



2013 Big West Track & Field



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Big West To Send Large Contingent To West Preliminary Round: The Big West will send 92 of its top track and field athletes to compete in the NCAA West Preliminary Round, May 23-25, in Austin, Texas.

All nine Big West track and field squads will be represented in the competition. Long Beach State and UC Davis are sending the largest contingents with 16 participants apiece. Thirteen competitors are ranked in the top 10 of the West Region as they attempt to qualify for the 2013 NCAA Division I Outdoor Track and Field Championships in Eugene, Oregon on June 5-8, 2013.

On the men's side, John Prader of Cal Poly is ranked No. 1 in the pole vault with a school-record setting clearance of 18-7.25 on April 27. UC Santa Barbara senior Mitchell Haag is seeded No. 4 in the high jump, qualifying for the regional with a mark of 7-2.5 at the Cal-Nevada Championships on March 29. In other throws events, UC Riverside has three athletes ranked in the West Region top 10 with junior Ted Hooper (No. 7, 25-8) in the long jump, Ryan Swafford (No. 7, 52-4.5) in the triple jump and Travis Smith (No. 8, 61-8.25) in the shot put. Freshman Willie Alexander of Long Beach State is rated No. 9 in the triple jump with a season-best mark of 52-2.75.

UC Davis senior Lauren Wallace leads a strong Big West women's contingent as she ranks No. 2 regionally in the 800 meters, winning the event at the conference championship meet in 2:03.39. Hawai'i senior Samantha Balentine is No. 3 in the high jump with a season-best of 6-0.5. Teammate Amanda Alvarez also will be competing as one of region's top triple jumpers. She is seeded No. 8 after clearing 42-9.5 at the Stanford Invitational on March 29. The Aggies also boast a couple of contenders in the distance races as Big West record holder in the 5000 meters, junior Alycia Cridebring, is rated No. 6 in the region with a time of 15:49.05. Senior Sarah Sumpter is No. 8 in the 10,000 meters at 33:18.51. UC Santa Barbara senior duo Jennifer Carey and Amanda Rodriguez also will participate in their signature events. Carey is ranked No. 7 in the West Region in the 400 meters (52.29) while Rodriguez places No. 9 in the 400 meter hurdles (58.32).

Competition for the 2013 NCAA Division I Track and Field West Preliminary Round will begin on Thursday, May 23 at Mike A. Myers Stadium on the campus of the University of Texas. The collection of premier student-athletes across the nation will continue to compete through Saturday, May 25. Thursday's action kicks off with the men's discus as throwers Jason Harrell and Jacob Fraser from Big West champion Long Beach State are the first conference representatives in the meet. Running events start out with the women's 400 meter hurdles.

How They Got Here, How They Can Advance: Qualifiers for the NCAA West Preliminary Round are comprised of athletes who ranked among the top 48 in their respective event. The best 24 relay times also qualified for the NCAA prelims. Athletes with the top 12 times/marks and the best 12 relay teams at both the East and West prelims will qualify for the NCAA Championships.

- In the 100 meters, 200m, 400m, 800m, 100/110m hurdles and 400m hurdles, the top 3 from six first round heats, plus the next 6 fastest times, advance to the quarterfinals (24).
- In the 1,500m, the top 5 from four first round heats, plus next 4 fastest times advance to the quarterfinals (24).
- In the 3,000m steeplechase, the top 3 from three quarterfinal heats, plus the next 3 fastest times (12), advance to the NCAA meet.
- In the 5,000m, the top 5 from both heats, plus the next 2 fastest times (12), advance to the NCAA meet.
- In the 10,000m, the top 12 from the lone heat will advance to the NCAA meet.
- In the 4x100m and 4x400m relays, the top 3 from three quarterfinal heats, plus the next 3 fastest times (12), advance to the NCAA meet.
- In the long jump, triple jump, shot put, discus, hammer and javelin, the 16 best marks, after tiebreakers, will qualify from the first round of three preliminary attempts to the final round of three tries. The top 12 advance to the NCAA meet.
- In the high jump and pole vault, the top 12, based on performance after tiebreakers and possibly a jump-off, will qualify for the NCAA meet.

