

SDSU Track and Field



This Week: May 7, at Oxy Invitational, Los Angeles, Calif., 5 p.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 (Long Beach, Calif.)	NTS
Apr. 22-23	UCSD Triton Invite (La Jolla, Calif.)	NTS
Apr. 30	Steve Scott Invitational (Irvine, Calif.)	NTS
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 Dettmerman	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 Upuou	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 Send Small Contingent to Oxy Invitational in Los Angeles

• In its final meet before the Mountain West Conference Championships, SDSU will send seven student-athletes to this Saturday's Oxy Invitational at Occidental College in Los Angeles. The Aztec contingent will consist of middle-distance and distance runners, some who will be trying for NCAA regional qualifying times.

• Ali Baker, Sara Cates, Emily Joller and Anne Vieira are expected to run the distance events, while Lital Azulay, Nicole Carmier and Lisa Naucler will look to post NCAA regional qualifying times in the middle-distance events.

• The meet is scheduled to get underway at 11 a.m. with the hammer and javelin, while track events are slated for a 3 p.m. start time.

• Saturday's competition will be the squad's ninth meet of its first 10 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.

• Following the Oxy Invitational, SDSU will travel to Fort Collins, Colo., for the MWC Championships and to Eugene, Ore., for the NCAA regional meet. The NCAA Championships will be from June 8-11 in Sacramento, Calif.

Rewind: Six Aztecs Win Events at Steve Scott Invitational

• The San Diego State track and field squad won six individual events at the Steve Scott Invitational in Irvine, Calif., on Sat., April 30.

Senior Shayla Balentine remained undefeated in collegiate competition in the pole vault with a first-place vault of 13 feet, 9 3/4 inches, while freshmen Monica Pacas (12-5 1/2) and Christin Shibley (11-11 3/4) took third and fifth in the event.

Sophomore Lital Azulay, competing in only her second 5,000-meter run of the season, won the event with a time of 17 minutes, 16.08 seconds. The time is the ninth-fastest time ever recorded by an Aztec.

Senior Heather Heron posted a season-best time in the 100 hurdles (first, 13.53), and classmate Jennifer Greene (first, 38-7 3/4) and junior Nicole Carmier (first, 5-8 3/4) tied their season-best marks in the triple jump and high jump, respectively.

Sophomore Janine Polischuk won the long jump (18-2 1/4), senior Tori Respass-Parsons was third in the 100 (12.21) and Carmier added a third-place finish in the 800 (2:10.14) for SDSU.

In relay competition, the 400-meter relay team of freshman Brittani Dudley, Respass-Parsons, sophomore Vonnie Fulford and Heron took second with a season-best time of 46.75 seconds.

Flashback: 2004 Oxy Invitational

• In its final pre-conference tune-up, the San Diego State women's track and field squad posted two, top-10 finishes at the 2004 Oxy Invitational in Los Angeles, Calif.

Tina Fodor ran a personal best time of 11:42.09 in the 3,000-meter steeplechase to finish fourth overall. Fodor's effort beat her previous best (11:47.05) by almost a full five seconds.

Jennifer Greene in only her second meet of the year, took ninth in the high jump by clearing 5-0 1/4 and also was 15th in the javelin with a season best of 91-11.

Jamillah Titus notched a pair of 17th places in both the 800 meters (2:13.13), and the 1,500 (4:54.20).

Three of the Aztecs five runners notched personal bests in the 5,000 meters - the final event of the meet. Sara Cates came in 20th with a time of 19:04.51, Julie Amster was 22nd in 19:08.10 and Emily Joller had the other personal record with a 27th-place finish in 20:08.34. Christian Fairing was SDSU's top finisher in the event, finishing 19th in 19:00.76.

The Heather Heron Show

• Heather Heron is making the best of her last season on the Mesa, posting the team-best times in three individual events. The senior native of Yakima, Wash., has the top marks in the 200 (24.71), 100-hurdles (13.53) and the 400-hurdles (1:01.64), and the third-best time in the 100 (12.27).

