

TRACK AND FIELD

2009 SCHEDULE

Date	Meet	Time/Result
Jan. 3	National Pole Vault Summit <i>Reno, Nev.</i>	NTS
Jan. 30-31	Mountain T's Invitational <i>Flagstaff, Ariz.</i>	NTS
Feb. 7	New Mexico Classic <i>Albuquerque, N.M.</i>	NTS
Feb. 14	APU Indoor Qualifier <i>Azusa, Calif.</i>	NTS
Feb. 21	UCSD Quad Meet <i>San Diego, Calif.</i>	3rd of 4 (116 pts.)
Feb. 26-28	MWC Championships <i>Colorado Springs, Colo.</i>	6th of 9 (46 pts.)
March 7	San Diego City Championships <i>La Jolla, Calif.</i>	2nd of 4 (195 pts.)
March 13-14	AZTEC T&F CLASSIC <i>San Diego, Calif.</i>	NTS
March 14	NCAA Championships <i>College Station, Texas</i>	34th of 60 (7 pts.)
March 21	Trojan Invitational <i>Los Angeles, Calif.</i>	NTS
March 28-29	Cal-Nevada Championships <i>Los Angeles, Calif.</i>	2nd of 24 (84 pts.)
April 4	Pomona-Pitzer Invitational <i>Claremont, Calif.</i>	NTS
April 10-11	Sea Ray Relays <i>Knoxville, Tenn.</i>	NTS
April 15-16	Mt. SAC Heptathlon <i>Azusa, Calif.</i>	NTS
April 16-18	Mt. SAC Relays <i>Walnut, Calif.</i>	NTS
April 18	Beach Invitational <i>Norwalk, Calif.</i>	NTS
April 24-25	Brutus Hamilton Invitational <i>Berkeley, Calif.</i>	NTS
	Triton Invitational <i>La Jolla, Calif.</i>	NTS
May 2	Payton Jordan Cardinal Invitational <i>Palo Alto, Calif.</i>	NTS
May 2-3	Steve Scott Invitational <i>Irvine, Calif.</i>	NTS
May 15-16	MWC Championships <i>Laramie, Wyo.</i>	4th of 9 (87.5 pts.)
May 29-30	NCAA West Regionals <i>Eugene, Ore.</i>	9th of 27 (36 pts.)
June 10-13	NCAA Championships <i>Fayetteville, Ark.</i>	All Day

- Indicates indoor meet

NTS - No Team Scoring

All times local to site and subject to change

CAPS indicates meet at SDSU Sports Deck



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San Diego State Track and Field Travels to Arkansas for NCAA Outdoor Championships

SDSU to Compete Against Nation's Best in Fayetteville

The San Diego State track and field team will travel to the South and Fayetteville, Ark., to compete against the top Division I athletes at the NCAA Outdoor Championships, which is set for June 10-13.

The Scarlet and Black will take Karoline Koehler and Nicole Stone, both of whom will compete as individuals, and Alicia King and Jessica Hornsby, who will join the aforementioned duo in the 4x100-meter relay. Briana Johnson will also make the trip as a relay alternate.

In addition to their relay obligations, Koehler will participate in the long jump, triple jump and 100-meter dash, while Stone will race in the 400 meters.

SDSU will open the national championships on Wednesday, June 10, at 5 p.m. CT/3 p.m. PT, with the semifinal round of the 4x100 relay. Also scheduled for that day is the first round of the 100 and 400 and the qualifying round of the long jump. The triple jump qualifying round is slated for Friday, June 12.

CBS College Sports will have coverage of the meet on Friday beginning at 7 p.m. ET/4 p.m. PT. On Saturday, June 13, CBS Sports will pick up the coverage starting at 1 p.m. ET/10 a.m. PT.

Nothing Trumps Experience

When it comes to being ready for the national stage, no Aztec should look further than junior Nicole Stone.

The co-team captain leads the team with three national outdoor appearances under her belt after qualifying for the 400 and 4x400 relay as a freshman in 2006, earning a spot in 2007 in the 400 as a sophomore and locking up bids this season in the 400 and 4x100.

Stone's upperclassman teammate, Karoline Koehler, also knows a thing or two about nationals after qualifying for the 2007 outdoor meet and the 2008-09 indoor championships. Besides Stone and Koehler, the lone Aztec to have national experience is 4x100 alternate Briana Johnson, who competed in the 100 hurdles last year as a freshman.

Koehler Comes in With Impressive Credentials

Karoline Koehler certainly needs to be tracked once the NCAA Championships commence. Not only will Koehler step foot on nearly every part of John McDonnell Field after competing in four different events, she will also be considered as one of the favorites in the long jump and triple jump and one to keep an eye on in the 100 meters.

So far this season, Koehler earned All-America honors in the indoor triple jump for

the second straight year, won the 2009 Mountain West Conference indoor and outdoor long jump titles, won the '09 MWC outdoor triple jump crown, claimed the MWC High Point Award for outdoors, won the triple jump at the West Regionals, finished runner up in the long jump at regionals, set the outdoor school record in both horizontal jumping events and posted the school's second-fastest time in the 100 meters.

With the meet being in Fayetteville, Koehler looks to duplicate her success from 2008 when she became an All-American in the indoor triple jump with her school-record effort at the Arkansas school.

Stone Ready to Make Noise

Nicole Stone hopes to make her presence felt at nationals in what will be her third appearance at the outdoor championships.

Stone, who comes into the meet with the nation's 14th-best 400-meter time (53.00), will look to advance past the opening round of heats for the first time of her career.

The same could be said for the relays as the 2009 MWC 400-meter champion is looking to help her quartet qualify for the second set of heats. Back in 2006, Stone and teammates Larnie Boyd, Sherraine Pencil and Brittani Dudley posted a 19th-place performance and did not advance past the preliminary round.

