoor Schedule

Date	Meet	Result/Time
Mar. 12	SD City Champs.	2nd/6 teams
Mar. 19	Aztec Classic	NTS
Mar. 24-26	Florida Relays (Gainesville, Fla.)	NTS
Apr. 2	CS Northridge (Northridge, Calif.)	NTS
Apr. 9	APU Meet of Champions (Azusa, Calif.)	NTS
Apr. 13-17	Mt. Sac Relays (Walnut, Calif.)	NTS
Apr. 16	Long Beach State Invite	NTS
Apr. 22-23	UCSD Triton Invite (La Jolla, Calif.)	NTS
Apr. 30	Steve Scott Invitational	10 a.m. (Irvine, Calif.)
May 7	Oxy Invitational (Los Angeles, Calif.)	5 p.m.
May 11-14	MWC Champs. (Fort Collins, Colo.)	10 a.m. MST
May 27-28	NCAA Regional Champs. (Eugene, Ore.)	4 p.m.
Jun. 8-11	NCAA Championships (Sacramento, Calif.)	TBA

2005 Outdoor Roster

Athlete	Events	Yr.	Ht.
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 Detterman	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 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 To Travel North To Compete At Steve Scott Invitational In Irvine

- The San Diego State track and field team gets back to competition this Saturday at the Steve Scott Invitational in Irvine, Calif.
- Field events get underway at UC Irvine, beginning at 10 a.m. with the women's javelin. The steeplechase is the first event scheduled on the track with the women's steeple slated to begin at 10:20 a.m. The final women's event of the day, the 4x400, starts at 5:05 p.m.
- The meet is named in honor of UCI graduate Steve Scott, the American record-holder in the mile and a three-time Olympian. Currently the head track coach at Cal State San Marcos, Scott was a six-time All-American in track and cross-country at UCI.
- Sunday's competition will be the squad's eighth meet of the its first nine in the state of California. The last time the Aztecs traveled outside the state was March 24-26 in Gainesville, Fla., when the majority of the meet was cancelled due to excessive rain and thunderstorms. SDSU heads to Los Angeles next week for the Oxy Invitational (May 7), followed by the MWC championships (May 11-14), which will take place in Fort Collins, Colo.

Rewind: Heron Earns Team's Lone Title At UCSD's Triton Invitational

- Heather Heron (Yakima, Wash.) won the 100-meter hurdles to lead the San Diego State track and field team at UC San Diego Triton Invitational in La Jolla, Calif., on Saturday.

The senior won the event with a time of 13.67 seconds, her second-fastest time of the year, and was also the Aztecs' top finisher in the 100 (ninth place, 12.27 seconds) and 200 (12th, 25.24). She later teamed with senior Tori Respass-Parsons (Hayward, Calif.), and freshmen Brittani Dudley (Oakland, Calif.) and Sherraine Pencil (Toronto) for a second-place time of 47.37 in the 400-meter relay.

- Junior Nicole Carmier (Elk Grove, Calif.) bettered her time in the 800, running a personal-time of 2:10.20 to place second among 59 entrants. The time is the ninth-fastest in SDSU's history.

- Sophomore Janine Polischuk (Regina, Saskatchewan) took third in both the 400-hurdles (season-best 1:01.98) and javelin (122 feet, five inches), while freshmen Monica Pacas (Atascadero, Calif.) and Christin Shibley (Panorama, Calif.) tied for fourth in the pole vault after clearing 12-2. The mark was a seven-inch personal-best vault by Shibley.

- Other top-five finishes on the day went to senior Marie Nilsson (Kil, Sweden) in the 3,000 (third, 10:09.77), junior Christian Fairing (Irvine, Calif.) in the 3,000 (fifth, 10:40.22), and Jennifer Greene (San Diego) in the triple jump (fifth, 37-11 1/2).

Flashback: 2004 Steve Scott Invite

- A week off from competition did not seem to faze San Diego State's Tonette Dyer, as she recorded the world's fastest time by a woman in 2004 in the 200 meters of 22.34 at last year's Steve Scott Invitational in Irvine, Calif.

Dyer's previous best in the event was 22.96, then a school and conference record, which she posted at the

Sea Ray Relays in Knoxville, Tenn., three weeks before.

Dyer's time easily gave her a third-straight 200-meter title in as many chances at the Steve Scott Invitational, as runner-up, Great Britain's Donna Fraser, who was fourth in the 400 meters at the 2000 Olympics, came in 0.71 seconds behind her in 23.05.

- The highlights kept coming for Dyer as she also beat her own school and conference record in the 100 meters, finishing first in 11.29. The time was 0.13 seconds better than her performance of 11.42 at the Cal-Nevada championships and moves her from 11th to 5th in the NCAA rankings last season.

