

SDSU TRACK & FIELD



This week: April 21-22, at UCSD Triton Invitational, La Jolla, Calif.

2006 OUTDOOR SCHEDULE

DATE	EVENT	TIME/RESULT
March 11	SD City Champs (La Jolla, Calif.)	NTS
March 17-18	Aztec Track Classic (SDSU Sports Deck)	NTS
March 23-25	Jim Click Shootout (Tucson, Ariz.)	NTS
March 31- Apr. 1	Stanford Invitational (Palo Alto, Calif.)	NTS
Apr. 7-8	Duke Invitational (Durham, N.C.)	NTS
Apr. 12-15	Mt. SAC Relays (Walnut, Calif.)	NTS
Apr. 22	UCSD Invitational (La Jolla, Calif.)	10 a.m.
Apr. 27-29	Penn Relays (Philadelphia, Pa.)	10 a.m.
Apr. 30	Steve Scott Invitational (Irvine, Calif.)	10 a.m.
May 6	Oxy Invitational (Los Angeles, Calif.)	5 p.m.
May 10-13	MWC Championships (Provo, Utah)	10 a.m.
May 26-27	NCAA West Regionals (Provo, Utah)	4 p.m.
June 7-10	NCAA Championships (Sacramento, Calif.)	TBA

All times local to site

2006 OUTDOOR ROSTER

Athlete	Events	Yr.	Ht.
Katie Adams	Pole Vault	Fr.	5-8
Erin Asay	Pole Vault	Sr.	5-6
Lital Azulay	Distance	Jr.	5-6
Ali Baker	Distance	Jr.	5-5
Sarah Belger	Distance	Jr.	5-6
Larnie Boyd	Sprints/Hurdles	Sr.	5-6
Joanna Burley	Pole Vault	So.	5-7
Raquel Butler	Sprints	So.	5-7
Cori Campbell-Fell	Hurdles	Fr.	5-5
Nicole Carmier	Sprints/Jumps	Sr.	5-10
Lisa Crampton	Distance	Jr.	5-6
Christal Cuadra	Distance	Sr.	5-7
Michele Dannhausen	Throws	Fr.	5-7
Brittani Dudley	Sprints	So.	5-1
Dana Jensen	Pole Vault	Fr.	5-4
Kristin Karhio	Multi-Events	Jr.	5-9
Deontee Kaye	Jumps/Hurdles	Fr.	5-4
Brittany Lowe	Throws	Fr.	5-8
Amanda Maydeck	Distance	Fr.	5-5
Lisa Naucler	Mid-Distance	Jr.	5-7
Jenelle Nicholas	Mid-Distance	Fr.	5-1
Kristin Olafsdottir	Multi-Events	Fr.	5-8
Monica Pacas	Pole Vault	So.	5-3
Sherraine Pencil	Sprints	So.	5-6
Briana Powell	Mid-Distance	So.	5-4
Christin Shibley	Pole Vault	So.	5-8
Shana Solomon	Sprints	Fr.	5-7
Nicole Stone	Sprints/Hurdles	Fr.	5-6
Leanne Taylor	Throws	Fr.	5-11
Jamillah Titus	Mid-Dist./Jumps	Sr.	5-8
Celeste Tyson	Mid-Distance	Jr.	5-1
Mandy Upuu	Sprints	So.	5-4
Dana Van Wagner	Pole Vault	Jr.	5-6
Anne Vieira	Distance	So.	5-4
Shana Watson	Jumps	Fr.	5-6
Carrie Wick	Pole Vault	Fr.	5-5

Head Coach: Rahn Sheffield (San Diego State '80), 15th Season
 Assistant Coaches: Jennifer Nanista (San Diego State '90), 13th season; Mike LoBue (Fresno State '01), second season; Richard Fox (San Diego State '92), ninth season.

Aztec Track and Field Travels Across Town To Compete At UCSD Triton Invitational

The well-traveled San Diego State track and field team gets a reprieve from its difficult road schedule this weekend when it competes in the UCSD Triton Invitational, April 21-22, in La Jolla, Calif. A total of 26 athletes are expected to make the short drive across town to UC San Diego's Triton Track and Field Stadium, which played host to the San Diego City Championships on March 11.