Relay Makes Elite Field

After running 44.74 at the NCAA West Regionals, the Aztec 4x100 relay team earned the last at-large berth to nationals. The SDSU quartet is one of 18 teams in the field and comes on the heels of a regional performance that saw the foursome post the third-fastest time in school history and the Aztecs' fastest mark since the 2003 campaign. In addition to Koehler and Stone, the relay will feature a pair of first-time national qualifiers in sophomores Jessica Hornsby and Alicia King.

Last Year at Nationals

A year ago, San Diego State took five athletes to Des Moines, Iowa, to compete in seven events and finished in a tie for 31st place with eight team points.

Leading the way for the Aztecs was sophomore pole vaulter Stephanie Bagan, who red-shirted this season. Bagan and four other vaulters battled for the title with the MWC and NCAA West Regional champion finishing in second place based on attempts after clearing 13-09.25. As a result, Bagan earned All-America status after doing so earlier in the year during the indoor campaign.

San Diego State's final team finish was its best showing since the 2005 season when it earned nine points to finish in 29th place.

2009 OUTDOOR BESTS

** Does not include wind-aided marks. **

100 Meters

Athlete	Time	Date	Place	Meet	Site
Karoline Koehler	11.43 (p)	May 29	3rd	NCAA West Regionals	Eugene, Ore.
Jessika Hornsby	11.90 @	May 16	6th	MWC Championships	Laramie, Wyo.
Alicia King	12.00 @	May 16	7th	MWC Championships	Laramie, Wyo.
Shana Solomon	12.63	March 21	18th	USC Trojan Invitational	Los Angeles, Calif.
Kai Wheeler	12.65	April 4	9th	Pomona-Pitzer Invitational	Claremont, Calif.
Brianna Johnson	12.77	April 4	13th	Pomona-Pitzer Invitational	Claremont, Calif.
Thoraya Maronsey	13.39	April 25	19th	Triton Invitational	San Diego, Calif.

200 Meters

Athlete	Time	Date	Place	Meet	Site
Karoline Koehler	24.04 (i)	April 25	2nd	Brutus Hamilton Invitational	Berkeley, Calif.
Jessika Hornsby	24.18 @	May 16	7th	MWC Championships	Laramie, Wyo.
Nicole Stone	24.57	May 3	7th	Steve Scott Invitational	Irvine, Calif.
Alicia King	24.71 (p)	March 29	4th	USC Trojan Invitational	Los Angeles, Calif.
Kai Wheeler	26.11 (o) (s1)	March 13	5th	Aztec Track & Field Classic	San Diego, Calif.
Briana Johnson	26.18	March 7	6th	San Diego City Championships	San Diego, Calif.
Kelsee Ramsey	26.65	Feb. 14	6th	APU Indoor Qualifier	Azusa, Calif.
Thoraya Maronsey	27.49	March 7	13th	San Diego City Championships	San Diego, Calif.
Julianne Alarcio	27.78 (o) (s2)	March 13	6th	Aztec Track & Field Classic	San Diego, Calif.
Sonya Schmidt	27.93 (o) (s1)	March 13	8th	Aztec Track & Field Classic	San Diego, Calif.
Kelsey Kaster	28.00 (hp)	April 15	30th	California Invitational Heptathlon	Azusa, Calif.
Sheehan Mitchell	28.27 (hp)	April 15	35th	California Invitational Heptathlon	Azusa, Calif.
Domenique Manning	29.03	March 7	16th	San Diego City Championships	San Diego, Calif.

400 Meters

Athlete	Time	Date	Place	Meet	Site
Nicole Stone	52.81^ @	May 16	1st	MWC Championships	Laramie, Wyo.
Amber Waddell	57.62 (i)	March 14	4th	Aztec Track & Field Classic	San Diego, Calif.
Amy Brown	1:00.73	April 4	30th	Pomona-Pitzer Invitational	Claremont, Calif.
Leigh Rutherford	1:00.81	April 4	31st	Pomona-Pitzer Invitational	Claremont, Calif.
Shana Solomon	1:00.98 (o) (s1)	March 13	4th	Aztec Track & Field Classic	San Diego, Calif.
Alicia King	1:02.69 (s3)	April 24	5th	Brutus Hamilton Invitational	Berkeley, Calif.
Jamie Ferguson	1:02.92	March 7	9th	San Diego City Championships	San Diego, Calif.
Sonya Schmidt	1:02.73 (i) (s2)	March 13	5th	Aztec Track & Field Classic	San Diego, Calif.
Kelsee Ramsey	1:05.77	Feb. 14	9th	APU Indoor Qualifier	Azusa, Calif.

800 Meters

Athlete	Time	Date	Place	Meet	Site
Amy Brown	2:14.91	May 3	9th	Steve Scott Invitational	Irvine, Calif.
Darien Buc	2:15.76	April 4	9th	Pomona-Pitzer Invitational	Claremont, Calif.
Leigh Rutherford	2:20.97	May 3	20th	Steve Scott Invitational	Irvine, Calif.
Kristen Glen	2:22.46	April 4	18th	Pomona-Pitzer Invitational	Claremont, Calif.
Michelle Martinez	2:24.84	April 18	58th	Beach Invitational	Norwalk, Calif.
Sheehan Mitchell	2:26.54	March 7	10th	San Diego City Championships	San Diego, Calif.
Jamie Ferguson	2:28.48	May 3	32nd	Steve Scott Invitational	Irvine, Calif.
Bianca Saad	2:28.65	April 18	68th	Beach Invitational	Norwalk, Calif.
Kelsey Kaster	2:29.58 (hp)	April 16	6th	California Invitational Heptathlon	Azusa, Calif.
Julianne Alarcio	2:39.70 (hp)	April 16	14th	California Invitational Heptathlon	Azusa, Calif.