NATIONAL TOP 25 RANKINGS MEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
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
Long Jump	Ted Hooper	UCR	25-8	No. 13	Big West Championships	5/10
	Nicholas DiMartino	CSUN	25-4.75	No. 23	Big West Championships	5/10
Triple Jump	Ryan Swafford	UCR	52-4.5	No. 10	Big West Championships	5/10
	Willie Alexander	LBSU	52-2.75	No. 12	Big West Championships	5/10
	Michael Vaughan	LBSU	51-7.25	No. 22	Beach Classic	3/1
Shot Put	Travis Smith	UCR	61-8.25	No. 17	Sun Angel Classic	4/5

NATIONAL TOP 25 RANKINGS WOMEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
100M	Ashley Marshall	UCD	11.34	No. 16	Big West Championships	5/10
400M	Jennifer Carey	UCSB	52.29	No. 12	Big West Championships	5/10
800M	Lauren Wallace	UCD	2:03.39	No. 5	Big West Championships	5/10
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
400M Hurdles	Amanda Rodriguez	UCSB	58.32	No. 22	Big West Championships	5/10
4x100 Relay	Vines, Kamara, Lambert, Veale	CSUN	44.43	No. 22	Big West Championships	5/10
High Jump	Samantha Balentine	UH	6-0.5	No. 10	Mondo Mid-Major Challenge	4/11
Triple Jump	Amanda Alvarez	UH	42-9.5	No. 14	Stanford Invitational	3/29

Upcoming Schedule

NCAA DIVISION I WEST PRELIMINARY ROUND AUSTIN, TEXAS • MIKE A. MYERS STADIUM

All Times Pacific

Thursday, May 23

Field Events (First Round)

Men's Discus	10:00 a.m.
Men's Long Jump	11:30 a.m.
Women's Hammer	Noon
Men's High Jump	4:00 p.m.
Women's Long Jump	4:00 p.m.

Running Events (First Round)

Women's 400m Hurdles	2:30 p.m.
Men's 400m Hurdles	3:00 p.m.
Women's 1,500 Meters	3:30 p.m.
Men's 1,500 Meters	4:00 p.m.
Women's 100 Meters	4:30 p.m.
Men's 100 Meters	4:55 p.m.
Women's 400 Meters	5:20 p.m.
Men's 400 Meters	5:45 p.m.
Women's 800 Meters	6:10 p.m.
Men's 800 Meters	6:35 p.m.
Women's 10,000 Meters (Semifinal)	7:00 p.m.
Men's 10,000 Meters (Semifinal)	7:40 p.m.

Friday, May 24

Field Events (First Round)

Women's Discus	10:00 a.m.
Women's Pole Vault	11:00 a.m.
Men's Hammer	Noon
Women's High Jump	4:00 p.m.
Men's Shot Put	4:00 p.m.

Running Events (First Round & Quarterfinal)

Women's 100 Meter Hurdles (First Round)	3:00 p.m.
Men's 110 Meter Hurdles (First Round)	3:30 p.m.
Women's 400 Meters (Quarterfinal)	4:00 p.m.
Men's 400 Meters (Quarterfinal)	4:15 p.m.
Women's 100 Meters (Quarterfinal)	4:30 p.m.
Men's 100 Meters (Quarterfinal)	4:45 p.m.
Women's 800 Meters (Quarterfinal)	5:00 p.m.
Men's 800 Meters (Quarterfinal)	5:15 p.m.
Women's 400 Meter Hurdles (Quarterfinal)	5:30 p.m.
Men's 400 Meter Hurdles (Quarterfinal)	5:45 p.m.
Women's 200 Meters (Quarterfinal)	6:00 p.m.
Men's 200 Meters (Quarterfinal)	6:25 p.m.
Women's 3000 Meter Steeplechase (Quarterfinal)	6:50 p.m.
Men's 3000 Meter Steeplechase (Quarterfinal)	7:30 p.m.

Saturday, May 25

Field Events (First Round)

Men's Javelin	10:00 a.m.
Men's Pole Vault	11:00 a.m.
Women's Triple Jump	11:30 a.m.
Women's Javelin	3:00 p.m.
Women's Shot Put	4:00 p.m.
Men's Triple Jump	4:00 p.m.

