



2015 Big West Track & Field



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Big West Championships: Decathlon/Heptathlon Review: UC Santa Barbara sophomore Darion Williams and CSUN senior Olympia Jewett won decathlon and heptathlon gold for their respective schools to kick off the 2015 Big West Track and Field Championships last weekend at the UCR Track Facility.

In fourth place after the completion of the decathlon's first five events, Williams vaulted up to the top spot with 6,844 points. He managed to ascend on the strength of first-place finishes in the 110-meter hurdles and javelin, chipping away at his deficit to day one leader Teddy Scranton of Cal Poly. Williams also was buoyed by a third place finish in the discus and a tie for second in the pole vault. Scranton finished as runner-up with 6,768 points, just 76 back of Williams, and Mustang teammate Ivy Adair was third with 6,497 points. It was a big day for the Gauchos, which picked up 20 points overall as a result of having four entries finish in the top eight. The gold for Williams also represented the third time in the last four years a Gaucho took the top spot on the medal stand.

CSUN dominated the heptathlon, taking home the top four spots in the competition. Senior Olympia Jewett won the smallest of margins, one point, over senior Shawnta Barnes. Jewett picked up 1,308 of her 4,981 winning point total over the last three events, including a third-place showing in the long jump. Barnes, who trailed Jewett by 21 points entering the final day, nearly made up enough to overtake her teammate. Matador juniors Marissa Rossi and Marie Veale came in third and fourth, respectively, to give CSUN a whopping 28 points heading into this weekend's main meet.

Prime Ticket To Broadcast Big West Championships Saturday: Hosting the conference meet for the first time, UC Riverside welcomes Fox Prime Ticket to the UCR Track Facility on Saturday. The regional home of the Big West, the network will air action from 2:00-6:00 p.m., which includes the awards ceremonies for the men's and women's team winners. The Long Beach State men attempt to win a third consecutive championship, while the UC Davis women aim for a fourth straight title. Main portion of the meet begins Friday at noon with the men's hammer.

Event Champions Return To Competition: In addition to trying to help their squads win Big West Championships, a handful of athletes are seeking to become three-time champions in various events. Here is a list:

WOMEN

100 Meters	Year	Time
Ashley Marshall, UC Davis	2013	11.34
	2014	11.36
200 Meters	Year	Time
Ashley Marshall, UC Davis	2013	23.25
	2014	23.85
1,500 Meters	Year	Time
Raquel Lambdin, UC Davis	2013	4:28.70
	2014	4:23.39

MEN

100 Meters	Year	Time
Carl Horsley, CSUN	2011	10.55
	2013	10.46
200 Meters	Year	Time
Carl Horsley, CSUN	2011	21.17
	2013	20.89
3,000 Meter Steeplechase	Year	Time
Nick Woolf, Cal Poly	2013	9:01.33
	2014	8:55.97

Playing The Percentages: In the 20 events that will be scored this weekend, Long Beach State's men own or are tied for the Big West's top mark in nine of them (**200m** - Cameron Glasgow; **400m** - Michael Perez-Rogers; **800m** - Chris Low; **4x400 Relay**; **Pole Vault** - Conner Rouse and Michael Montgomery; **Long Jump** - Willie Alexander; **Triple Jump** - Ryan Sanders; **Shot Put** - Victor Martin; **Discus** - Jacob Fraser). On the women's side, UC Davis is the holder of the top time or mark in seven of 20 events (**100m** and **200m** - Ashley Marshall; **400m** - Cekarri Nixon; **800m** - Raquel Lambdin; **400m hurdles** - Emma Redick; **3,000m Steeplechase** - Erika Barr; **4x100 Relay**).

National Marks Posted By Big West Athletes: Big West representatives have populated the national top 25 in various events, according to the latest TFRRS rankings. UC Davis senior sprinter Ashley Marshall is the highest ranked Big West athlete – men or women – in any event. She posted a time of 11.22 at the Mt. SAC Relays on April 16 that ranks No. 6 nationally.

NATIONAL TOP 25 RANKINGS MEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
800M	Chris Low	LBSU	1:47.56	No. 16	Stanford Invitational	4/3
110 Hurdles	Lloyd Sicard	UCI	13.78	No. 21	Mt. SAC Relays	4/16
Long Jump	Willie Alexander	LBSU	25-2	No. 18	Cal Opener	3/7
Triple Jump	Ryan Sanders	LBSU	51-9.25	No. 21	Trojan Invitational	3/20
Javelin	Thomas Gore-Schreck	UCSB	234-3	No. 15	Big West Challenge	4/10

NATIONAL TOP 25 RANKINGS WOMEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
100M	Ashley Marshall	UCD	11.22	No. 6	Mt. SAC Relays	4/16
200M	Ashley Marshall	UCD	23.18	No. 18	Mt. SAC Relays	4/16
800M	Raquel Lambdin	UCD	2:04.96	No. 18	Mt. SAC Relays	4/16
3000 Steeple	Erika Barr	UCD	10:09.55	No. 22	Mt. SAC Relays	4/16
Shot Put	Breana Jemison	UCR	54-03.25	No. 20	Triton Invitational	4/24
Hammer	Monique Griffiths	CSUN	200-6	No. 22	UCR Spring Classic Invite	3/26