1,500 Meters

Athlete	Time	Date	Place	Meet	Site
Darien Buc	4:38.00 (i)	March 14	2nd	Aztec Track & Field Classic	San Diego, Calif.
Rachel Williams	4:43.43	April 4	13th	Pomona-Pitzer Invitational	Claremont, Calif.
Amy Brown	4:45.19 (o) (s1)	March 13	2nd	Aztec Track & Field Classic	San Diego, Calif.
Michelle Martinez	4:46.66	March 29	18th	Cal-Nevada Championships	Los Angeles, Calif.
Kristin Glen	4:51.38	April 4	27th	Pomona-Pitzer Invitational	Claremont, Calif.
Alma Escobar	4:56.32 (s3)	April 24	22nd	Brutus Hamilton Invitational	Berkeley, Calif.
Sara Beyers	4:57.21	May 3	23rd	Steve Scott Invitational	Irvine, Calif.
Andrea Norton	4:57.78	May 3	24th	Steve Scott Invitational	Irvine, Calif.
Makenzie Mabry	5:01.32	Feb. 21	4th	UCSD Quad Meet	San Diego, Calif.
Alyssa Robinson	5:08.10	April 4	55th	Pomona-Pitzer Invitational	Claremont, Calif.

3,000 Meters

Athlete	Time	Date	Place	Meet	Site
Rachel Williams	10:08.44 (o)	April 10	4th	Sea Ray Relays	Knoxville, Tenn.
Kristin Glen	10:14.73	March 21	10th	USC Trojan Invitational	Los Angeles, Calif.
Alma Escobar	10:24.16	March 21	13th	USC Trojan Invitational	Los Angeles, Calif.
Lyndsi Riley	10:40.92 (s2)	March 21	8th	USC Trojan Invitational	Los Angeles, Calif.

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Michelle Martinez	10:41.80 (s2)	March 21	9th	USC Trojan Invitational	Los Angeles, Calif.
Alyssa Robinson	10:46.92	Feb. 21	4th	UCSD Quad Meet	San Diego, Calif.
Andrea Norton	10:50.00 (i)	March 14	3rd	Aztec Track & Field Classic	San Diego, Calif.
Makenzie Mabry	11:04.54 (s2)	March 21	15th	USC Trojan Invitational	Los Angeles, Calif.
Sara Beyers	11:07.81	April 25	14th	Triton Invitational	San Diego, Calif.

3,000 Meter Steeplechase

Athlete	Mark	Date	Place	Meet	Site
Kristin Glen	11:13.37	March 29	12th	Cal-Nevada Championships	Los Angeles, Calif.
Makenzie Mabry	12:09.09 (i)	March 14	8th	Aztec Track & Field Classic	San Diego, Calif.

5,000 Meters

Athlete	Time	Date	Place	Meet	Site
Rachel Williams	16:41.96^ (o)	April 17	6th	Mt. SAC Relays	Walnut, Calif.
Alma Escobar	17:43.23	May 3	6th	Steve Scott Invitational	Irvine, Calif.
Kristin Glen	17:47.77 (i)	March 14	4th	Aztec Track & Field Classic	San Diego, Calif.
Michelle Martinez	18:25.29 (o)	April 24	28th	Brutus Hamilton Invitational	Berkeley, Calif.
Lyndsi Riley	18:54.61 (i)	March 14	12th	Aztec Track & Field Classic	San Diego, Calif.
Makenzie Mabry	19:30.29 (i)	March 14	16th	Aztec Track & Field Classic	San Diego, Calif.
Alyssa Robinson	19:44.84	May 3	22nd	Steve Scott Invitational	Irvine, Calif.

10,000 Meters

Athlete	Time	Date	Place	Meet	Site
Alma Escobar	36:40.15	April 16	13th	Mt. SAC Relays	Walnut, Calif.

100-Meter Hurdles

Athlete	Time	Date	Place	Meet	Site
Briana Johnson	13.62^ @	May 16	5th	MWC Championships	Laramie, Wyo.
Annimari Korte	13.67 (p)	May 29	11th	NCAA West Regionals	Eugene, Ore.
Domenique Manning	15.35	May 3	15th	Steve Scott Invitational	Irvine, Calif.
Julianne Alarcio	15.68 (i) (s2)	March 14	7th	Aztec Track & Field Classic	San Diego, Calif.
Sheehan Mitchell	16.56 (o) (s2)	March 13	5th	Aztec Track & Field Classic	San Diego, Calif.
Kelsey Kaster	17.55 (o) (s2)	March 13	6th	Aztec Track & Field Classic	San Diego, Calif.

400-Meter Hurdles

Athlete	Time	Date	Place	Meet	Site
Nicole Stone	1:00.26^	April 24	4th	Brutus Hamilton Invitational	Berkeley, Calif.
Kelsee Ramsey	1:07.90	March 7	8th	San Diego City Championships	San Diego, Calif.
Bianca Saad	1:13.62	March 7	10th	San Diego City Championships	San Diego, Calif.

4x100 Relay

Athletes	Time	Date	Place	Meet	Site
King, Koehler, Hornsby, Stone	44.74 (p)	May 29	5th	NCAA West Regionals	Eugene, Ore.
Johnson, Hornsby, Stone, Koehler	45.70^	April 24	3rd	Brutus Hamilton Invitational	Berkeley, Calif.
San Diego State	46.14	May 3	3rd	Steve Scott Invitational	Irvine, Calif.
San Diego State	46.49	March 29	4th	Cal-Nevada Championships	Los Angeles, Calif.
King, Johnson, Korte, Maronsey	47.94	March 7	2nd	San Diego City Championships	San Diego, Calif.

4x400 Relay

Athletes	Time	Date	Place	Meet	Site
Stone, King, Hornsby, Kaye	3:51.18	March 21	5th	USC Trojan Invitational	Los Angeles, Calif.
Stone, Koehler, Hornsby, Waddell	3:52.85 @	May 16	7th	MWC Championships	Laramie, Wyo.
Waddell, Rutherford, Ferguson, Schmidt	4:09.64	March 7	4th	San Diego City Championships	San Diego, Calif.