Running Events (Quarterfinal & Semifinal)

Women's 4x100 Meter Relay	4:00 p.m.
Men's 4x100 Meter Relay	4:15 p.m.
Women's 1,500 Meters	4:30 p.m.
Men's 1,500 Meters	4:45 p.m.
Women's 100 Meter Hurdles	5:05 p.m.
Men's 110 Meter Hurdles	5:20 p.m.
Women's 200 Meters	5:35 p.m.
Men's 200 Meters	5:50 p.m.
Women's 5,000 Meters	6:05 p.m.
Men's 5,000 Meters	6:45 p.m.
Women's 4x400 Meter Relay	7:25 p.m.
Men's 4x400 Meter Relay	7:45 p.m.

2013 NCAA WEST PRELIMINARY ROUND SCHEDULE • AUSTIN, TEXAS • MIKE A. MYERS STADIUM

Thursday, May 23 - First Round

Field Events		Name, School	Flight/Heat	Seed Mark
10 am	Men Discus	Jacob Fraser, LBSU	2 of 3	179-0
		Jason Harrell, LBSU	2 of 3	180-5
11:30 am	Men Long Jump	Donovan Toban, CSUN	1 of 4	24-1.75
		Willie Alexander, LBSU	2 of 4	24-7.25
		Nicholas DiMartino, CSUN	3 of 4	25-4.75
		Ted Hooper, UCR	4 of 4	25-8
Noon	Women Hammer	Joanna Franke-Kuhn, UH	1 of 3	189-2
		Irene Kujore, UCSB	2 of 3	193-5
4 pm	Men High Jump	Mitchell Haag, UCSB	2 of 2	7-2.5
4 pm	Women Long Jump	Amanda Alvarez, UH	1 of 4	19-6.75
		Phoenisha Schuhmeier, UCR	1 of 4	19-8
		Taylor Jackson, LBSU	1 of 4	19-7.5

Track Events		Name, School	Flight/Heat	Seed Time
2:30 pm	W 400m Hurdles	Amanda Rodriguez, UCSB	2 of 6	58.32
		Kayla Carter, UCD	4 of 6	59.27
		Deena Pierce, CSF	4 of 6	59.67
		Kellie Grigg, UCD	6 of 6	59.2
3 pm	M 400m Hurdles	Michael Koger, UCR	1 of 6	51.32
		Jimmy Martin, UCSB	2 of 6	52.76
		David Namnath, CP	2 of 6	51.65
		Javon May, CSF	2 of 6	52.16
3:30 pm	W 1,500 Meters	Damajeria Dubose, UCR	1 of 4	4:21.80
		Meghan Foley, LBSU	2 of 4	4:23.55
		Raquel Lambdin, UCD	4 of 4	4:24.07
4 pm	M 1,500 Meters	Sam Hyams, UCI	1 of 4	3:46.21
		Juan Paredes, UCSB	1 of 4	3:45.79
		Riley Martin, UCI	3 of 4	3:46.53
4:30 pm	W 100 Meters	Leshel Vines, CSUN	1 of 6	11.56
		Hafsatu Kamara, CSUN	3 of 6	11.61
		Melanie Chapman, UCD	6 of 6	11.50
		Ashley Marshall, UCD	6 of 6	11.34
4:55 pm	M 100 Meters	Hernell Dyer, UCR	2 of 6	10.53
		Jamison Jordan, CP	5 of 6	10.53
		Carl Horsley, CSUN	6 of 6	10.46
5:20 pm	W 400 Meters	Lexis Lambert, CSUN	2 of 6	54.35
		Cekarri Nixon, UCD	3 of 6	53.41
		Morgan Thompson, CSF	3 of 6	53.90
		Jennifer Carey, UCSB	4 of 6	52.29
5:45 pm	M 400 Meters	Katie Wilson, CSF	6 of 6	53.39
		Cameron Glasgow, LBSU	3 of 6	46.82
		Jordan Scott, UCSB	3 of 6	46.44
6:10 pm	W 800 Meters	Alisha Brown, UCR	3 of 6	2:07.86
		Shanie Landen, UCD	4 of 6	2:07.41
		Lauren Wallace, UCD	4 of 6	2:03.39
		Raquel Hefflin, UCR	5 of 6	2:08.03
6:35 pm	M 800 Meters	Gabe Hilbert, LBSU	2 of 6	1:48.99
		Shyan Vaziri, UCSB	6 of 6	1:50.17
		John Guerrero, CP	6 of 6	1:49.79
7:00 pm	W 10,000m Semi	Sarah Sumpter, UCD	1 of 1	33:18.51
		Daniella Moreno, UCSB	1 of 1	34:27.81
7:40 pm	M 10,000m Semi	Chris Frias, CP	1 of 1	29:33.12
		Sean Davidson, CP	1 of 1	29:35.80
		Bryan Gujarrro, UCSB	1 of 1	29:41.04