Upcoming Schedule

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Friday, May 15

Field Events (Trials/Finals)

Men's Hammer	12 pm	Men's Shot Put	4 pm
Women's Javelin	2 pm	Men's High Jump	5 pm
Men's High Jump	2:30 pm	Women's Long Jump	5:30 pm
Women's Pole Vault	3 pm	Women's Discus	5:30 pm

Track Events (Trials Except When Noted)

Men's Steeplechase (Final)	3:30 pm
Women's Steeplechase (Final)	3:45 pm
Men's 1500 Meters	4 pm
Women's 1500 Meters	4:20 pm
Men's 110 Meter Hurdles	4:40 pm
Women's 100 Meter Hurdles	5 pm
Men's 400 Meters	5:15 pm
Women's 400 Meters	5:30 pm
Men's 100 Meters	5:45 pm
Women's 100 Meters	6 pm
Men's 800 Meters	6:15 pm
Women's 800 Meters	6:30 pm
Men's 400 Meter Hurdles	6:45 pm
Women's 400 Meter Hurdles	7 pm
Men's 200 Meters	7:15 pm
Women's 200 Meters	7:30 pm
Men's 10,000 Meters (Final)	7:45 pm
Women's 10,000 Meters (Final)	8:30 pm

Saturday, May 16 – FOX PRIME TICKET (2-6 pm)

Field Events (Trials/Finals)

Women's Hammer	10 am	Women's Shot Put	2:30 pm
Men's Javelin	12 pm	Women's High Jump	3 pm
Women's Triple Jump	12 pm	Men's Triple Jump	3 pm
Men's Pole Vault	12 pm	Men's Discus	3 pm

Track Events (Finals)

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

CHAMPIONSHIP NEWS AND NOTES

Prime Ticket To Air Big West Championships: For the third year in a row, Fox Prime Ticket will televise Saturday's action from the Big West Track and Field Championship. Justin Alderson (play-by-play), Milena Glusac (color) and Lindsey Thiry (reporter) will provide the commentary. Fox Sports Prime Ticket is available on DirecTV (Channel 693), Dish Network (Channel 411) and Time Warner Cable (Channel 321). Saturday's broadcast will begin at 2:00 p.m. (PT) with the entire track lineup to follow, along with coverage of various field events.

The Marshall Plan: UC Davis senior Ashley Marshall, the 2013 and 2014 Big West Women's Track Athlete of the Year, hopes to cap an illustrious career at the conference championships with a third straight victory in both the 100 and 200 meters. Marshall, who set the championship meet record in 2013 in 11.34, a mark that also tied the overall Big West record initially established by UNLV's Sonja Green in 1987, is attempting to become the first athlete in league annals to win the 200 meters three times. If she succeeds in winning the 100, she would become just the third athlete to do so three times – CSUN's Deanna Goodwin (2005-07) and Sherrina Lofton (2008-09, 2011) were the others. The two-time NCAA Division I Honorable Mention All-American will need to play a large role to help the Aggies win a fourth consecutive Big West team title.

Women's Middle Distance Field Loaded: Two of the closest contested races that the women's championship can offer appears to be in the 800 and 1,500 meters. The 800 features three competitors who have posted top times within a second of each other – UC Davis senior Raquel Lambdin (2:04.96), and UC Riverside teammates sophomore Faith Makau (2:05.93) and senior Raquel Hefflin (2:06.10). The 1,500 looks to be even deeper with two-time conference meet champion Lambdin possessing the fifth-fastest time (4:22.86) in the conference this season. Makau (4:22.35) and Hefflin (4:21.43) are ranked ahead of Lambdin, but the Big West leader is Cal Poly junior Ashley Windsor, who turned in a season-best time of 4:20.34 at the Bryan Clay Invitational on April 17. Also, watch out for UC Santa Barbara junior Tori Tsois, who just last Saturday nearly broke the school record in the event, posting a 4:21.95 at the Occidental Invitational.

Nixon Seeks Second Straight Title In 400 Meters: UC Davis senior Cekarri Nixon headlines a loaded 400-meter field, seeking gold in the event for the second straight year. Nixon won at last year's meet on home soil in 53.55. Her top time this season is 53.59, attained at the Causeway Classic Dual on May 1. Nixon will be chased by Cal State Fullerton sophomore Janaya Shorty (53.60), UC Santa Barbara senior Jessica Johnson (53.86) and CSUN teammates Lexis Lambert (53.98) and Samantha Dirks (54.25) in a finish that promises to have several of them bunched together.

Littleton Looks To Double: UC Riverside senior Danielle Littleton is one of the meet favorites to win multiple events. Littleton, who captured gold at last year's Big West championship in the 100 meter hurdles and long jump, is again the leader in both competitions. Her best time this season in the 100 hurdles matches her winning time from last year's championship (13.56). Littleton has improved upon her 2014 winning mark of 20-03.50 in the long jump. She established a school record on April 16 when she cleared 20 feet, 5 inches at the Mt. SAC Relays.