- Nicole Ireland also had an outstanding meet, running a career best time of 23.30 in the 200 meters to tie for third place. Ireland's time moves her from fourth to second in the school record books and is No. 11 in the NCAA rankings in 2004.

- Other top-three finishes on the day for the Aztecs went to the 4x100 relay (1st - 45.55), Megan Schaueremann in the triple jump (2nd - 39-04.00) and Heather Heron in the 100 hurdles (3rd - 13.44).

Aztecs Still Prominent In Event Rankings

- With nine meets under its belt, SDSU appears prominently in the national and regional performance lists, which shows the top times/marks so far in 2005.

Senior Shayla Balentine is the most notable performer with her 14-0 1/2 leap in the pole vault. The mark is tops in the nation among collegiate athletes, tied for fourth in the United States and tied for seventh among all world competitors. Her clear at the Azusa Pacific Meet of Champions on April 9 also set a SDSU and Mountain West Conference record.

Balentine is joined on the NCAA regional list in the pole vault by Pacas, who is ranked 10th in the region with her jump of 12-6 1/4.

Also ranked in the region are Heron (sixth in 100-hurdles, 13.59), Carmier (ninth in high jump, 5-8 3/4) and Nilsson (15th in steeplechase, 10:51.37).

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 McKelvy	12.82	1999
400 Hurdles	LaTanya Sheffield	54.64	1985
4x100	Givens, Dyer Hogg, Smedley	44.24	2002
4x400	Nilson, Ross Robinson, Sheffield	3:30.57	1985
High Jump	Lori Clark	5-11.5	1984
Pole Vault	Shayla Balentine	14-0.50	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 Frary	5,751 pts.	2001

**2005 SDSU Track and Field Outdoor Season Best Times & Marks
(as of April 25, 2005)**

100 meters (Regional: 11.75/SDSU Record: 11.20 - Tonette Dyer, 2004)		Time/Mark
1. Sherraine Pencil	San Diego City Championships (3/12/05)	12.13
2. Tori Respass-Parsons	Azusa Pacific Meet of Champions (4/9/05)	12.25
3. Heather Heron	UC San Diego Triton Invitational (4/23/05)	12.27
4. Vonnie Fulford	Azusa Pacific Meet of Champions (4/9/05)	12.28
5. Brittani Dudley	San Diego City Championships (3/12/05)	12.29
6. Tori Respass-Parsons	UC San Diego Triton Invitational (4/23/05)	12.52
200 meters (Regional: 23.96/SDSU Record: 22.34 - Tonette Dyer, 2004)		Time/Mark
1. Sherraine Pencil	San Diego City Championships (3/12/05)	24.84
2. Brittani Dudley	Mt. SAC Relays (4/16/05)	24.85
3. Vonnie Fulford	Mt. SAC Relays (4/16/05)	25.05
4. Heather Heron	UC San Diego Triton Invitational (4/23/05)	25.24
5. Larnie Boyd	Springco-Long Beach State Invitational (4/16/05)	25.26
6. Tori Respass-Parsons	CS Northridge 8-Way (4/2/05)	25.58
7. Raquel Butler	Springco-Long Beach State Invitational (4/16/05)	25.68
8. Janine Polischuk	Mt. SAC Relays Heptathlon (4/13/05)	25.97hp
9. Bianca McNair	Aztec Classic (3/19/05)	26.14
400 meters (Regional: 54.61/SDSU Record: 51.15 - Tonette Dyer, 2004)		Time/Mark
1. Nicole Carmier	San Diego City Championships (3/12/05)	55.82
2. Brittani Dudley	Mt. SAC Relays (4/15/05)	55.98
3. Larnie Boyd	Springco-Long Beach State Invitational (4/16/05)	56.42
4. Raquel Butler	UC San Diego Triton Invitational (4/23/05)	57.30
5. Sherraine Pencil	UC San Diego Triton Invitational (4/23/05)	57.58
6. Jackie Duncan	Aztec Classic (3/19/05)	57.92
7. Nicole Rothert	CS Northridge 8-Way (4/2/05)	59.00
8. Jamillah Titus	Aztec Classic (3/19/05)	1:00.15
9. Briana Powell	Azusa Pacific Meet of Champions (4/9/05)	1:00.57
10. Jenna Loftus	Azusa Pacific Meet of Champions (4/9/05)	1:01.90
800 meters (Regional: 2:09.80/SDSU Record: 2:10.29 - Renee Ross, 1985)		Time/Mark
1. Nicole Carmier	UC San Diego Triton Invitational (4/23/05)	2:10.20 (9th all-time)
2. Lisa Naucler	San Diego City Championships (3/12/05)	2:11.29
3. Jackie Duncan	Mt. SAC Relays (4/15/05)	2:14.26
4. Jenna Loftus	UC San Diego Triton Invitational (4/23/05)	2:18.22
5. Celeste Tyson	UC San Diego Triton Invitational (4/23/05)	2:19.21
6. Briana Powell	UC San Diego Triton Invitational (4/23/05)	2:19.37
7. Jamillah Titus	CS Northridge 8-Way (4/2/05)	2:20.32
8. Marie Nilsson	San Diego City Championships (3/12/05)	2:20.35
9. Lital Azulay	San Diego City Championships (3/12/05)	2:21.39
10. Nicole Rothert	San Diego City Championships (3/12/05)	2:21.65
11. Christal Cuadra	Azusa Pacific Meet of Champions (4/9/05)	2:25.11
12. Ali Baker	Azusa Pacific Meet of Champions (4/9/05)	2:25.37
13. Janine Polischuk	Mt. SAC Relays Heptathlon (4/14/05)	2:29.21hp
1,500 meters (Regional: 4:27.80/SDSU Record: 4:06.69 - Monica Joyce, 1982)		Time/Mark
1. Lisa Naucler	Azusa Pacific Meet of Champions (4/9/05)	4:35.32
2. Marie Nilsson	San Diego City Championships (3/12/05)	4:38.95
3. Celeste Tyson	Mt. SAC Relays (4/15/05)	4:40.03
4. Lital Azulay	Aztec Classic (3/19/05)	4:45.69
5. Christal Cuadra	Aztec Classic (3/19/05)	4:49.78
6. Jackie Duncan	Azusa Pacific Meet of Champions (4/9/05)	4:51.72
7. Christian Fairing	CS Northridge 8-Way (4/2/05)	4:52.01
8. Jenna Loftus	San Diego City Championships (3/12/05)	5:01.46
9. Ali Baker	Azusa Pacific Meet of Champions (4/9/05)	5:02.87
10. Sara Cates	Springco-Long Beach State Invitational (4/16/05)	5:07.79