Distance Medley Relay

Athlete	Mark	Date	Place	Meet	Site
Buc, Hornsby, Brown, Williams	12:06.42	April 11	5th	Sea Ray Relays	Knoxville, Tenn.

Pole Vault

Athlete	Mark	Date	Place	Meet	Site
Dana Jensen	12-01.50	Feb. 21	1st	UCSD Quad Meet	San Diego, Calif.
Katie Vo	11-07.75	April 18	11th	Beach Invitational	Norwalk, Calif.
Alex Colvin	10-00.00 (o)	March 13	8th	Aztec Track & Field Classic	San Diego, Calif.
Natalie Peterson	8-0.50	Feb. 14	12th	APU Indoor Qualifier	Azusa, Calif.

Long Jump

Athlete	Mark	Date	Place	Meet	Site
Karoline Koehler	21-09.50	May 29	1st	NCAA West Regionals	Eugene, Ore.
Kai Wheeler	19-0.75 (i)	March 14	2nd	Aztec Track & Field Classic	San Diego, Calif.
Julianne Alarcio	18-01.75 (b)	March 21	1st	USC Trojan Invitational	Los Angeles, Calif.
Thoraya Maronsey	17-10.25	Feb. 14	5th	APU Indoor Qualifier	Azusa, Calif.
Amber Waddell	17-04.75	Feb. 14	6th	APU Indoor Qualifier	Azusa, Calif.
Sheehan Mitchell	16-03.25 (hp)	April 16	7th	California Invitational Heptathlon	Azusa, Calif.
Kelsey Kaster	14-10.75 (o)	March 13	8th	Aztec Track & Field Classic	San Diego, Calif.

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Sonya Schmidt 14-07-.00 (o) March 13 10th Aztec Track & Field Classic San Diego, Calif.

Triple Jump

Athlete	Mark	Date	Place	Meet	Site
Karoline Koehler	44-09.00	May 30	1st	NCAA West Regionals	Eugene, Ore.
Kai Wheeler	41-05.75	May 30	8th	NCAA West Regionals	Eugene, Ore.
Thoraya Maronsey	39-03.00 @	May 16	6th	MWC Championships	Laramie, Wyo.
Julianne Alarcio	35-09.25 (i)	March 14	6th	Aztec Track & Field Classic	San Diego, Calif.
Sonya Schmidt	31-01.25	Feb. 13	18th	APU Indoor Qualifier	Azusa, Calif.

High Jump

Athlete	Mark	Date	Place	Meet	Site
Sheehan Mitchell	5-03.75 (i)	March 14	2nd	Aztec Track & Field Classic	San Diego, Calif.
Natalie Peterson	5-02.25	Feb. 13/21	t-2nd/3rd	APU Indoor/UCSD Quad	Azusa/San Diego, Calif.
Julianne Alarcio	5-01.00	March 7	4th	San Diego City Championships	San Diego, Calif.
Kelsey Kaster	5-00.25	Feb. 21	4th	UCSD Quad Meet	San Diego, Calif.
Michele Dannhausen	4-07.75 (i)	March 14	t-10th	Aztec Track & Field Classic	San Diego, Calif.

Shot Put

Athlete	Mark	Date	Place	Meet	Site
Leanne Taylor	47-02.25	May 30	10th	NCAA West Regionals	Eugene, Ore.
Maria Rodriguez	42-09.50	March 7	1st	San Diego City Championships	San Diego, Calif.
Laura Boggeln	42-11.75 (i)/(b)	March 14/21	3rd/2nd	Aztec Classic/Trojan Invite	San Diego/Los Angeles, Calif.
Jeanette McConnell	42-10.25	April 24	18th	Triton Invitational	San Diego, Calif.
Tamara McMillan	41-08.00	Feb. 14	1st	APU Indoor Qualifier	Azusa, Calif.
Andrea Martinez	38-11.75 (i)	March 14	13th	Aztec Track & Field Classic	San Diego, Calif.
Michele Dannhausen	38-04.00	Feb. 14	t-5th	APU Indoor Qualifier	Azusa, Calif.
Robyn Guzman	36-02.00	Feb. 14	10th	APU Indoor Qualifier	Azusa, Calif.
Eshaunna Robinson	34-11.75 (i)	March 14	18th	Aztec Track & Field Classic	San Diego, Calif.
Kelsey Kaster	29-06.75 (hp)	April 15	24th	California Invitational Heptathlon	Azusa, Calif.
Julianne Alarcio	28-10.50 (hp)	April 15	28th	California Invitational Heptathlon	Azusa, Calif.
Sheehan Mitchell	27-07.50 (hp)	April 15	30th	California Invitational Heptathlon	Azusa, Calif.

Discus Throw

Athlete	Mark	Date	Place	Meet	Site
Leanne Taylor	167-08^	April 18	2nd	Beach Invitational	Norwalk, Calif.
Jeanette McConnell	157-11^ @	May 15	4th	MWC Championships	Laramie, Wyo.
Michelle Dannhausen	153-01	April 4	6th	Pomona-Pitzer Invitational	Claremont, Calif.
Andrea Martinez	152-06	April 24	23rd	Triton Invitational	San Diego, Calif.
Tamara McMillan	137-02	April 24	39th	Triton Invitational	San Diego, Calif.
Eshaunna Robinson	133-09	April 24	41st	Triton Invitational	San Diego, Calif.
Maria Rodriguez	130-07	April 24	42nd	Triton Invitational	San Diego, Calif.
Danielle Lenore	129-05	April 4	19th	Pomona-Pitzer Invitational	Claremont, Calif.
Robyn Guzman	126-02	Feb. 21	6th	UCSD Quad Meet	San Diego, Calif.
Laura Boggeln	119-11 (i)	March 14	15th	Aztec Track & Field Classic	San Diego, Calif.