Freshman Brittany Lowe will be the Aztecs' lone competitor on Friday when the women's hammer throw is contested, starting at 5 p.m. The majority of the competition is scheduled for Saturday with the open section of the women's pole vault getting underway at 10 a.m. The last event of the day features the 5,000-meter run, which is slated to begin at 6 p.m.

Among the teams competing at this weekend's meet include host school UCSD, UC Irvine, UC Riverside, Cal State Northridge, Cal State Fullerton as well as conference rival New Mexico.

Rewind: Freshmen Shine At Mt. SAC Relays

San Diego State's heralded freshman class contributed to a highly successful weekend at the 48th Annual Mt. SAC Relays, April 12-15, as numerous season and personal bests were recorded by Aztec newcomers at the prestigious four-day meet.

In the heptathlon, Kristin Olafsdottir placed fifth overall and third among collegians after tallying a personal-best 5,402 points, which ranks sixth on the school's all-time list. The Reykjavik, Iceland, native set personal bests in every event, highlighted by first-place finishes in the 100-meter hurdles (14.14) and 800 meters (2:13.75). With her effort, Olafsdottir improved on her NCAA provisional qualifying score and also established a new standard of excellence in her native Iceland, surpassing that country's national record of 5,204 points set by Birgitta Guðjónsdóttir in 1985.

Nicole Stone continued her impressive debut as well, claiming two of SDSU's three event titles on the weekend. Stone added her name to the Aztecs' growing list of regional qualifiers after capturing first place in the university/open section of the 400 hurdles with a season-best time of 1:00.72. The Ontario, Calif., native was also victorious in the Olympic development division of the 400 with a season-best clocking of 55.00.

Leanne Taylor was another bright spot for the scarlet and black with her first-place performance in the university/open section of the discus. The Porterville, Calif., product bettered her NCAA regional qualifying mark by over three feet with a winning distance of 159-9, which now ranks fifth on the school's all-time list.

Shana Solomon, meanwhile, rounded out SDSU's freshman parade at the meet after logging a personal-best time of 11.72 in the 100, which ties her for seventh on the Aztecs' all-time list.

SDSU also received season-best efforts from a pair of seniors as Jamillah Titus placed second in the university/open division of the high jump with a leap of 5-5), while Erin Asay cleared 13-2.25 to finish seventh in the pole vault invitational.

Flashback: 2005 UCSD Invitational

Heather Heron was the star of the show for the Aztecs at the 2005 edition of the UCSD Triton Invitational, capturing first place out of 21 athletes in the 100-meter hurdles with a time of 13.67 seconds.

The Yakima, Wash., native was also the Aztecs' top finisher in the 100 (ninth place, 12.27 seconds) and 200 (12th, 25.24). She later combined with Tori Respass-Parsons, Brittani Dudley and Sherraine Pencil for a second-place

clocking of 47.37 in the 4x100-meter relay.

In the 800, Nicole Carmier posted a second-place finish out of 59 competitors with a time of 2:10.20, while teammate Lisa Naucler placed ninth in the event with a time of 2:14.03.

Janine Polischuk took third in both the 400 hurdles (1:01.98) and javelin (122-5), while freshmen Monica Pacas and Christin Shibley 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 Marie Nilsson in the 3,000 (third, 10:09.77), Christian Fairing in the 3,000 (fifth, 10:40.22), and Jennifer Greene in the triple jump (fifth, 37-11).

Aztecs Featured In Event Rankings

After six meets this season, several Aztecs have made their way onto the national performance list, which displays the top marks and times thus far in 2006.

Leading the way for the scarlet and black is freshman Kristin Olafsdottir with her score of 5,402 points in the heptathlon. As of April 20, her total ranks 10th in the nation according to Trackshark.com. She is also ranked 30th in the 400 hurdles.

Joining Olafsdottir in the rankings are Erin Asay (16th - pole vault), Deontee Kaye (37th - triple jump), Lisa Crampton (41st - steeplechase), Nicole Stone (46th - 400 hurdles), Leanne Taylor (57th - discus), Larnie Boyd (60th - 400 meters) and Shana Watson (68th - long jump). Meanwhile, the 4x400 relay team of Stone, Boyd, Olafsdottir and Mandy Upuu is currently ranked 50th.

