



2016 Big West Track & Field



Assistant Commissioner/External Affairs: Mike Villamor • mvillamor@bigwest.org
2 Corporate Park, Suite 206 • Irvine, CA 92606 • Phone: (949) 261-2525 • (949) 261-2528

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Big West Teams Scattered at California Meets: This week's activity has Big West teams at several California-based meets, the one exception being UC Irvine's participation at the Texas Relays in Austin, Texas. A big contingent of conference squads are heading to the Bruin Legends Invitational. Cal Poly, Cal State Fullerton, UCI, UC Riverside and UC Santa Barbara all have entrants at that meet.

The Stanford Invitational, another meet that attracts comers from across the nation, has Big West representation as Cal Poly, CSUN and UC Davis is sending contingents to compete there. Those same three schools are sending competitors to the San Francisco State Distance Carnival. Wrapping up a busy week of Nor Cal competition, the Aggies also look to perform strongly at the Mondo Mid-Major Challenge, an annual meet hosted by Sacramento State.

Big West Represented On National Leaders List: Several Big West athletes have posted national leading marks to start out the 2016 season. They are as follows:

WOMEN

- Tori Tsolis, UC Santa Barbara – 1500m (4:23.67, No. 16)
- Megan George, UC Irvine – 100H (13.28, No. 11)
- Jessica Emde, UC Santa Barbara – High Jump (5-9.25, No. 8)
- Danielle Taylor, Cal Poly – High Jump (5-9.25, No. 8)
- Taylor Fleming, UC Riverside – Long Jump (20-3.5, No. 11)
- Jorden O'Neal, UC Riverside – Long Jump (20-3, No. 12)
- Kendal Nielsen, Cal Poly – Triple Jump (41-4.25, No. 10)
- Breana Jemison, UC Riverside – Shot Put (54-3.75, No. 12)
- Brianna Cueva, CSUN – Discus (179-11, No. 9)
- Barbara Coward, UC Irvine – Discus (170-11, No. 20)
- Vesta Bell, UC Riverside – Hammer (194-1, No. 25)
- Riley Cooks, Long Beach State – Heptathlon (5569, No. 1)
- Taylor Fleming, UC Riverside – Heptathlon (5121, No. 4)

MEN

- Thaddeus Smith, Cal State Fullerton – 200m (20.92 - No. 19)
- Darion Zimmerman, Cal State Fullerton – 400m (47.01, No. 19)
- Justin Parker, UC Riverside - 400m (47.19, No. 21)
- Thaddeus Smith, Cal State Fullerton - 400m (47.19, No. 21)
- Shyan Vaziri, UC Santa Barbara - 1500m (3:47.54, No. 20)
- George Baier, UC Santa Barbara - 1500m (3:48.06, No. 24)
- Lloyd Sicard, UC Irvine - 110H (13.91, No. 12)
- Myles McDonald, UC Santa Barbara - 400H (51.55, No. 18)
- Long Beach State (Briggs, McCloskey, Perez-Rogers, York-Mouton) - 4x400 Relay (3:09:23, No. 9)
- Cal State Fullerton (Zimmerman, Matos, Smith, Gordon) - 4x400 Relay (3:09.67, No. 14)
- Michael Montgomery, Long Beach State - Pole Vault (17-1.5, No. 8)
- Willie Alexander, Long Beach State - Long Jump (25-10, No. 2)
- James Hubbard, Long Beach State - Discus (190-2, No. 5)
- Matt Seawright, UC Irvine - Discus (183-4, No. 15)
- Robert Marlow, Long Beach State - Hammer (215-2, No. 11)
- Kody Robison, Long Beach State - Hammer (214-1, No. 12)
- Herman Day, Long Beach State - Decathlon (7249, No. 4)
- Devin Bennett, Cal Poly - Decathlon (7087, No. 6)
- Jacob Rickman, Cal Poly - Decathlon (6653, No. 11)
- Taylor Cudequest, CSUN - Decathlon (6278, No. 20)

Renovated Jack Rose Track To Host Big West Championships: Long Beach State's Jack Rose Track recently underwent a multi-million dollar renovation that will allow the school to host the 2016 Big West Track and Field Championships in May on FOX Sports Prime Ticket. For the first time since 2005, the Beach will also be able to hold their annual home meet, the Beach Invitational, on campus. The centerpiece is the track, but when all phases are complete, the stadium will sport a seating capacity for 5,000 that ultimately will be able to host major invitational meets as well as the NCAA and U.S. Track and Field Championships.

