

SDSU Track and Field



This Week: April 6, at CS Northridge, Northridge, 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.)	10 a.m.
Apr. 8-9	Sea Ray Relays (Knoxville, Tenn.)	1 p.m. CST
Apr. 13-16	Mt. Sac Relays (Walnut, Calif.)	10 a.m.
Apr. 22-23	UCSD Invitational (La Jolla, Calif.)	9 a.m.
Apr. 28-30	Penn Relays (Philadelphia, Pa.)	10 a.m. EST
Apr. 30	Steve Scott Invitational (Irvine, Calif.)	10 a.m.
May 7	Oxy Invitational (Los Angeles, Calif.)	5 p.m.
May 11-14	MVC 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 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 To Compete In CS Northridge Meet

• The San Diego State track and field squad will compete at Cal State Northridge at 10 a.m. Saturday.
 • Besides SDSU and the host Matadors, Iowa, Northern Arizona, Southern Utah, UC Riverside and USC will be participating in the meet. At the 2004 NCAA outdoor championships, USC took 12th, Northern Arizona finished 22nd and CS Northridge was 76th, while the Aztecs were 27th.

Rewind: Florida Relays

• The San Diego State track and field squad journeyed east hoping to run some fast times and put up some big marks at the Coca-Cola Florida Relays. However, Mother Nature had different ideas as the final day and most of Friday's events were cancelled at the Florida Relays because of rain, thunder and lightning. It was the first time a full day of events were cancelled since 1996, when much of Percy Beard Track was underwater.

Prior to the storm, senior Marie Nilsson and sophomore Lital Azulay finished eighth and 12th, respectively, in the 5,000-meter run on Thursday. In a field of 42 athletes, Nilsson finished the race in 17 minutes, 40.97 seconds in her first 5,000 of the season, with Azulay 17 seconds back in 17:57.60.

Joining Nilsson and Azulay in the 5,000 were juniors Christal Cuadra and Christian Fairing. Cuadra was 18th in 18:18.34 and Fairing finished 23rd in a career-best time of 18:38.41.

Earlier on Thursday evening, sophomore Lisa Naucler took 15th in the 1,500 (4:38.76) and sophomore Celeste Tyson placed 32nd with a season-best time of 4:52.97.

On Friday, senior Shayla Balentine set a new school and Mountain West Conference record in the pole vault for the second consecutive week. Despite windy and rainy conditions, Balentine cleared 13 feet, 6 1/4 inches to finish first in a field of 33 competitors. Balentine won the competition after claiming a jump-off against Randalene Sergent, who was competing unattached.

Freshmen Monica Pacas and Christin Shibley joined Balentine in the pole vault and placed eighth and 12th, respectively, each clearing 11-5 3/4.

Freshman Brittani Dudley was the only other Aztec to compete before the weather delay and finished the 400-meter dash in 57.85.

In Shayla We Trust

• Senior Shayla Balentine is making the most of her final season on The Mesa. The Los Osos, Calif., native is tied for the top collegiate mark in the nation after clearing 13-6 1/4 at the Florida Relays. Despite windy and rainy conditions, Balentine bettered the SDSU

and MVC record in the event for the second straight week. The mark is also the fourth-best jump in the world according to the IAAF website and second-best in the United States this year.

The IAAF also listed Balentine as having the fifth-best leap among U.S. competitors during the indoor season (14-0) and the 40th-best mark in the world.

Foreign Flavor

• If you look at the SDSU season-best lists for the distance running events, you might think you were looking at a performance list outside the United States rather than a SDSU performance list. The top-three marks in the 1,500, and the top-two in the 3,000 and 5,000 have been run by student-athletes born outside the United States.

A Ljusdal, Sweden native, Lisa Naucler has the top-time in the 1,500 (4:37.19) and the second-best mark on the team in the 800 (2:11.29).

Not to be outdone, fellow Swede Marie Nilsson (Kil, Sweden) has the team's best time in both the 3,000 (9:59.65) and the 5,000 (17:40.97), and the second-fastest clocking in the 1,500 (4:38.95).

Coastal Carolina transfer Lital Azulay (Holon, Israel) has the second-fastest times in both the 3,000 (10:12.85) and the 5,000 (17:57.60), and the third-best mark in the 1,500 (4:45.69).

Heron's Old Stomping Grounds

• Heather Heron will see some familiar faces this weekend when she visits her old school, CS Northridge. Heron spent three seasons, including one redshirt year, at CS Northridge and helped the Matadors to a Big West team title as a sophomore.