2006 NCAA REGIONAL QUALIFIERS

Athlete	Event	Time/Mark
Erin Asay	Pole Vault	13-2.25
Larnie Boyd	400 Meters	54.57
Lisa Crampton	Steeplechase	10:42.11
Deontee Kaye	Triple Jump	41-9.75
Kristin Olafsdottir	400 Hurdles	1:00.10
Nicole Stone	400 Hurdles	1:00.72
Leanne Taylor	Discus	159-9
Shana Watson	Long Jump	19-7

Nicole Stone,	4x400 Relay	3:41.22
Larnie Boyd,		
Kristin Olafsdottir,		
Mandy Upuu		

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	Nilsson, Ross, Robinson, Sheffield	3:30.57	1985
High Jump	Lori Clark	5-11.5	1984
Pole Vault	Shayla Balentine	14-1.25	2005
Long Jump	Lisa Domico	20-5.75	1999
Triple Jump	Deontee Kaye	41-9.75	2006
	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 Makaila Frary	5,751 pts.	2001

2006 San Diego State Women's Track & Field

Outdoor Bests

(As of April 17, 2006)

100 METERS (REGIONAL: 11.75)

SDSU RECORD: 11.20, TONETTE DYER-2004 **TIME/MARK**

1. Shana Solomon	Mt. SAC Relays (u/o)	11.72+
2. Sherraine Pencil	Stanford Invitational (p)	12.06
3. Brittani Dudley	Aztec Track Classic (o)	12.41
4. Shana Watson	Aztec Track Classic (o)	12.50
5. Deontee Kaye	Aztec Track Classic (o)	12.57

200 METERS (REGIONAL: 23.96)

SDSU RECORD: 22.34, TONETTE DYER-2004 **TIME/MARK**

1. Sherraine Pencil	Stanford Invitational (sB)	24.42
2. Shana Solomon	Stanford Invitational (sT)	24.51
3. Larnie Boyd	Jim Click Shootout	24.98
4. Kristin Olafsdottir	Mt. SAC Relays (hp)	25.12
5. Brittani Dudley	Aztec Track Classic (i)	25.19
6. Nicole Stone	Jim Click Shootout	25.68
7. Mandy Upuu	Jim Click Shootout	26.14
8. Raquel Butler	Aztec Track Classic (o)	26.36
9. Kristin Karhio	California Inviational	26.93

400 METERS (REGIONAL: 54.61)

SDSU RECORD: 54.61, TONETTE DYER-2004 **TIME/MARK**

1. Larnie Boyd	Stanford Invitational (sT)	54.57+
2. Nicole Stone	Mt. SAC Relays (u/o)	55.00
3. Sherraine Pencil	Mt. SAC Relays (u/o)	55.61
4. Mandy Upuu	Jim Click Shootout	56.18
5. Brittani Dudley	Mt. SAC Relays (u/o)	56.68
6. Corri Campbell-Fell	Duke Invitational	57.96
7. Raquel Butler	Aztec Track Classic (o)	58.76
8. Nicole Carmier	Aztec Track Classic (o)	59.13

800 METERS (REGIONAL: 2:09.80)

SDSU RECORD: 2:08.88, RENEE ROSS-1985 **TIME/MARK**

1. Mandy Upuu	Stanford Invitational (sB)	2:12.73
2. Nicole Carmier	Stanford Invitational (sT)	2:12.78
3. Lisa Naucler	Mt. SAC Relays (u/o)	2:13.06
4. Kristin Olafsdottir	Mt. SAC Relays (hp)	2:13.75
5. Celeste Tyson	Aztec Track Classic (o)	2:17.25
6. Briana Powell	Aztec Track Classic (o)	2:17.68
7. Jamillah Titus	Aztec Track Classic (o)	2:25.30
8. Kristin Karhio	Jim Click Shootout (hp)	2:29.71

1,500 METERS (REGIONAL: 4:27.80)

