



# 2013 Big West Track & Field



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**Masterson, Balentine Win Decathlon, Heptathlon At Big West Multi's:** Derek Masterson of UC Santa Barbara won the decathlon and Samantha Balentine of Hawai'i took home the heptathlon title to conclude the Multi-Event competition and the first leg of the 2013 Big West Track and Field Championships at Cal State Northridge last weekend. Both Masterson and Balentine won by less than 100 points in two tight battles that went down to the final event.

Masterson scored 7,376 points to capture his second straight decathlon title, becoming the first athlete to win two straight Big West titles in the competition since Idaho's Jereme Richardson in 2004 and 2005. He edged Long Beach State senior Garrett Demirjian, who finished second with 7,296 points. Mikael Powers of UCSB collected 7,100 points for third while Cal Poly teammates Devin Bennett and Dominic Byrne finished fourth (6,989) and fifth (6,833) in the final standings, respectively.

In the heptathlon, Balentine held off UC Riverside senior Jazmine Lewis and Long Beach State junior Taylor Jackson as she scored 5,060 points, securing the title with a fifth place finish in the final event – the 800 meters. The UCSB men accumulated 19 team points from the decathlon while the UH women collected 15.

**Big West Championships Continue This Week At Cal State Northridge:** For the fifth time in the last eight years – and first since 2010 – the Big West Track and Field Championships will be held at the Matador Track and Field Complex on the Cal State Northridge campus this weekend. Friday's competition will begin with the women's hammer at 9:00 a.m. The first track event will be the men's steeplechase final at 2:30 p.m. Fox Sports Prime Ticket (DirecTV - 693, Dish Network - 411, Time Warner Cable - 31) will televise Saturday's events live from 2:00-5:30 p.m. The men's 4x100 meter relay will kick off the track competition with the women's 4x400 relay concluding it. The host Matadors have boasted the most successful women's program in Big West history with eight team championships, including six straight from 2006-11. On the men's side, CSUN, Long Beach State and UC Santa Barbara have been the last three champions – the Gauchos winning the first in school history last year. The 49ers have one title and two runner-up finishes over that three-year period.

**Big West Athletes Post National Marks:** A total of 12 Big West athletes have posted national top 25 marks in various events with the conference championship meet upon us. Cal Poly senior John Prader is not only the favorite to win the Big West meet in the pole vault, but perhaps the national champion. He posted the nation's third-best mark on Apr. 27 at the Cal Poly/UCSB Dual when he cleared a school record 18-7.25. In the event Prader can duplicate that performance at the Big West Championship, it would break the meet record of 18-6.5 set by Fresno State's Doug Fraley in 1986.

Two national marks and Big West records were established on the women's side recently by a pair of top distance runners from UC Davis. Junior Alycia Cridebring blazed to a 15:49.05 in the 5,000 meters, registering the nation's 12th-best time at the Payton Jordan Invitational on Apr. 28. Cridebring took ownership of the record that Cal Poly freshman Laura Hollander had just set on Apr. 19 at the Mt. SAC Relays, at time of 15:53.73. Another Aggie, senior Sarah Sumpter, posted what now ranks No. 10 nationally in the 10,000 meters, a mark of 33:18.51 at the Payton Jordan Invitational. She bettered her own school and conference record of 33:19.77 established at the Stanford Invitational last season.

### NATIONAL TOP 25 RANKINGS MEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
400H	Michael Koger	UCR	51.32	No. 19	Cal-Nevada Championships	3/29
High Jump	Mitchell Haag	UCSB	7-2.5	No. 13	Cal-Nevada Championships	3/29
Pole Vault	John Prader	CP	18-7.25	No. 3	Cal Poly/UCSB Dual	4/27
Triple Jump	Michael Vaughan	LBSU	51-7.25	No. 16	Beach Classic	3/1
Shot Put	Travis Smith	UCR	61-8.25	No. 13	Sun Angel Classic	4/5
Decathlon	Derek Masterson	UCSB	7,376 pts.	No. 21	Big West Combined Events	5/3

### NATIONAL TOP 25 RANKINGS WOMEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
800M	Lauren Wallace	UCD	2:04.89	No. 12	Sun Angel Classic	4/5
5000M	Alycia Cridebring	UCD	15:49.05	No. 12	Payton Jordan Invitational	4/28
	Laura Hollander	CP	15:53.73	No. 20	Mt. SAC Relays	4/18
10000M	Sarah Sumpter	UCD	33:18.51	No. 10	Payton Jordan Invitational	4/28
High Jump	Samantha Balentine	UH	6-0.5	No. 9	Mondo Mid-Major Challenge	4/11
Triple Jump	Amanda Alvarez	UH	42-9.5	No. 12	Stanford Invitational	3/29

**Recapping The 2012 Big West Championships:** The UC Davis women and UC Santa Barbara men captured the first team titles in their program histories to highlight action at the 2012 Big West Track and Field Championships. The Aggies won by just one-half point over runner-up UC Santa Barbara – 170-169.50 – helped by first place finishes in the 100m and 200m by Melanise Chapman. Sarah Sumpter also helped UCD with her second meet record at the championships, running a 16:35.07 in the 5,000 meters and erasing the old mark of 16:38.19 held by Beth McGrann in 1989.