Upcoming Schedule

Thursday, March 31

UC Irvine at Texas Relays (Austin, TX)

Friday, April 1

- Cal Poly at Stanford Invitational (Stanford, CA)
- Cal Poly at San Francisco State Distance Carnival (San Francisco, CA)
- Cal Poly at Bruin Legends Invitational (Los Angeles, CA)
- Cal State Fullerton at Bruin Legends Invitational (Los Angeles, CA)
- CSUN at Stanford Invitational (Stanford, CA)
- CSUN at San Francisco State Distance Carnival (San Francisco, CA)
- UC Davis at Stanford Invitational (Stanford, CA)
- UC Davis at San Francisco State Distance Carnival (San Francisco, CA)
- UC Irvine at Texas Relays (Austin, TX)
- UC Irvine at Bruin Legends Invitational (Los Angeles, CA)
- UC Riverside at Bruin Legends Invitational (Los Angeles, CA)
- UC Santa Barbara at Sam Adams Multi (Santa Barbara, CA)
- UC Santa Barbara at Bruin Legends Invitational (Los Angeles, CA)

Saturday, April 2

- Cal Poly at Stanford Invitational (Stanford, CA)
- Cal Poly at San Francisco State Distance Carnival (San Francisco, CA)
- Cal Poly at Bruin Legends Invitational (Los Angeles, CA)
- Cal State Fullerton at Bruin Legends Invitational (Los Angeles, CA)
- CSUN at Stanford Invitational (Stanford, CA)
- UC Davis at Stanford Invitational (Stanford, CA)
- UC Davis at San Francisco State Distance Carnival (San Francisco, CA)
- UC Davis at Mondo Mid-Major Challenge (Sacramento, CA)
- UC Irvine at Bruin Legends Invitational (Los Angeles, CA)
- UC Santa Barbara at Sam Adams Multi (Santa Barbara, CA)
- UC Santa Barbara at Bruin Legends Invitational (Los Angeles, CA)

2016 Big West Track & Field Athletes Of The Week

THREE SCHOOL RECORDS FALL AMONG TRACK AND FIELD WEEKLY AWARDS

Three of the winners in the Big West Track and Field Athlete of the Week announcement established school records.

UC Santa Barbara junior Myles McDonald (Long Beach, Calif./Loyola HS) broke a 37-year old school record in the 400 hurdles to earn Big West Men's Track Athlete of the Week honors. He finished in 51.55 seconds, third overall and first among collegians at the Aztec Invite to replace Jamie Starmer atop the Gaucho record book. Starmer had run a 51.59 in 1979. McDonald's 51.55 ranks No. 10 in the West Region and No. 1 in the Big West.

UC Irvine junior Megan George (Inglewood, Calif./Serra HS) secured the Big West Women's Track Athlete of the Week award after breaking her own school record in the 100-meter hurdles. George posted a time of 13.28 seconds at the UC Riverside Spring Classic Saturday, improving upon the 13.51 that she set last year. The 13.28 ranks No. 10 nationally and leads the Big West. George also contributed to both Anteatler relays, running the second leg in the 4x100 (45.71) and 4x400 (3:46.69) races. UCI finished third in the 4x100 and sixth in the 4x400.

