

2026 SAN DIEGO STATE-THE XIAMARA YOUNG FILES



Xiamara Young Long Jump, Triple Jump

- Mountain West Leader in the long jump (6.50m at Mountain West Championships) and triple jump (13.48m at Mountain West Championships).
- As of Mar. 6 ranked 14th in NCAA Division I for the long jump. 9th in NCAA Division I in the triple jump.
- Finished 5th at the 2024 Olympic Trials at Hayward Field with a triple jump mark of 13.51m. Was the top collegiate finisher.
- Owns the second best long jump and third best triple jump performances in SDSU record books (for indoor).
- Twice named the Mountain West Indoor Field Athlete of the Week this indoor season.
- Won gold medals in both the long and triple jump finals at the Mountain West Indoor Championships.

Hometown: Las Vegas, Nev.

Previous School: Fresno Pacific

2026 Indoor Triple Jump Marks:

- 13.18m at MLK Invitational (Jan.23-24, 2026)
- 13.34m at Battle Born Invitational (Feb. 13-14, 2026)
- 13.48m at Mountain West Indoor Championships (Feb. 26-28, 2026)

2026 Indoor Long Jump Marks:

- 6.34m at MLK Invitational (Jan.23-24, 2026)
- 6.08m at Wolf Pack Classic (Feb. 5-7, 2026)
- 6.26m at Battle Born Invitational (Feb. 13-14, 2026)
- 6.50m at Mountain West Indoor Championships (Feb. 26-28, 2026)

-OTHER AWARDS:

- 2024 USTFCCA Outdoor Honorable Mention (Triple Jump, 4x100m Relay)
- 2024 All-Mountain West Outdoor (Long Jump, Triple Jump)
- 2024 USTFCCA Indoor All-American Second Team (Triple Jump)
- 2024 All-Mountain West Indoor (Triple Jump)
- 2026 All-Mountain West Indoor (Long Jump, Triple Jump)

2026 SAN DIEGO STATE-THE SHELIA BURRELL FILE

SHELIA BURRELL Head Coach, Director of Track & Field



Shelia Burrell, a two-time Olympian in the heptathlon, enters her 17th season as the head track and field coach at San Diego State.

While at San Diego State, she has coached four NCAA individual champions, 67 All-Americans, 83 Mountain West individual champions, 15 MW relay champions and 248 all-MW performances. Additionally, she has seen over 60 school records set under her watch.

Under her guidance, the Aztecs have finished first or second in the Mountain West Outdoor Championships in 10 of their last 11 meets, including six league titles - 2013, 2014, 2017, 2018, 2021 and 2022. SDSU has also finished among the Mountain West's top three teams in 12 of their 14 indoor championships, including the league title in 2013.

A six-time Mountain West Coach of the Year recipient, she has also garnered regional honors as well being selected as the 2013 West Region Indoor Head Coach of the Year and the 2019 West Region Outdoor Coach of the Year awards from the USTFCCA. During the 2013 indoor season, Burrell coached the NCAA outdoor national triple jump runner-up Shanieka Thomas (Ricketts), six Mountain West champions, 14 all-conference performers and won the conference title. During the 2019 outdoor season, her team totaled five all-America honors, 10 regional qualifying entries, two MW champions and 15 all-conference performers.

For Burrell's full bio, click [HERE](#).