Hammer Throw

Athlete	Mark	Date	Place	Meet	Site
Andrea Martinez	166-09 (i)	March 14	5th	Aztec Track & Field Classic	San Diego, Calif.
Tamara McMillan	163-06	March 29	t-10th	Cal-Nevada Championships	Los Angeles, Calif.
Maria Rodriguez	163-01	April 24	15th	Triton Invitational	San Diego, Calif.
Jeanette McConnell	161-06 @	May 15	11th	MWC Championships	Laramie, Wyo.
Robyn Guzman	130-08	May 3	17th	Steve Scott Invitational	Irvine, Calif.
Michele Dannhausen	124-08	Feb. 21	4th	UCSD Quad Meet	San Diego, Calif.

Javelin Throw

Athlete	Mark	Date	Place	Meet	Site
Michele Dannhausen	143-09^	March 29	4th	Cal-Nevada Championships	Los Angeles, Calif.
Odalmis Moreira	114-01 (i)	March 14	4th	Aztec Track & Field Classic	San Diego, Calif.
Danielle Lenore	103-05	May 3	18th	Steve Scott Invitational	Irvine, Calif.
Sheehan Mitchell	96-06 (hp)	April 16	19th	California Invitational Heptathlon	Azusa, Calif.
Julianne Alarcio	92-10	March 7	7th	San Diego City Championships	San Diego, Calif.
Kelsey Kaster	90-00 (i)	March 14	12th	Aztec Track & Field Classic	San Diego, Calif.

Heptathlon

Athlete	Mark	Date	Place	Meet	Site
Sheehan Mitchell	4,103 pts	April 16	21st	California Invitational Heptathlon	Azusa, Calif.
Julianne Alarcio	3,940 pts	April 16	25th	California Invitational Heptathlon	Azusa, Calif.
Kelsey Kaster	3,687 pts	April 16	29th	California Invitational Heptathlon	Azusa, Calif.

KEY: ^ - NCAA regional qualifying mark, # - NCAA Championships provisional qualifying mark, sr - school record, @ - altitude, p - preliminaries, i - invitational, o - open, b - B section, hp - heptathlon, od - Olympic Development

** Does not include wind-aided marks. **

INDIVIDUAL RESULTS

** NCAA Championship Qualifiers Only **

Jessika Hornsby | Sophomore | 5-7 | Moreno Valley, Calif. (Rancho Verde HS)

* Making her first NCAA Championships appearance ... Will compete at nationals in the 4x100 ... Two-time NCAA Regional qualifier in the 4x100 ... Regional 4x100 posted the school's third-best time in program history (44.74) ... Part of the all-conference 4x100-meter relay that finished in third place at the MWC meet.

Event	Mark	Date	Place	Meet	Site
4x100 (Johnson, Stone, Koehler)	45.70^	April 24	3rd	Brutus Hamilton Invitational	Berkeley, Calif.
4x100 (King, Koehler, Stone)	45.25^ @	May 16	3rd	MWC Championships	Laramie, Wyo.
4x100 (King, Koehler, Stone)	44.74 (p)	May 29	5th	NCAA West Regionals	Eugene, Ore.
4x100 (King, Koehler, Stone)	45.31	May 30	5th	NCAA West Regionals	Eugene, Ore.

Briana Johnson | Sophomore | 5-6 | Orlando, Fla. (University HS) Pronunciation: Bree-ON-uh

* Appearing at nationals as a 4x100 relay alternate ... Making her second NCAA Championships appearance ... Two-time NCAA Regional participant in the 100 hurdles ... Did not advance the preliminary round this season at regionals, but finished in sixth place last year ... Earned an at-large bid to the NCAA Championships in 2008 in the 100 hurdles ... Only competed in the 4x100 twice in 2009.

Event	Mark	Date	Place	Meet	Site
4x100 (King, Korte, Maronsey)	47.94	March 7	2nd	San Diego City Championships	San Diego, Calif.
4x100 (Hornsby, Stone, Koehler)	45.70^	April 24	3rd	Brutus Hamilton Invitational	Berkeley, Calif.

Alicia King | Sophomore | 5-3 | Moreno Valley, Calif. (Rancho Verde HS)

* Making her first NCAA Championships appearance ... Will compete in the 4x100 at nationals ... Two-time NCAA Regional qualifier in the 4x100, but competed for the first time this year (4x100) ... Part of the all-conference 4x100-meter relay that finished in third place at the MWC meet ... Won the 100 invite and open and the 200 open at the Aztec Track and Field Classic.

Event	Mark	Date	Place	Meet	Site
4x100 (Johnson, Korte, Maronsey)	47.94	March 7	2nd	San Diego City Championships	San Diego, Calif.
4x100 (Koehler, Hornsby, Stone)	45.25^ @	May 16	3rd	MWC Championships	Laramie, Wyo.
4x100 (Koehler, Hornsby, Stone)	44.74 (p)	May 29	5th	NCAA West Regionals	Eugene, Ore.
4x100 (Koehler, Hornsby, Stone)	45.31	May 30	5th	NCAA West Regionals	Eugene, Ore.

Karoline Koehler | Senior | 5-7 | Erfurt, Germany (Pierre-de-Coubertin Gymnasium)

* Making second outdoor nationals appearance (2007, 2009) and fourth overall (2007, 2009 outdoor, 2008, 2009 indoor) ... Will compete in the long jump, triple jump, 100m and 4x100 ... Two-time indoor long jump All-American (08-09) ... NCAA West Regional triple jump champion and long jump runner-up ... Finished in fourth in the 100 meters at regionals; posted the second-fastest time in school history in the prelims (11.43) ... 2009 MWC indoor long jump champ, outdoor long and triple jump champ ... 2009 MWC High Point Award winner ... Won the long jump at the Sea Ray Relays and MWC Championships; won the 100 open and Olympic Development at the Mt. SAC Relays ... All-MWC in the long jump, triple jump, 100m and 4x100.