11. Emily Joller	Springco-Long Beach State Invitational (4/16/05)	5:24.66
12. Anne Vieira	Springco-Long Beach State Invitational (4/16/05)	5:27.83

3,000 meters (Regional: NA/SDSU Record: 8:53.24 (Monica Joyce, 1982) Time/Mark

1. Marie Nilsson	Aztec Classic (3/19/05)	9:59.65
2. Lital Azulay	Aztec Classic (3/19/05)	10:12.85
3. Christal Cuadra	Aztec Classic (3/19/05)	10:29.30
4. Christian Fairing	UC San Diego Triton Invitational (4/23/05)	10:40.22
5. Sara Cates	UC San Diego Triton Invitational (4/23/05)	10:47.55
6. Brookie Detterman	San Diego City Championships (3/12/05)	11:05.14
7. Ali Baker	UC San Diego Triton Invitational (4/23/05)	11:09.70
8. Anne Vieira	UC San Diego Triton Invitational (4/23/05)	11:25.43
9. Emily Joller	San Diego City Championships (3/12/05)	11:28.79

5,000 meters (Regional: 16:52.00/SDSU Record: 15:45.26 - Monica Joyce, 1982) Time/Mark

1. Marie Nilsson	Florida Relays (3/24/05)	17:40.97
2. Lital Azulay	Florida Relays (3/24/05)	17:57.60
3. Chrstal Cuadra	Florida Relays (3/24/05)	18:18.34
4. Christian Fairing	Azusa Pacific Meet of Champions (4/9/05)	18:27.38
5. Sara Cates	Aztec Classic (3/19/05)	19:04.2h
6. Brookie Detterman	Aztec Classic (3/19/05)	19:23.2h
7. Emily Joller	Aztec Classic (3/19/05)	19:55.0h
8. Anne Vieira	Aztec Classic (3/19/05)	20:36.4h

100-meter hurdles (Regional: 13.95/SDSU Record: 12.82 - Miesha McKelvy, 1999) Time/Mark

1. Heather Heron	Mt. SAC Relays (4/17/05)	13.59^
2. Janine Polischuk	Azusa Pacific Meet of Champions (4/9/05)	14.74

400-meter hurdles (Regional: 1:00.82/SDSU Record: 54.64 - LaTanya Sheffield, 1985) Time/Mark

1. Heather Heron	Azusa Pacific Meet of Champions (4/9/05)	1:01.64
2. Janine Polischuk	UC San Diego Triton Invitational (4/23/05)	1:01.98

3,000-meter steeplechase (Regional: 10:52.10/SDSU Record: 10:23.34 - Marie Nilsson, 2004)

1. Marie Nilsson	Mt. SAC Relays (4/15/05)	10:51.37^
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4x100-Meter Relay (Regional: 45.80/SDSU Record: 44.24 - Givens, Dyer, Hogg, Smedley, 2002)

