



2013 Big West Track & Field



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Big West Championship Begins At Northridge With Multi Events: The 2013 Big West Track and Field Championships return to the campus of Cal State Northridge for the first time in three years. The multi-events portion runs May 3 and 4 (decathlon and heptathlon) with the bulk of the meet taking place the following week on May 10 and 11.

The heptathlon features 16 competitors, led by Hawai'i senior Samantha Balentine. She posted a league-high 5,125 points at the Sacramento State Mondo Mid-Major Challenge on Apr. 11. Balentine is the Big West leader in the high jump (6-0.5). Her closest competitors appear to be UC Riverside senior Jazmine Lewis, UC Santa Barbara freshman Tori Usgaard and Rainbow Wahine teammates senior Amanda Alvarez and junior Kaleigh Morrison. Lewis registered the Big West No. 2 mark on Mar. 14 with 4,856 points at the 35th SDSU Aztec Invitational.

Eleven athletes suit up for the decathlon with four entries from UC Santa Barbara. The top Gaucho and the Big West leader in the event, senior Mikael Powers, tallied 6,806 points at the Sam Adams Combined Multi-Events meet on Apr. 5. His chief rival is Cal Poly sophomore Devin Bennett, who collected 6,596 points at the same meet. UCSB junior Billy Britt and senior Derek Masterson, as well as Cal State Northridge senior Derrick Harris, have all amassed more than 6,000 points in meets this season and could contend for the decathlon crown.

Big West Athletes Post National Marks: A total of 11 Big West athletes have posted national top 25 marks in various events as the conference championship has arrived. Cal Poly senior John Prader is not only the favorite to win the Big West meet in the pole vault, but perhaps the national championship. He posted the nation's third-best mark last week at the Cal Poly/UCSB Dual when he cleared a school record 18-7.25. In the event Prader can duplicate that performance in two weeks 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 additional national marks were established last weekend on the women's side by a pair of top distance runners from UC Davis. In the process, two Big West records were broken. Junior Alycia Cridebring blazed to a 15:49.05 in the 5,000 meters for the nation's 12th-best time last Saturday at the Payton Jordan Invitational at Stanford. Cridebring took ownership of the record that Cal Poly freshman Laura Hollander had assumed on Apr. 19 at the Mt. SAC Relays when she crossed the finish line in 15:53.73, more than four seconds better than what UC Santa Barbara's Amanda Moreno accomplished in 2011. Another Aggie, senior Sarah Sumpter, posted the ninth-best mark in the nation in the 10,000 meters, running the race in 33:18.51 at the Payton Jordan Invitational. She surpassed her own school and conference record of 33:19.77 established at the Stanford Invitational last season.

Samantha Balentine of Hawai'i boasts a No. 8 national ranking in the high jump with a mark of 6-0.5 on April 11 at the Sacramento State Mondo Mid-Major Challenge.

NATIONAL TOP 25 RANKINGS MEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
400H	Michael Koger	UCR	51.32	No. 18	Cal-Nevada Championships	3/29
High Jump	Mitchell Haag	UCSB	7-2.5	No. 12	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. 14	Beach Classic	3/1
Shot Put	Travis Smith	UCR	61-8.25	No. 12	Sun Angel Classic	4/5

NATIONAL TOP 25 RANKINGS WOMEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
800M	Lauren Wallace	UCD	2:04.89	No. 13	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. 9	Payton Jordan Invitational	4/28
High Jump	Samantha Balentine	UH	6-0.5	No. 8	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.

Big West Track & Field Championship Heads To Northridge: After a two-year stint at UC Irvine, the 2013 Big West Track and Field Championships head to Cal State Northridge. The 2013 championship begins with the multi-events on May 3-4 and continues with the bulk of the events on May 10-11. Fox Sports Prime Ticket will televise the finals on Saturday, May 11.

Upcoming Schedule

Friday, May 3

Big West Conference Multis (Northridge, Calif.)
UC Santa Barbara at Occidental Invitational (Pasadena, Calif.)

Decathlon

100 Meters
Long Jump
Shot Put
High Jump
400 Meters

Heptathlon

100 Meter Hurdles
High Jump
Shot Put
200 Meters

Saturday, May 4

Big West Conference Multis (Northridge, Calif.)

Decathlon

110 Meter Hurdles
Discus
Pole Vault
Javelin
1500 Meters

Heptathlon

Long Jump
Javelin
800 Meters

Friday, May 10

Big West Conference Championships (Northridge, Calif.)

Saturday, May 11

Big West Conference Championships (Northridge, Calif.)

2013 Big West Track & Field Athletes Of The Week

BIG WEST ATHLETES OF THE WEEK SET TOP MARKS

More top marks and finishes, including a new conference record, were posted by the Big West Track and Field Athletes of the Week.

Long Beach State senior Gabe Hilbert (La Palma, Calif./Cerritos College) earned Men's Track Athlete of the Week accolades after a solid performance at the Steve Scott Invitational. He ran a season-best 1:49.70 in the 800 meters to finish second overall, and first among collegians. The mark is tops in the Big West and ranks 27th in the West Region, while finishing just .29 seconds off Hilbert's lifetime best.

UC Davis junior Alycia Cridebring (Pleasant Hill, Calif./College Park HS) collected Women's Track Athlete of the Week honors for her record breaking effort in the 5,000 meters at the Payton Jordan Invitational at Stanford. She ran a 15:49.05 in the 5K to smash her own school record of 16:06.14 set at the Stanford Invitational earlier this season. The 17 second improvement also allowed Cridebring to establish a Big West record that Cal Poly's Laura Hollander, who went 15:53.73, just set on Apr. 19 at the Mt. SAC Relays. Cridebring finished second in her section of the 5K while posting a time that ranks No. 6 in the NCAA West Region and No. 12 nationally.

The Men's Field Athlete of the Week went to an individual who rewrote the school record in the pole vault. Cal Poly senior John Prader (Salinas, Calif./Salinas HS) broke a 16-year school record in the event when he cleared 18-7.25 at the Mustangs' home dual meet with UC Santa Barbara. The height broke Sean Brown's previous record of 18-6.75 set in 1997. Prader also landed the No. 1 mark in the West Region and ranked third nationally.

UC Irvine sophomore Itos Aikhionbare (Eagle Rock, Calif./La Salle HS) captured a pair of victories at the Steve Scott Invitational to garner Women's Field Athlete of the Week recognition. She won the shot put title with a mark of 49-0.25 (14.94m) as well as the discus throw at 163-4 (49.78). Aikhionbare ranks second in the conference in the shot put and first in the discus.

Others nominated (Men's Track): Jamison Jordan (Cal Poly); Javon May (Cal State Fullerton); Trevor Ehlenbach (UC Davis); Jordan Scott (UC Santa Barbara)

Others nominated (Men's Field): Travis Smith (UC Riverside)

Others nominated (Women's Track): Katie Wilson (Cal State Fullerton); Meghan Foley (Long Beach State); Damajeria DuBose (UC Riverside); Grace Esslinger (UC Santa Barbara)

Others nominated (Women's Field): Kendal Nielsen (Cal Poly); Amanda Klinchuch (Long Beach State); Praise Adesida (UC Davis); Deja Watkins (UC Riverside); Irene Kujore (UC Santa Barbara); Camie Kohashi (Hawaii)

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				5/7			
<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				5/7			