Event	Mark	Date	Place	Meet	Site
100m	11.71^	March 21	3rd	USC Trojan Invitational	Los Angeles, Calif.
100m	11.78 (p)	March 29	3rd	Cal-Nevada Championships	Los Angeles, Calif.
100m	11.68^	March 29	2nd	Cal-Nevada Championships	Los Angeles, Calif.
Long Jump	18-7.75	March 29	5th	Cal-Nevada Championships	Los Angeles, Calif.
100m	11.46^ (w)	April 10	3rd	Sea Ray Relays	Knoxville, Tenn.
Long Jump	21-04.00^ (sr)	April 11	1st	Sea Ray Relays	Knoxville, Tenn.
100m	11.60^ (o)	April 17	1st	Mt. SAC Relays	Walnut, Calif.
100m	11.53^ (od)	April 18	1st	Mt. SAC Relays	Walnut, Calif.
Triple Jump	43-09.75^ (i)	April 18	8th	Mt. SAC Relays	Walnut, Calif.
100m	11.60^ (i)	April 25	3rd	Brutus Hamilton Invitational	Berkeley, Calif.
4x100 (Johnson, Hornsby, Stone)	45.70^	April 24	3rd	Brutus Hamilton Invitational	Berkeley, Calif.
Long Jump	20-09.25^ @	May 15	1st	MWC Championships	Laramie, Wyo.
100m	11.47 (p)(w)@	May 15	2nd	MWC Championships	Laramie, Wyo.
100m	11.62^ @	May 16	3rd	MWC Championships	Laramie, Wyo.
4x100 (King, Hornsby, Stone)	45.25^ @	May 16	3rd	MWC Championships	Laramie, Wyo.
Triple Jump	43-04.25^ @	May 16	1st	MWC Championships	Laramie, Wyo.
4x400 (Stone, Hornsby, Waddell)	3:52.85 @	May 16	7th	MWC Championships	Laramie, Wyo.
100m	11.43 (p)	May 29	3rd	NCAA West Regionals	Eugene, Ore.
4x100 (King, Hornsby, Stone)	44.74 (p)	May 29	5th	NCAA West Regionals	Eugene, Ore.
Long Jump	21-09.50	May 29	1st	NCAA West Regionals	Eugene, Ore.
100m	11.49	May 30	4th	NCAA West Regionals	Eugene, Ore.
4x100 (King, Hornsby, Stone)	45.31	May 30	5th	NCAA West Regionals	Eugene, Ore.
Triple Jump	44-09.00	May 30	1st	NCAA West Regionals	Eugene, Ore.

Nicole Stone | Junior | 5-6 | Ontario, Calif. (Rancho Cucamonga, Calif.)

* Making her third NCAA Championships appearance (2006 - 400m, 4x400; 2007 - 400m; 2009 - 400m, 4x100) ... Three-time NCAA West Regional qualifier ... 2009 West Regional 400-meter runner-up ... Team co-captain ... Redshirted in 2008 ... MWC outdoor 400 champion ... All-MWC in the 400m and 4x100 ... Won the 400m at the Cal-Nevada Championships.

Event	Mark	Date	Place	Meet	Site
400m	53.95^ (p)	March 29	1st	Cal-Nevada Championships	Los Angeles, Calif.
400m	53.66^	March 29	2nd	Cal-Nevada Championships	Los Angeles, Calif.
400m	55.10 (i)	April 18	7th	Mt. SAC Relays	Walnut, Calif.
4x100 (Johnson, Hornsby, Koehler)	45.70^	April 24	3rd	Brutus Hamilton Invitational	Berkeley, Calif.

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400m	54.27^ (p)@	May 15	2nd	MWC Championships	Laramie, Wyo.
400m	52.81^ @	May 16	1st	MWC Championships	Laramie, Wyo.
4x100 (King, Koehler, Hornsby)	45.25^ @	May 16	3rd	MWC Championships	Laramie, Wyo.
400m	54.19 (p)	May 29	7th	NCAA West Regionals	Eugene, Ore.
4x100 (King, Koehler, Hornsby)	44.74 (p)	May 29	5th	NCAA West Regionals	Eugene, Ore.
400m	53.00	May 30	2nd	NCAA West Regionals	Eugene, Ore.
4x100 (King, Koehler, Hornsby)	45.31	May 30	5th	NCAA West Regionals	Eugene, Ore.

KEY: ^ - NCAA regional qualifying mark, # - NCAA Championships provisional qualifying mark, sr - school record, p - preliminaries, o - open, b - B section, w - wind aided, hp - heptathlon, od - Olympic Development, F - Flight, i - Invitational, s2 - Section II, s3 - Section III, @ - altitude.

**AZTEC OUTDOOR
RECORD BOOK**

100 Meters (*11.75)

11.20.....	Tonette Dyer	2004
11.43.....	Karoline Koehler	2009
11.49.....	Shana Solomon	2008
11.50(a).....	Miesha McKelvy	1999
11.50(a).....	Melinda Smedley	2003
11.59(a).....	Nicole Ireland	2003
11.62.....	Darla Vaughn	1992
11.70.....	Brigitte Moon	1984
11.72.....	Lori Smith	1982
11.75.....	Alicia Lowery	2008
	Sherraine Pencil	2007

200 Meters (*23.96)

22.34.....	Tonette Dyer	2004
23.30.....	Nicole Ireland	2004
23.32(a).....	Melinda Smedley	2002
23.40.....	Lori Smith	1983
23.53.....	Sherraine Pencil	2008
23.59.....	Shana Solomon	2007
23.74.....	Renee Ross	1985
23.83.....	Miesha McKelvy	1999
23.86.....	Darla Vaughn	1991
23.91.....	Promise Mose	2001

400 Meters (*54.61)

51.15.....	Tonette Dyer	2004
51.33.....	Renee Ross	1985
52.81(a).....	Nicole Stone.....	2009
52.91.....	Nicole Ireland	2003
53.08(a).....	Jini Hogg	2002
53.09.....	LaTanya Sheffield	1985
53.11.....	Sherraine Pencil	2008
53.88.....	Promise Mose	2000
53.96.....	Malika Freeman	1995
54.01.....	Larnie Boyd	2004