1. Fulford, Respass-Parsons, Heron, Pencil	Aztec Classic (3/19/05)	47.15
2. Dudley, Pencil, Heron, Fulford	San Diego City Championships (3/12/05)	47.20
3. Dudley, Respass-Parsons, Heron, Carmier	CS Northridge 8-Way (4/2/05)	47.30
4. Dudley, Respass-Parsons, Heron, Fulford	Azusa Pacific Meet of Champions (4/9/05)	47.36
5. Dudley, Respass-Parsons, Heron, Pencil	UC San Diego Triton Invitational (4/23/05)	47.37

4x400-Meter Relay (Regional: 3:42.00/SDSU Record: 3:30.57 - Nilsson, Ross, Robinson, Sheffield, 1985)

1. Dudley, Carmier, Heron, Boyd	CS Northridge 8-Way (4/2/05)	3:50.45
2. Dudley, Carmier, Pencil, Heron	San Diego City Championships (3/12/05)	3:51.28
3. Butler, Fulford, Powell, Titus	San Diego City Championships (3/12/05)	3:55.42
4. Butler, Powell, Rothert, Titus	CS Northridge 8-Way (4/2/05)	3:59.63

High Jump (Regional: 5-08.75/SDSU Record: 5-11.50 - Lori Clark, 1984) Time/Mark

1. Nicole Carmier	Azusa Pacific Meet of Champions (4/9/05)	5-08.75^ (t6th all-time)
2. Jamillah Titus	Azusa Pacific Meet of Champions (4/9/05)	5-05.75
3. Janine Polischuk	Mt. SAC Relays (4/13/05)	5-02.50hp

Pole Vault (Regional: 12-5.50/SDSU Record: 14-00.50 - Shayla Balentine, 2005) Time/Mark

1. Shayla Balentine	Azusa Pacific Meet of Champions (4/9/05)	14-00.50^(SDSU/MWC Record)
2. Monica Pacas	Azusa Pacific Meet of Champions (4/9/05)	12-06.25^ (t6th all-time)
3. Christin Shibley	UC San Diego Triton Invitational (4/23/05)	12-02.00 (9th all-time)
4. Julie Hudlow	UC San Diego Triton Invitational (4/23/05)	11-04.50

Long Jump (Regional: 19-06.25)/SDSU Record: 20-05.75 - Lisa Domico, 1999) Time/Mark

1. Tori Respass-Parsons	Azusa Pacific Meet of Champions (4/9/05)	19-05.25 (t4th all-time)
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2. Janine Polischuk	Mt. SAC Relays Heptathlon (4/14/05)	18-04.25hp
3. Brittani Dudley	San Diego City Championships (3/12/05)	17-10.75
4. Jennifer Greene	Azusa Pacific Meet of Champions (4/9/05)	17-05.50

Triple Jump (Regional: 40-02.75)/SDSU Record: 41-09.75 - Gaylen Ames, 1988) **Time/Mark**

1. Jennifer Greene	Springco-Long Beach State Invitational (4/16/05)	38-07.75
2. Sherraine Pencil	Aztec Classic (3/19/05)	35-08.75

Shot Put (Regional: 46-11)/SDSU Record: 46-08.75 - Ramona Pagel, 1984) **Time/Mark**

1. Tori Respass-Parsons	Aztec Classic (3/19/05)	36-04.25
2. Janine Polischuk	San Diego City Championships (3/12/05)	35-05.00

Javelin (Regional: 141-7)/SDSU Record: 178-03.00 - Liz Mueller, 1983) **Time/Mark**

1. Janine Polischuk	Aztec Classic (3/19/05)	127-06
2. Jennifer Greene	San Diego City Championships (3/12/05)	90-10
3. Bianca McNair	San Diego City Championships (3/12/05)	70-2

Heptathlon (NCAA Auto: 5,500 points, NCAA Prov.: 5,000 pts./ SDSU Record: 5,751 - Aja Frary, 2001)

1. Janine Polischuk	Mt. SAC Relays Heptathlon (4/13-14/05)	4,968
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KEY

^ - NCAA Regional Qualifying Standard h - Hand Time t - tied hp - heptathlon

Meet Results

- 3/12/05 - San Diego City Championships, La Jolla, Calif. - Second of six teams (231.5 pts.)
- 3/19/05 - Aztec Classic, San Diego, Calif. - No team scores
- 3/24-25/05 - Florida Relays, Gainesville, Fla. - No team scores
- 4/2/05 - Cal State Northridge 8-Way, Northridge, Calif. - No team scores
- 4/9/05 - Azusa Pacific Meet of Champions, Azusa, Calif. - No team scores
- 4/13-14/05 - Mt. SAC Relays Heptathlon, Azusa, Calif. - Janine Polischuk - 4,968 pts. (Ninth of 11)
- 4/15-17/05 - Mt. SAC Relays, Walnut, Calif. - No team scores
- 4/23/05 - UC San Diego Triton Invitational, La Jolla, Calif. - No team scores