SDSU RECORD: 4:06.69, MONICA JOYCE-1982 **TIME/MARK**

1. Celeste Tyson	Duke Invitational	4:36.93
2. Lisa Naucler	Jim Click Shootout	4:37.25
3. Lisa Crampton	Aztec Track Classic (i)	4:37.54
4. Sarah Belger	San Diego City Championships	4:49.53
5. Christal Cuadra	Jim Click Shootout	4:59.32

3,000 METERS (REGIONAL: N/A)

SDSU RECORD: 8:53.24, MONICA JOYCE-1982 **TIME/MARK**

1. Lisa Crampton	San Diego City Championships	10:08.22
2. Celeste Tyson	San Diego City Championships	10:14.59
3. Sarah Belger	Aztec Track Classic	10:39.89
4. Christal Cuadra	Jim Click Shootout	10:43.14
5. Anne Vieira	San Diego City Championships	11:42.02
6. Amanda Maydeck	San Diego City Championships	11:47.85

2006 SDSU Track and Field Outdoor Bests (As of April 17, 2006)

5,000 METERS (REGIONAL: 16:52.00)

SDSU RECORD: 15:45.26, MONICA JOYCE-1982 **TIME/MARK**

1. Lisa Crampton	Mt. SAC Relays (u/o)	17:15.94
2. Christal Cuadra	Stanford Invitational (s4)	18:08.59
3. Sarah Belger	Mt. SAC Relays (u/o)	18:11.79
4. Anne Vieira	Aztec Track Classic (o)	19:41.79
5. Amanda Maydeck	Aztec Track Classic (o)	20:50.02

10,000 METERS (AUTO: 33:55.00, PROV.:35:00.00)

SDSU RECORD: 34:22.24, LYNN KANUKA-1981 **TIME/MARK**

n/a

100-METER HURDLES (REGIONAL: 13.92)

SDSU RECORD: 12.82, MIESHA MCKELVEY-1999 **TIME/MARK**

1. Kristin Olafsdottir	Mt. SAC Relays (hp)	14.14
2. Deontee Kaye	Jim Click Shootout	14.41
3. Corri Campbell-Fell	Aztec Track Classic (i)	15.17
4. Shana Solomon	Aztec Track Classic (o)	15.19
5. Kristin Karhio	California Invitational (hp)	15.37

400-METER HURDLES (REGIONAL: 1:00.82)

SDSU RECORD: 54.64, LATANYA SHEFFIELD-1985 **TIME/MARK**

1. Kristin Olafsdottir	Duke Invitational	1:00.10+
2. Nicole Stone	Mt. SAC Relays (u/o)	1:00.72+
3. Corri Campbell-Fell	Mt. SAC Relays (u/o)	1:01.17
4. Brittani Dudley	Mt. SAC Relays (u/o)	1:03.41

3000-METER STEEPLECHASE (REGIONAL: 10:50.25)

SDSU RECORD: 10:23.34, MARIE NILSSON-2004 **TIME/MARK**

1. Lisa Crampton	Duke Invitational	10:42.11+
2. Celeste Tyson	Stanford Invitational (s2)	10:52.49

4x100-METER RELAY (REGIONAL: 45.70)

SDSU RECORD: 44.24, GIVENS, DYER, HOGG, SMEDLEY-2002 **TIME/MARK**

1. Boyd, Pencil, Olafsdottir, Solomon	Jim Click Shootout	46.08
2. Pencil, Solomon, Olafsdottir, Dudley	Stanford Invitational	46.49
3. Pencil, Solomon, Kaye, Dudley	San Diego City Championships	48.92

4x400-METER RELAY (REGIONAL: 3:42.00)

SDSU RECORD: 3:30.57, NILSSON, ROSS, ROBINSON, SHEFFIELD-1985 **TIME/MARK**

1. Stone, Boyd, Olafsdottir, Upuu	Jim Click Shootout	3:41.22+
2. Stone, Boyd, Pencil, Upuu	Mt. SAC Relays (u/o)	3:41.42+
3. Stone, Olafsdottir, Upuu, Dudley	Aztec Track Classic	3:46.70
4. Carmier, Pencil, Campbell-Fell, Titus	Aztec Track Classic	3:54.82
5. Carmier, Powell, Campbell-Fell, Titus	San Diego City Championships	3:57.86

HIGH JUMP (REGIONAL: 5-8.75)