Notching Big West Men's Field Athlete of the Week honors for his performance in the decathlon, Long Beach State sophomore Herman Day utilized a lifetime-best to win the event at the UCR Spring Break Classic. Day's score of 7,249 points wiped out his old PR by 855 points. Over the two days, he equalled or improved upon seven lifetime-best efforts in the individual events to include the 100-meters, shot put, high jump, 400-meters, 110-hurdles, pole vault and 1500-meters. In the shot put, he increased his PR from 42-6 to 45-6.25 for a more than three-foot improvement. Day's performance places him No. 4 on the national list and No. 1 in the Big West. He also now ranks No. 4 all-time at LBSU in the decathlon.

Long Beach State junior Riley Cooks (Coarsegold, Calif./Cuesta College) earned Big West Women's Field Athlete of the Week honors with a winning effort in the heptathlon that also set the school record. She scored 5,569 points at the UCR Spring Break Classic, unseating Ami Ice's mark of 5,521 points. Ice won the 1991 Big West Heptathlon and became an NCAA Heptathlon All-American. Cooks eclipsed her lifetime-best in the heptathlon by 459 points. She equalled or improved upon five PR performances over the two days – 100 hurdles, high jump, shot put, 200-meters and javelin. In the latter event, she bettered her PR from 127-0 to 146-6, an increase of 19-6. Cooks is the NCAA leader in the heptathlon by 122 points.

Others nominated (Men's Track): Clayton Hutchins (Cal Poly); Eli Penick (Cal State Fullerton); Lloyd Sicard (UC Irvine)

Others nominated (Women's Track): Katie Izzo (Cal Poly); Asha Giles (UC Riverside); Tori Tsois (UC Santa Barbara); Louise Mulvey (Hawaii)

Others nominated (Men's Field): Arnie Sambel (Cal Poly); Carl Nahigian (UC Riverside); Matthew Kuskey (UC Santa Barbara)

Others nominated (Women's Field): Kendal Nielsen (Cal Poly); Breana Jemison (UC Riverside); Melissa Rake (UC Santa Barbara); Tiziana Ruiz Dominguez (Hawaii)

Big West Track & Field Athletes of the Week

Track Athlete of the Week - Male

Date	Athlete, School	Yr.	Event(s)
3/8	Thaddeus Smith, Cal State Fullerton	Fr.	100m, 200m, 4x100 relay
3/15	Willie Alexander, Long Beach State	Sr.	100m, 200m
3/22	Thaddeus Smith, Cal State Fullerton	Fr.	200m, 4x100 relay, 4x400 relay
3/29	Myles McDonald, UC Santa Barbara	Jr.	400H
4/5			
4/12			
4/19			
4/26			
5/3			

Field Athlete of the Week - Male

Date	Athlete, School	Yr.	Event(s)
3/8	Kody Robison, Long Beach State	Sr.	Hammer
3/15	Kody Robison, Long Beach State	Sr.	Hammer
3/22	Willie Alexander, Long Beach State	Sr.	Long Jump
3/29	Herman Day, Long Beach State	So.	Decathlon
4/5			
4/12			
4/19			
4/26			
5/3			

Track Athlete of the Week - Female

Date	Athlete, School	Yr.	Event(s)
3/8	Janaya Shorty, Cal State Fullerton	Jr.	100m, 200m
3/15	Taylor Fleming, UC Riverside	So.	100 Hurdles, 4x400 relay
3/22	Courtne' Davis, Long Beach State	Fr.	100m, 200m
3/29	Megan George, UC Irvine	Jr.	100H, 4x100 relay, 4x400 relay
4/5			
4/12			
4/19			
4/26			
5/3			

Field Athlete of the Week - Female

Date	Athlete, School	Yr.	Event(s)
3/8	Breana Jemison, UC Riverside	Jr.	Shot Put, Discus, Hammer
3/15	Danielle Taylor, Cal Poly	So.	High Jump
3/22	Taylor Fleming, UC Riverside	So.	Long Jump
3/29	Riley Cooks, Long Beach State	Jr.	Heptathlon
4/5			
4/12			
4/19			
4/26			
5/3			