Heron is also a member of two relays with the fastest times - 400 relay (46.75) and 1,600 relay (3:47.41).

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-two marks in the 1,500, 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 (4:35.32) 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 the 3,000 (9:59.65), and the second-fastest clockings in the 1,500 (4:38.95) and 5,000 (17:40.97).

Coastal Carolina transfer Lital Azulay (Holon, Israel) has team's fastest time in the 5,000 (17:16.08) and the second-best time in the 3,000 (10:12.85).

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 May 2, 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	Steve Scott Invitational (4/30/05)	12.21
3. Heather Heron	Steve Scott Invitational (4/30/05)	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. Heather Heron	Steve Scott Invitational (4/30/05)	24.71
2. Sherraine Pencil	San Diego City Championships (3/12/05)	24.84
3. Brittani Dudley	Mt. SAC Relays (4/16/05)	24.85
4. Vonnie Fulford	Mt. SAC Relays (4/16/05)	25.05
5. Larnie Boyd	Springco-Long Beach State Invitational (4/16/05)	25.26
6. Tori Respass-Parsons	Steve Scott Invitational (4/30/05)	25.27
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. Briana Powell	Steve Scott Invitational (4/30/05)	1:00.12
9. Jamillah Titus	Aztec Classic (3/19/05)	1:00.15
10. Jenna Loftus	Steve Scott Invitational (4/30/05)	1:00.64
800 meters (Regional: 2:09.80/SDSU Record: 2:10.29 - Renee Ross, 1985)		Time/Mark
1. Nicole Carmier	Steve Scott Invitational (4/30/05)	2:10.14 (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	Steve Scott Invitational (4/30/05)	2:17.18
5. Briana Powell	Steve Scott Invitational (4/30/05)	2:18.75
6. Celeste Tyson	UC San Diego Triton Invitational (4/23/05)	2:19.21
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. Jackie Duncan	Steve Scott Invitational (4/30/05)	4:39.59
4. Celeste Tyson	Mt. SAC Relays (4/15/05)	4:40.03
5. Christian Fairing	Steve Scott Invitational (4/30/05)	4:45.02
6. Lital Azulay	Aztec Classic (3/19/05)	4:45.69
7. Christal Cuadra	Aztec Classic (3/19/05)	4:49.78
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. Lital Azulay	Steve Scott Invitational (4/30/05)	17:16.08
2. Marie Nilsson	Florida Relays (3/24/05)	17:40.97
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	Steve Scott Invitational (4/30/05)	18:47.51
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	Steve Scott Invitational (4/30/05)	19:59.17

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

1. Heather Heron	Steve Scott Invitational (4/30/05)	13.53^
2. Janine Polischuk	Steve Scott Invitational (4/30/05)	14.64

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. Dudley, Respass-Parsons, Fulford, Heron	Steve Scott Invitational (4/30/05)	46.75
2. Fulford, Respass-Parsons, Heron, Pencil	Aztec Classic (3/19/05)	47.15
3. Dudley, Pencil, Heron, Fulford	San Diego City Championships (3/12/05)	47.20
4. Dudley, Respass-Parsons, Heron, Carmier	CS Northridge 8-Way (4/2/05)	47.30
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	Steve Scott Invitational (4/30/05)	3:47.41
2. Dudley, Carmier, Pencil, Heron	San Diego City Championships (3/12/05)	3:51.28
3. Fulford, Duncan, Pencil, Butler	Steve Scott Invitational (4/30/05)	3:52.78
4. Butler, Fulford, Powell, Titus	San Diego City Championships (3/12/05)	3:55.42
5. 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	Steve Scott Invitational (4/30/05)	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)
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	Steve Scott Invitational (4/30/05)	128-00
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
- 4/30/05 - Steve Scott Invitational, Irvine, Calif. - No team scores