SDSU RECORD: 5-11.50, LORI CLARK-1984 **TIME/MARK**

1. Jamillah Titus	Mt. SAC Relays (u/o)	5-5.00
Kristin Olafsdottir	Mt. SAC Relays (hp)	5-5.00
3. Nicole Carmier	Stanford Invitational (sB)	5-3.75
Kristin Karhio	California Invitational (hp)	5-3.75
5. Katie Adams	Aztec Track Classic (o)	4-9.00

LONG JUMP (REGIONAL: 19-7.00)

SDSU RECORD: 20-5.75, LISA DOMICO-1999 **TIME/MARK**

1. Shana Watson	Jim Click Shootout	19-7.00+
2. Kristin Olafsdottir	Mt. SAC Relays (hp)	19-1.50
3. Deontee Kaye	Jim Click Shootout	17-8.75
4. Kristin Karhio	California Invitational (hp)	17-2.00

2006 SDSU Track and Field Outdoor Bests (As of April 17, 2006)

TRIPLE JUMP (REGIONAL: 40-5.00)

SDSU RECORD: 41-9.75, DECONTEE KAYE-2006, **TIME/MARK**

GAYLEN AMES-1988

1. Decontee Kaye	Duke Invitational	41-9.75sr+
2. Shana Watson	Duke Invitational	39-11.50

POLE VAULT (REGIONAL: 12-5.75)

SDSU RECORD: 14-1.25, SHAYLA BALENTINE-2005 **TIME/MARK**

1. Erin Asay	Mt. SAC Relays (i)	13-2.25+
2. Monica Pacas	Duke Invitational	12-1.50
3. Dana Van Wagner	Aztec Track Classic	11-10.75
4. Katie Adams	Aztec Track Classic	11-7.25
5. Joanna Burley	Aztec Track Classic	11-3.00
6. Carrie Wick	Aztec Track Classic	10-11.50
7. Christin Shibley	San Diego City Championships	10-8.00

SHOT PUT (REGIONAL: 46-11.00)

SDSU RECORD: 58-3.75, RAMONA PAGEL-1984) **TIME/MARK**

1. Leanne Taylor	Aztec Track Classic	45-9.00
2. Brittany Lowe	Jim Click Shootout	41-0.25
3. Michele Dannhausen	San Diego City Championships	34-11.00
4. Kristin Karhio	California Invitational (hp)	33-6.50
5. Kristin Olafsdottir	Mt. SAC Relays (hp)	33-3.00

DISCUS (REGIONAL: 155-2.00)

SDSU RECORD: 196-4.00, LAURA DESNOO-1984) **TIME/MARK**

1. Leanne Taylor	Aztec Track Classic	159-9+
2. Brittany Lowe	Duke Invitational	139-4
3. Michele Dannhausen	Jim Click Shootout	134-4

JAVELIN (REGIONAL: 142-6.00)

SDSU RECORD: 178-3, LIZ MUELLER-1983) **TIME/MARK**

1. Michele Dannhausen	Aztec Track Classic	118-0
2. Kristin Olafsdottir	Mt. SAC Relays (hp)	106-11
3. Brittany Lowe	San Diego City Championships	100-9
4. Kristin Karhio	California Invitational (hp)	91-10
5. Monica Pacas	San Diego City Championships	91-2

HAMMER THROW (REGIONAL: 177-8.00)

SDSU RECORD: 168-8.00, KELLY SCOTT-1998) **TIME/MARK**

1. Brittany Lowe	Duke Invitational	133-9
2. Leanne Taylor	San Diego City Championships	103-10
3. Michele Dannhausen	San Diego City Championships	96-00

HEPTATHLON (AUTO: 5,500 PTS., PROV.: 5,000 PTS.)

SDSU RECORD: 5,751 PTS., AJA MAKAILA FRARY-2001 **POINTS**

1. Kristin Olafsdottir	Jim Click Shootout	5,402*
2. Kristin Karhio	Jim Click Shootout	4,570

KEY

+	NCAA Regional Qualifying Standard
*	NCAA Provisional Qualifying Mark
hp	heptathlon
i	invitational
o	open
OD	Olympic Development section
s	section number
sr	school record
u/o	University/Open section