UC Santa Barbara outdistanced runner-up Long Beach State by 29 points to capture the men's title. The marquee event involved the Gauchos as Ryan Martin lined up against rival Charles Jock of UC Irvine in the 800 meters. Jock won by a narrow two one-hundredths of a second at the finish line in a memorable race by two of the top runners in the country.

## Upcoming Schedule

### Friday, May 10

Big West Conference Championship (Northridge, Calif.)

#### Field Events (Trials/Finals)

Women's Hammer	9:00 a.m.
Men's Discus	12:00 p.m.
Women's Long Jump	1:30 p.m.
Men's Pole Vault	1:30 p.m.
Women's High Jump	2:00 p.m.
Women's Shot Put	2:00 p.m.
Men's Long Jump	4:30 p.m.
Men's Javelin	4:30 p.m.

#### Track Events (Trails Except Where Noted)

Men's Steeplechase (Final)	2:30 p.m.
Women's Steeplechase (Final)	2:45 p.m.
Men's 1500 Meters	3:00 p.m.
Women's 1500 Meters	3:20 p.m.
Men's 110 Meter Hurdles	3:40 p.m.
Women's 100 Meter Hurdles	4:00 p.m.
Men's 400 Meters	4:15 p.m.
Women's 400 Meters	4:30 p.m.
Men's 100 Meters	4:45 p.m.
Women's 100 Meters	5:00 p.m.
Men's 800 Meters	5:15 p.m.
Women's 800 Meters	5:30 p.m.
Men's 400 Meter Hurdles	5:45 p.m.
Women's 400 Meter Hurdles	6:00 p.m.
Men's 200 Meters	6:15 p.m.
Women's 200 Meters	6:30 p.m.
Men's 10,000 Meters (Final)	6:45 p.m.
Women's 10,000 Meters (Final)	7:25 p.m.

### Saturday, May 11

Big West Conference Championship (Northridge, Calif.)

#### Field Events (Trials/Finals)

Men's Hammer	9:00 a.m.
Women's Javelin	12:30 p.m.
Women's Triple Jump	12:30 p.m.
Men's Triple Jump	12:30 p.m.
Women's Pole Vault	2:00 p.m.
Men's High Jump	2:00 p.m.
Men's Shot Put	2:00 p.m.
Women's Discus	3:00 p.m.

#### Track Events (Finals)

Men's 4x100 Meter Relay	2:08 p.m.
Women's 4x100 Meter Relay	2:13 p.m.
Men's 1500 Meters	2:20 p.m.
Women's 1500 Meters	2:30 p.m.
Men's 110 Meter Hurdles	2:40 p.m.
Women's 100 Meter Hurdles	2:50 p.m.
Men's 400 Meters	3:00 p.m.
Women's 400 Meters	3:07 p.m.
Men's 100 Meters	3:17 p.m.
Women's 100 Meters	3:24 p.m.
Men's 800 Meters	3:34 p.m.
Women's 800 Meters	3:41 p.m.
Men's 400 Meter Hurdles	3:51 p.m.
Women's 400 Meter Hurdles	4:01 p.m.
Men's 200 Meters	4:11 p.m.
Women's 200 Meters	4:19 p.m.
Men's 5000 Meters	4:26 p.m.
Women's 5000 Meters	4:46 p.m.
Men's 4x400 Meter Relay	5:09 p.m.
Women's 4x400 Meter Relay	5:19 p.m.

## 2013 Big West Track & Field Athletes Of The Week

### CAL STATE FULLERTON, UC IRVINE COLLECT WEEKLY TRACK HONORS

In the final tuneup before the conference championship meet, Cal State Fullerton and UC Irvine competitors posted strong marks at the Oxy Invitational to earn Big West Track and Field Athlete of the Week honors.

Cal State Fullerton junior Katie Wilson garnered Women's Track Athlete of the Week plaudits for her efforts in the 400 meter dash. She posted a season-best 54.59 to place sixth in the event. The time was the second-fastest in the Big West this season and moved her to 58th overall in the West Region.