800 Meters (*2:09.80)

2:02.88.....	Renee Ross	1985
2:05.57.....	Monica Joyce	1982
2:06.56.....	Mandy Upuu	2007
2:07.19.....	Lisa Naucler.....	2007
2:07.39.....	Kylie Edwards	2000
2:08.50.....	Nicole Carmier	2005
2:08.90.....	Jamillah Titus	2003
2:08.96.....	Jennifer Stakiw	2003
2:09.03.....	Kristy Matthews	1995
2:09.69.....	Sharon Yaninek	1984

1,500 Meters (*4:27.80)

4:06.69.....	Monica Joyce	1982
4:16.89.....	Eva Ernstrom	1982
4:17.28.....	Lynn Kanuka	1982
4:27.00.....	Kylie Edwards	2001
4:29.41.....	Sharon Yaninek	1984
4:30.64.....	Jeanne Abare	1978
4:32.03.....	Marie Nilsson	2004
4:32.14.....	Wendy Peterson	1990
4:33.13.....	Lisa Naucler.....	2007
4:33.18.....	Renee Ross	1986

3,000 Meters^

8:53.24.....	Monica Joyce	1982
8:58.44.....	Eva Ernstrom	1982
9:13.13.....	Lynn Kanuka	1982
9:39.01.....	Marie Nilsson	2004
9:48.51.....	Maureen Bradley	1987
9:49.04.....	Eliana Garcia	1983
9:49.94.....	Laurie Crisp	1983
9:50.19.....	Liz Baker	1981

9:54.04.....	Debra Chaddock	1983
9:54.13.....	Wendy Peterson	1989

5,000 Meters (*16:52.00)

15:45.26.....	Monica Joyce	1982
15:46.37.....	Eva Ernstrom	1982
15:59.34.....	Lynn Kanuka	1982
16:41.96.....	Rachel Williams	2009
16:42.44.....	Debra Chaddock	1982
16:43.56.....	Marie Nilsson	2004
16:46.24.....	Liz Baker	1982
16:58.64.....	Laurie Crisp	1983
17:00.80.....	Maureen Bradley	1987
17:15.94.....	Lisa Crampton.....	2006

10,000 Meters (#33:30.00; *35:00.00)

34:22.24.....	Lynn Kanuka	1981
34:44.44.....	Liz Baker	1982
34:55.24.....	Debra Chaddock	1982
36:01.00.....	Laurie Crisp	1983
36:31.44.....	Sherrie Torrans	1981
36:40.15.....	Alma Escobar.....	2009
36:46.44.....	Maureen Bradley	1986
37:15.40.....	Mona Lopez	1987
38:02.32.....	Lisa Gross	1983
38:08.18.....	Michele Cox	1998

100-Meter Hurdles (*13.92)

12.82.....	Miesha McKelvy	1999
12.86.....	Deby LaPlante	1979
13.00.....	Darla Vaughn	1992
13.13.....	Daveetta Shepherd	2001
13.21.....	Felicia Stone	2000
13.25.....	Heather Heron	2005
13.28.....	Sue Kameli	1980
13.30.....	Nicole Ireland	2004
13.44.....	Lori Smith	1983
13.46.....	LaTanya Sheffield	1986

400-Meter Hurdles (*1:00.82)

54.64.....	LaTanya Sheffield	1985
56.10.....	Nicole Ireland	2003
58.51.....	Sharifa Cox	1994
58.53.....	Margaret Hemmans	1987
58.82.....	Kristin Olafsdottir.....	2008
58.90.....	Gaylen Ames	1988
59.03.....	Erica Prodanovich	1992
59.06.....	Heather Heron	2005
59.21.....	Nicole Stone.....	2007
59.82(a).....	Ryan Peters	2003

High Jump (*5-08.75)

5-11.50.....	Lori Clark	1984
5-11.00.....	Patti Stafford.....	1981
5-10.00.....	Marla Runyan.....	1989
5-09.50.....	Carrie McLaughlin	1982
5-09.00.....	Veronica Wuerful	1988
5-08.75.....	Nicole Carmier	2005
	Deanne Johnson	1984
5-08.00.....	Jamillah Titus	2004
	Aja Makaila Frary	2001
	Lori Smith	1983

Long Jump (*19-08.25)

21-09.50.....	Karoline Koehler	2009
20-05.75.....	Lisa Domico	1999
20-04.25.....	Deontee Kaye.....	2007
	Aja Makaila Frary	2001
20-01.50.....	Shana Watson	2008
19-10.50.....	Carrie McLaughlin	1980
19-05.25.....	Tori Respass-Parsons.....	2005
	Gaylen Ames	1990
19-04.75.....	Melinda Forest	1997

19-04.25.....	Angela McKnight	1987
19-04.25.....	Shanon Meyer	2003

Triple Jump (*40-05.00)

44-09.00.....	Karoline Koehler	2009
44-04.25.....	Deontee Kaye.....	2007
41-09.75.....	Gaylen Ames	1988
41-08.00.....	Angela McKnight	1988
41-07.25.....	Shana Watson	2008
40-11.50(a).....	Kai Wheeler	2009
40-06.75.....	Sharie Green	1989
40-04.25.....	Lisa Domico	1999
40-03.25.....	Nicole Ireland	2003
40-01.25.....	Melinda Forest	1998

Pole Vault (*12-07.50)

14-03.50.....	Stephanie Bagan	2008
14-01.25.....	Shayla Balentine.....	2005
13-09.25.....	Erin Asay	2006
13-03.50.....	Monica Pacas	2008
13-02.25.....	Aimee Crabtree	2001
13-01.75.....	Dana VanWagner	2007
12-09.00.....	Patricia Gutierrez.....	2001
12-08.25.....	Jesika Englebretson	2002-03
12-08.00.....	Dana Jensen	2008
12-07.50.....	Christin Shibley	2008

Shot Put (*46-11.00)