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	44.24	2002
	Hogg, Smedley		
4x400	Nilson, Ross	3:30.57	1985
	Robinson, Sheffield		
High Jump	Lori Clark	5-11.5	1984
Pole Vault	Shayla Balentine	13-6.25	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 Frary	5,751 pts.	2001

**2005 SDSU Track and Field Outdoor Season Best Times & Marks
(as of March 21, 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. Brittani Dudley	San Diego City Championships (3/12/05)	12.29
3. Vonnie Fulford	San Diego City Championships (3/12/05)	12.32
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	San Diego City Championships (3/12/05)	25.21
3. Vonnie Fulford	San Diego City Championships (3/12/05)	25.48
4. Bianca McNair	Aztec Classic (3/19/05)	26.14
5. Tori Respass-Parsons	Aztec Classic (3/19/05)	26.38
6. Raquel Butler	San Diego City Championships (3/12/05)	26.80
7. Larnie Boyd	San Diego City Championships (3/12/05)	28.11
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	Aztec Classic (3/19/05)	56.92
3. Jackie Duncan	Aztec Classic (3/19/05)	57.92
4. Raquel Butler	Aztec Classic (3/19/05)	59.88
5. Jamillah Titus	Aztec Classic (3/19/05)	1:00.15
6. Larnie Boyd	Aztec Classic (3/19/05)	1:01.04
7. Jenna Loftus	Aztec Classic (3/19/05)	1:01.95
800 meters (Regional: 2:09.80/SDSU Record: 2:10.29 (Renee Ross, 1985))		Time/Mark
1. Nicole Carmier	Aztec Classic (3/19/05)	2:10.84 (10th all-time)
2. Lisa Naucler	San Diego City Championships (3/12/05)	2:11.29
3. Jackie Duncan	San Diego City Championships (3/12/05)	2:14.70
4. Jenna Loftus	Aztec Classic (3/19/05)	2:20.26
5. Marie Nilsson	San Diego City Championships (3/12/05)	2:20.35
6. Jamillah Titus	San Diego City Championships (3/12/05)	2:21.21
7. Lital Azulay	San Diego City Championships (3/12/05)	2:21.39
8. Briana Powell	San Diego City Championships (3/12/05)	2:21.46
9. Nicole Rothert	San Diego City Championships (3/12/05)	2:21.65
10. Celeste Tyson	Aztec Classic (3/19/05)	2:21.82
11. Christal Cuadra	San Diego City Championships (3/12/05)	2:25.88
1,500 meters (Regional: 4:27.80/SDSU Record: 4:06.69 (Monica Joyce, 1982))		Time/Mark
1. Lisa Naucler	San Diego City Championships (3/12/05)	4:37.19
2. Marie Nilsson	San Diego City Championships (3/12/05)	4:38.95
3. Lital Azulay	Aztec Classic (3/19/05)	4:45.69
4. Christal Cuadra	Aztec Classic (3/19/05)	4:49.78
5. Jackie Duncan	San Diego City Championships (3/12/05)	4:52.76
6. Celeste Tyson	Florida Relays (3/24/05)	4:52.97
7. Jenna Loftus	San Diego City Championships (3/12/05)	5:01.46
8. Ali Baker	Aztec Classic (3/19/05)	5:09.40
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	Aztec Classic (3/19/05)	10:41.51
5. Brookie Detterman	San Diego City Championships (3/12/05)	11:05.14
6. Sara Cates	San Diego City Championships (3/12/05)	11:07.31
7. Emily Joller	San Diego City Championships (3/12/05)	11:28.79
8. Ali Baker	Aztec Classic (3/19/05)	11:39.99
9. Anne Vieira	San Diego City Championships (3/12/05)	12:02.99

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	Florida Relays (3/24/05)	18:38.41
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	Aztec Classic (3/19/05)	13.70^
2. Janine Polischuk	Aztec Classic (3/19/05)	14.82

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

1. Heather Heron	San Diego City Championships (3/12/05)	1:02.26
2. Janine Polischuk	San Diego City Championships (3/12/05)	1:04.12

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

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

1. Dudley, Carmier, Pencil, Heron	San Diego City Championships (3/12/05)	3:51.28
2. Butler, Fulford, Powell, Titus	San Diego City Championships (3/12/05)	3:55.42

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

1. Nicole Carmier	Aztec Classic (3/19/05)	5-07-00
2. Jamillah Titus	Aztec Classic (3/19/05)	5-05-00

Pole Vault (Regional: 12-5.50/SDSU Record: 13-04.25 (Shayla Balentine, 2005) Time/Mark

1. Shayla Balentine	Florida Relays (3/25/05)	13-06.25^ (SDSU/MWC Record)
2. Monica Pacas	Aztec Classic (3/19/05)	12-00.50 (8th all-time)
3. Christin Shibley	Aztec Classic (3/19/05)	11-07.75
4. Julie Hudlow	Aztec Classic (3/19/05)	11-01.75

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

1. Brittani Dudley	San Diego City Championships (3/12/05)	17-10.75
2. Tori Respass-Parsons	Aztec Classic (3/19/05)	17-00.50
3. Jennifer Greene	Aztec Classic (3/19/05)	16-02.50

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

1. Jennifer Greene	Aztec Classic (3/19/05)	36-07.75
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

KEY

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

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

3/24-3/25/05 - Florida Relays, Gainesville, Fla., No team scores