Walter Whitaker nabbed Men's Field Athlete of the Week honors as he excelled in the triple jump. The Cal State Fullerton sophomore soared to a personal-best 49-04.25 at the Oxy Invitational for a fifth place finish overall. The leap also boosted him to No. 3 in the Big West and No. 41 in the NCAA West Region.

UC Irvine sophomore Itos Aikhionbare notched her third Women's Field Athlete of the Week honor in the last four weeks. She won the shot put with a conference-leading mark of 51-5 (15.67m), surpassing her previous personal-best of 50-2. Aikhionbare also set the bar for the upcoming Big West Championships as he surpassed UC Santa Barbara senior Irene Kujore for the top spot. Kujore had held the No. 1 mark of 51-0 since Mar. 15. The 51-5 mark by Aikhionbare ranks No. 2 in UC Irvine history and scoots her closer to the school record of 51-9.75.

**Others nominated (Men's Track):** No nominees

**Others nominated (Women's Track):** None

**Others nominated (Men's Field):** None

**Others nominated (Women's Field):** None

### Big West Track & Field Athletes of the Week

<u>Track Athlete of the Week - Male</u>				<u>Track Athlete of the Week - Female</u>			
Date	Athlete, School	Yr.	Event(s)	Date	Athlete, School	Yr.	Event(s)
3/5	Koree Hines, Long Beach State	Jr.	110m HH, 4x100 & 400 relay	3/5	Katie Fry, UC Davis	So.	1,500 meters
3/12	Chris Frias, Cal Poly	Jr.	3,000 meters	3/12	Alycia Cridebring, UC Davis	Jr.	5,000 meters
3/19	Blake Ahrold, Cal Poly	Jr.	3,000 meter steeplechase	3/19	Ashley Marshall, UC Davis	So.	200 meters, 4x100 relay
3/26	Seth Totten, UC Riverside	Jr.	3,000 meters	3/26	Damajeria DuBose, UC Riverside	Sr.	800 meters, 4x400 relay
4/2	Marquis Caldwell, UC Santa Barbara	Sr.	400 meters, 4x100 & 400 relay	4/2	Alycia Cridebring, UC Davis	Jr.	5,000 meters
4/9	Javon May, Cal State Fullerton	Sr.	400m HH	4/9	Kayla Carter, UC Davis	Sr.	100m HH, 400m HH
4/16	John Guerrero, Cal Poly	Jr.	800 meters	4/16	Alycia Cridebring, UC Davis	Jr.	1,500 meters
4/23	Chris Enriquez, Long Beach State	Fr.	5,000 meters	4/23	Laura Hollander, Cal Poly	Fr.	5,000 meters
4/30	Gabe Hilbert, Long Beach State	Sr.	800 meters	4/30	Alycia Cridebring, UC Davis	Jr.	5,000 meters
5/7	None			5/7	Katie Wilson, Cal State Fullerton	Jr.	400 meters
<u>Field Athlete of the Week - Male</u>				<u>Field Athlete of the Week - Female</u>			
Date	Athlete, School	Yr.	Event(s)	Date	Athlete, School	Yr.	Event(s)
3/5	Michael Vaughan, Long Beach State	Sr.	Triple Jump	3/5	Veronica Smart, UC Davis	So.	Shot Put, Hammer
3/12	Christopher Yates, Long Beach State	Sr.	Shot Put, Hammer	3/12	Praise Adesida, UC Davis	Fr.	Shot Put, Discus
3/19	John Prader, Cal Poly	Sr.	Pole Vault	3/19	Sarah Hussey, UC Davis	So.	Discus
3/26	Travis Smith, UC Riverside	Sr.	Shot Put, Discus	3/26	Amanda Alvarez, Hawai'i	Sr.	Long Jump, Triple Jump
4/2	Mitch Haag, UC Santa Barbara	Sr.	High Jump	4/2	Amanda Alvarez, Hawai'i	Sr.	Long Jump, Triple Jump
4/9	Travis Smith, UC Riverside	Sr.	Shot Put, Discus	4/9	Joanna Franke-Kuhn, Hawai'i	Jr.	Hammer
4/16	Christopher Yates, Long Beach State	Sr.	Shot Put, Hammer	4/16	Itos Aikhionbare, UC Irvine	So.	Shot Put, Discus, Hammer
4/23	Ted Hooper, UC Riverside	Jr.	Long Jump, Triple Jump	4/23	Samantha Balentine, Hawai'i	Sr.	High Jump
4/30	John Prader, Cal Poly	Sr.	Pole Vault	4/30	Itos Aikhionbare, UC Irvine	So.	Shot Put, Discus
5/7	Walter Whitaker, Cal State Fullerton	So.	Triple Jump	5/7	Itos Aikhionbare, UC Irvine	So.	Shot Put