58-03.75.....	Ramona Pagel.....	1984
51-03.00.....	Laura DeSnoo	1984
49-08.50.....	Candace Hill	2004
48-09.00.....	Cheryl Kennedy	1982
47-07.00.....	Leanne Taylor	2006
46-09.00.....	Kartsi Leppaluato	1988
46-02.75.....	Bonnie Dasse	1981
45-03.50.....	Carolyn Peters	1990
45-02.00.....	Monica Stoltenburg	1979
43-10.00.....	Julie Dejarlais	1992

Discus (*155-02.00)

196-04.00.....	Laura DeSnoo	1984
186-06.00.....	Ramona Pagel.....	1984
167-08.00.....	Leanne Taylor	2009
162-09.00.....	Candace Hill	2003
161-03.00.....	Rhonda Loshonkohl	1986
157-11.00.....	Jeanette McConnell.....	2009
153-01.00.....	Michele Dannhausen.....	2009
152-06.00.....	Andrea Martinez.....	2009
151-10.00.....	Julie Dejarlais	1993
147-01.00.....	Laura Standing	1986

Javelin (*142-06.00)

178-03.00.....	Liz Mueller	1983
169-10.00.....	Donna Dietrich	1978
163-02.00.....	Lynn Duntun	1979
160-07.00.....	Debbie Dibb	1982
160-01.00.....	Angela Rock	1984
158-09.00.....	L. Hallman	1974
155-10.00.....	Diane Collier	1989
154-06.50.....	Monica Stoltenburg	1979
153-06.00.....	Louise Joubert	1990
152-00.00.....	Leslie Miller	2003

Hammer (*177-08.00)

168-08.00.....	Kellie Scott	1998
166-05.00.....	Andrea Martinez	2008
164-06.00.....	Candace Hill	2003
163-06.00.....	Tamara McMillan.....	2009
161-06.00(a).....	Jeanette McConnell	2009
160-05.00.....	Maria Rodriguez	2009
156-07.00.....	Brittany Lowe	2006

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4x100 Relay (*45.70)

44.24.....	Givens, Dyer, Hogg, Smedley	2002
44.45.....	Boyd, Dyer, Heron, Ireland	2003
44.74.....	King, Koehler, Hornsby, Stone	2009
44.75(a)...	Smedley, Dyer, Peters, Ireland	2003
44.77.....	Peters, Dyer, Hogg, Smedley	2002
44.84.....	Smedley, Dyer, Givens, Ireland	2003
44.88.....	Pencil, Solomon, Lowery, Kaye.....	2008
45.02.....	Sheffield, Robinson, Moon, Ross...	1985
45.14.....	Sheffield, Smith, Moon, Ross	1986
45.20.....	Smedley, Dyer, McNair, Ireland	2003

4x200 Relay^

1:32.99.....	Smedley, Dyer, McNair, Ireland	2003
1:33.31.....	Dyer, Ireland, McNair, Boyd	2004
1:34.97.....	Dyer, Hogg, Ireland, Smedley	2003
1:35.74.....	Clemons, Brewer, Moon, Ross	1984
1:35.98.....	Boyd, McNair, Dyer, Givens	2004
1:37.48.....	Frery, Mose, Smedley, Hogg	2001
1:39.39.....	Clemons, Ross, Moon, Russell	1984

Sprint Medley^ (100-100-200-400)

1:39.19.....	Moon, Robinson, Nilson, Ross.....	1985
1:40.10.....	Clemons, Brewer, Moon, Ross	1984
1:42.04.....	Hegerle, Charles, Bullard, Collins	1981

4x400 Relay (*3:42.00)

3:30.57.....	Nilsson, Ross, Robinson, Sheffield	1985
3:33.84.....	Boyd, Ireland, Dyer, Heron	2004
3:34.47.....	Hogg, Ireland, Dyer, Givens	2003
3:34.77.....	McNair, Ireland, Dyer, Givens.....	2003
3:35.19.....	Dyer, Ireland, Hogg, McNair	2003
3:35.50.....	Smith, Ross, Hemmans, Sheffield .	1986
3:35.89.....	Boyd, Heron, Ireland, Givens	2004
3:36.67.....	Dyer, Hogg, McNair, Ireland	2003
3:36.77.....	Dyer, Ireland, Hogg, Givens	2003
3:36.80.....	Smedley, Dyer, Ireland, McNair	2003

4x800 Relay^

8:48.13.....	Hemond, Ernstrom, Kanuka, Joyce .	1982
8:59.05.....	Spencer, Ross, Garcia, Yaninek	1984
9:09.04.....	Garcia, Collins, O'Connell, Joyce .	1981

Distance Medley Relay^ (12-4-8-16)

11:07.64...	Hemond, Sheffield, Joyce, Kanuka .	1982
11:37.77...	Boyd, Givens, Carmier, Nilsson	2004
11:45.80...	Titus, McNair, Boyd, Nilsson.....	2004

Heptathlon (#5,500; *5,050)

5,751.....	Aja Makaila Frary	2001
5,620.....	Carrie McLaughlin	1983
5,602.....	Leslie Miller	2003
5,481.....	Shanon Meyer	2003
5,435.....	Lori Smith	1983
5,402.....	Kristin Olafsdottir	2006
5,210.....	Janine Polischuk.....	2004
5,176.....	Gaylen Ames	1990
5,169.....	Marla Runyan.....	1991
5,127.....	Deanne Johnson	1984

3,000-Meter Steeplechase (*10:50.25)

10:23.34.....	Marie Nilsson	2004
10:42.11.....	Lisa Crampton.....	2006
10:48.32.....	Celeste Tyson.....	2006
11:10.00.....	Kristin Glen	2009
11:21.72.....	Alicia Stewart	2003
11:22.68.....	Jennifer Stakiw	2001

* 2009 NCAA Regional Qualifying Standards

2009 NCAA Championship Qualifying Standard

^ not an NCAA Outdoor Championship event

(a) run at altitude

Bold indicates current athlete