Friday, May 24 - First Round

Field Events		Name, School	Flight/Heat	Seed Mark
10 am	Women Discus	Monique Griffiths, CSUN	1 of 3	167-4
		Irene Kujore, UCSB	1 of 3	166-4
		Itos Aikhionbare, UCI	1 of 3	169-5
11 am	Women Pole Vault	Emily Bush, UCD	1 of 2	13-3.5
		Tiana Webberley, CSUN	2 of 2	13-3.5
Noon	Men Hammer	Josh Villalobos, LBSU	1 of 3	193-4
		Joel Baez, LBSU	1 of 3	193-7
4 pm	Women High Jump	Samantha Balentine, UH	1 of 2	6-0.5
4 pm	Men Shot Put	Tucker Weathers, CSUN	1 of 4	55-10.25
		Jacob Fraser, LBSU	1 of 4	56-5.75
		Mason Miller, UCI	2 of 4	57-4.25
		Christopher Yates, LBSU	3 of 4	59-1.25
		Travis Smith, UCR	4 of 4	61-8.25

Track Events		Name, School	Flight/Heat	Seed Time
3 pm	W 100m Hurdles	Kayla Carter, UCD	2 of 6	13.77
		Koree Hines, LBSU	1 of 6	14.31
3:30 pm	M 110m Hurdles	Davon Wilson-Angel, LBSU	4 of 6	13.98
		Devin Hickey, LBSU	4 of 6	14.20
		Sean Johnson, UCSB	5 of 6	14.28
6 pm	W 200 Meters	Ashley Marshall, UCD	1 of 6	23.25
		Ashley Sims, CSF	2 of 6	23.78
		Hafsatu Kamara, CSUN	3 of 6	23.83
		Leshel Vines, CSUN	3 of 6	23.91
		Emily Cooper, LBSU	5 of 6	23.92
6:25 pm	M 200 Meters	Carl Horsley, CSUN	1 of 6	20.89
		Bryan Luther, CSF	5 of 6	21.34
6:50 pm	W 3000m Steeple	Katie Fry, UCD	1 of 3	10:16.46
7:30 pm	M 3000m Steeple	Blake Ahrold, CP	1 of 3	8:55.10

Saturday, May 25 - First Round

Field Events		Name, School	Flight/Heat	Seed Mark
10 am	Men Javelin	Derek Masterson, UCSB	2 of 3	218-4
11 am	Men Pole Vault	Michael Peterson, UCD	1 of 3	16-10.75
		John Prader, CP	1 of 3	18-7.25
		Ethan Ostrom, UCD	1 of 3	17-3.5
11:30 am	Women Triple Jump	Marissa Rossi, CSUN	1 of 4	40-4.75
		Cydney Leath, CSUN	1 of 4	40-6.75
		Amanda Alvarez, UH	4 of 4	42-9.5
3 pm	Women Javelin	Lacey Surak, UCI	1 of 3	149-2
4 pm	Women Shot Put	Itos Aikhionbare, UCI	2 of 4	51-5
		Irene Kujore, UCSB	2 of 4	51-7.75
4 pm	Men Triple Jump	Walter Whitaker, CSF	1 of 4	49-11.75
		Donovan Toban, CSUN	1 of 4	49-7.75
		Ryan Swafford, UCR	4 of 4	52-4.5
		Michael Vaughan, LBSU	4 of 4	51-7.25
		Willie Alexander, LBSU	4 of 4	52-2.75