Horsley Aims To Reclaim Sprinter's Dominance: After redshirting the 2014 season, senior Carl Horsley leads a stable of CSUN sprinters seeking to pick up major points. A two-time conference meet winner (2011 and 2013) in the 100 and 200 meters, Horsley is the slight favorite to claim the 100 title again. He owns a season-best time of 10.48 at the Northridge Invitational. Watch closely for Long Beach State junior Cameron Glasgow, who is right behind at 10.50, and CSUN senior Jordan Taylor (10.53). Horsley, who won the 200 meters in 20.89 at the 2013 meet, has not replicated that effort during the 2015 season. His season-best time of 21.38 is tied for No. 3 on the Big West list. The favorite's mantle goes to Glasgow, at 21.16, and Taylor at 21.19. Both ran those times on March 20 at the Trojan Invitational and Northridge Invitational, respectively.

Long Beach State Field Contingent Looks To Make Huge Impact...Again: The Long Beach State men seek to win a third straight Big West championship, and the sixth in the last ten years, and heavy contributions are expected once again from their vaunted field contingent. In 2014, the 49ers scored a school record 218.5 points to win the title, with a staggering 113.5 of those points coming from athletes who competed in the eight field disciplines. The scoring breakdown for LBSU was as follows: hammer (7 points); long jump (17); shot put (11); high jump (3); javelin (18); pole vault (26.5); triple jump (10); and discus (21).

Big West Track & Field Athletes of the Week

Track Athlete of the Week - Male

Date	Athlete, School	Yr.	Event(s)
3/10	Cameron Glasgow, Long Beach State	Sr.	200m, 4x100 & 4x400 relay
3/17	Alex Grigoriev, UC Davis	So.	800m
3/24	Lloyd Sicard, UC Irvine	So.	110m & 400m hurdles
3/31	Michael Perez-Rogers, Long Beach State	Jr.	400m, 4x100m relay
4/7	Seth Totten, UC Riverside	Sr.	5,000m
4/14	Michael Koger, UC Riverside	Jr.	400m hurdles, 4x400 relay
4/21	Lloyd Sicard, UC Irvine	So.	110m
4/28	David Namnath, Cal Poly	Sr.	400m hurdles
5/5	Lloyd Sicard, UC Irvine	So.	110m & 400mH, 4x400 relay
5/12	Andrew Farkas, UC Santa Barbara	Sr.	800m

Track Athlete of the Week - Female

Date	Athlete, School	Yr.	Event(s)
3/10	Janaya Shorty, Cal State Fullerton	So.	100m, 200m, 4x100 relay
3/17	Raquel Hefflin, UC Riverside	Sr.	1,500m
3/24	Raquel Hefflin, UC Riverside	Sr.	800m, 1,500m
3/31	Faith Makau, UC Riverside	So.	800m
4/7	Erika Barr, UC Davis	Jr.	1,500m, 3,000m steeplechase
4/14	Raquel Hefflin, UC Riverside	Sr.	800m, 4x400 relay
4/21	Raquel Lambdin, UC Davis	Sr.	800m
4/28	Danielle Littleton, UC Riverside	Sr.	100m hurdles
5/5	Cekarri Nixon, UC Davis	Sr.	200m, 400m, 4x100 & 4x400 relay
5/12	Tori Tsois, UC Santa Barbara	Jr.	1,500m

Field Athlete of the Week - Male

Date	Athlete, School	Yr.	Event(s)
3/10	Thomas Gore-Schreck, UC Santa Barbara	Sr.	Javelin
3/17	Jake Fraser, Long Beach State	Sr.	Shot Put, Discus
3/24	Ryan Sanders, Long Beach State	Sr.	Triple Jump
3/31	Albert Hughes, UC Santa Barbara	Sr.	Hammer
4/7	Thomas Gore-Schreck, UC Santa Barbara	Sr.	Javelin
4/14	Thomas Gore-Schreck, UC Santa Barbara	Sr.	Javelin
4/21	Victor Martin, Long Beach State	Sr.	Shot Put, Discus
4/28	Victor Martin, Long Beach State	Sr.	Shot Put
5/5	Mason Miller, UC Irvine	Sr.	Shot Put
5/12	None		

Field Athlete of the Week - Female

Date	Athlete, School	Yr.	Event(s)
3/10	Breana Jemison, UC Riverside	So.	Shot Put, Discus
3/17	Danielle Littleton, UC Riverside	Sr.	Long Jump, 100m Hurdles
3/24	Jessica Flores, Cal State Fullerton	Jr.	Hammer
3/31	Danielle Littleton, UC Riverside	Sr.	Heptathlon
4/7	Jessica Emde, UC Santa Barbara	Jr.	High Jump
4/14	Breana Jemison, UC Riverside	So.	Shot Put, Discus
4/21	Danielle Littleton, UC Riverside	Sr.	High Jump
4/28	Deja Watkins, UC Riverside	Sr.	Discus, Hammer
5/5	Ariel Cheng, UC Irvine	So.	Pole Vault
5/12	None		