Track Events		Name, School	Flight/Heat	Seed Time
4 pm	W 4x100m Relay	Cal State Northridge	1 of 3	44.43
4:15 pm	M 4x100m Relay	Cal State Northridge	3 of 3	40.00
6:05 pm	W 5,000 Meters	Laura Hollander, CP	1 of 2	15:53.73
		Alycia Cridebring, UCD	1 of 2	15:49.05
6:45 pm	M 5,000 Meters	Chris Enriquez, LBSU	2 of 2	14:12.89
7:25 pm	W 4x400m Relay	UC Santa Barbara	1 of 3	3:39.46
		UC Davis	1 of 3	3:37.89
7:45 pm	M 4x400m Relay	UC Santa Barbara	1 of 3	3:09.84

Big West Track & Field Athletes of the Week

Track Athlete of the Week - Male

Date	Athlete, School	Yr.	Event(s)
3/5	Koree Hines, Long Beach State	Jr.	110m HH, 4x100 & 400 relay
3/12	Chris Frias, Cal Poly	Jr.	3,000 meters
3/19	Blake Ahrold, Cal Poly	Jr.	3,000 meter steeplechase
3/26	Seth Totten, UC Riverside	Jr.	3,000 meters
4/2	Marquis Caldwell, UC Santa Barbara	Sr.	400 meters, 4x100 & 400 relay
4/9	Javon May, Cal State Fullerton	Sr.	400m HH
4/16	John Guerrero, Cal Poly	Jr.	800 meters
4/23	Chris Enriquez, Long Beach State	Fr.	5,000 meters
4/30	Gabe Hilbert, Long Beach State	Sr.	800 meters
5/7	None		

Field Athlete of the Week - Male

Date	Athlete, School	Yr.	Event(s)
3/5	Michael Vaughan, Long Beach State	Sr.	Triple Jump
3/12	Christopher Yates, Long Beach State	Sr.	Shot Put, Hammer
3/19	John Prader, Cal Poly	Sr.	Pole Vault
3/26	Travis Smith, UC Riverside	Sr.	Shot Put, Discus
4/2	Mitch Haag, UC Santa Barbara	Sr.	High Jump
4/9	Travis Smith, UC Riverside	Sr.	Shot Put, Discus
4/16	Christopher Yates, Long Beach State	Sr.	Shot Put, Hammer
4/23	Ted Hooper, UC Riverside	Jr.	Long Jump, Triple Jump
4/30	John Prader, Cal Poly	Sr.	Pole Vault
5/7	Walter Whitaker, Cal State Fullerton	So.	Triple Jump

Track Athlete of the Week - Female

Date	Athlete, School	Yr.	Event(s)
3/5	Katie Fry, UC Davis	So.	1,500 meters
3/12	Alycia Cridebring, UC Davis	Jr.	5,000 meters
3/19	Ashley Marshall, UC Davis	So.	200 meters, 4x100 relay
3/26	Damajeria DuBose, UC Riverside	Sr.	800 meters, 4x400 relay
4/2	Alycia Cridebring, UC Davis	Jr.	5,000 meters
4/9	Kayla Carter, UC Davis	Sr.	100m HH, 400m HH
4/16	Alycia Cridebring, UC Davis	Jr.	1,500 meters
4/23	Laura Hollander, Cal Poly	Fr.	5,000 meters
4/30	Alycia Cridebring, UC Davis	Jr.	5,000 meters
5/7	Katie Wilson, Cal State Fullerton	Jr.	400 meters

Field Athlete of the Week - Female

Date	Athlete, School	Yr.	Event(s)
3/5	Veronica Smart, UC Davis	So.	Shot Put, Hammer
3/12	Praise Adesida, UC Davis	Fr.	Shot Put, Discus
3/19	Sarah Hussey, UC Davis	So.	Discus
3/26	Amanda Alvarez, Hawai'i	Sr.	Long Jump, Triple Jump
4/2	Amanda Alvarez, Hawai'i	Sr.	Long Jump, Triple Jump
4/9	Joanna Franke-Kuhn, Hawai'i	Jr.	Hammer
4/16	Itos Aikhionbare, UC Irvine	So.	Shot Put, Discus, Hammer
4/23	Samantha Balentine, Hawai'i	Sr.	High Jump
4/30	Itos Aikhionbare, UC Irvine	So.	Shot Put, Discus
5/7	Itos Aikhionbare, UC Irvine	So.	Shot Put