



2016 Big West Track & Field



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Big West Championships Continue At Jack Rose Track: The main meet of the 2016 Big West Track and Field Championship takes place May 13-14 at Long Beach State's Jack Rose Track. The host 49er men are seeking their fourth consecutive title, and striving to become the first program to do so since Fresno State won a whopping 10 straight championships from 1983-92. LBSU is second all-time in Big West history with nine men's titles, including six in the last 10 years.

On the women's side, CSUN owns a record nine Big West titles, and aims to repeat after winning the 2015 crown, the first in four seasons. The 212 points the Matadors scored last year was the most by a winning squad since former member Idaho tallied 213 in 2003.

Fox Sports Prime Ticket will showcase the final day of the track and field championship for the fourth straight year. The regional telecast home of the Big West will air the competition from 2-6 p.m. on Saturday with Justin Alderson (play-by-play), Milena Glusac (analyst) and Lindsey Thiry (sideline) calling the action.

Event Champions Look To Repeat: A number of athletes are hoping to repeat as champion in respective events from the 2015 meet. In addition, Cal Poly's Nick Woolf is seeking to become just the second three-time champion in the 3,000 men's steeplechase, although he did not win the event in 2015. Woolf won in 2013 (9:01.33) and 2014 (8:55.97). Those who won at last year's championship, and are currently ranked No. 1 in the Big West this season are as follows:

WOMEN

Name, School	Event	2015 Winning Mark	Top 2016 Mark
Megan George, UC Irvine	100 Meter Hurdles	13.51	13.28
Erika Barr, UC Davis	3,000 Steeplechase	10:47.13	10:08.63
Jessica Emde, UC Santa Barbara	High Jump	5-10.5	5-10

MEN

Name, School	Event	2015 Winning Mark	Top 2016 Mark
Lloyd Sicard, UC Irvine	100 Meter Hurdles	14.05	13.70
Michael Montgomery, Long Beach State	Pole Vault	17-9	17-5.75
Willie Alexander, Long Beach State	Long Jump	25-5.5	25-10

Long Beach State Field Contingent Makes Huge Impact: The last two Big West men's championships have featured some impressive performances from the Long Beach State field contingent. In 2015, a 49er finished first or second in all of the eight disciplines, and placed one-two in three of them (pole vault, triple jump, discus). The 49ers accumulated 116 of their 185 winning point total last year thanks to a scoring breakdown that featured the following: hammer (15 points); long jump (16); shot put (13); high jump (5.5); javelin (8); pole vault (22.5); triple jump (18); and discus (18). The 2014 men's field contingent tallied 113.5 of the school's record total 218.5 points.

Big West Represented On National Leaders List: Several Big West athletes have posted national leading marks in 2016. They are as follows:

WOMEN

Erika Barr, UC Davis – 3000 Steeple (10:08.63, Stanford Invitational, Apr. 1 - No. 21)
Tayler Fleming, UC Riverside – Long Jump (20-11.75, Big West Multi Championship, May 6 – No. 16)
Breana Jemison, UC Riverside – Shot Put (54-3.75, UC Riverside Spring Break Invite, Mar. 24 - No. 25)
Brianna Cueva, CSUN – Discus (179-11, Trojan Invitational, Mar. 18 - No. 20)
Riley Cooks, Long Beach State – Heptathlon (5569, UC Riverside Spring Break Invite, Mar. 24 - No. 18)

MEN

Lloyd Sicard, UC Irvine – 110H (13.70, Steve Scott Invitational, Apr. 29 - No. 15)
Nick Woolf, Cal Poly – 3000 Steeple (8:48.03, Stanford Invitational, Apr. 1 - No. 21)
Michael Montgomery, Long Beach State – Pole Vault (17-5.75, Beach Pacific Coast, Apr. 14 - No. 19)
Conner Rouse, Long Beach State – Pole Vault (17-5.75, Beach Pacific Coast, Apr. 14 - No. 19)
Willie Alexander, Long Beach State – Long Jump (25-10, Trojan Invitational, Mar. 18 - No. 12)
James Hubbard, Long Beach State – Discus (190-2, Trojan Invitational, Mar. 18 - No. 18)
Robert Marlow, Long Beach State – Hammer (215-2, Trojan Invitational, Mar. 18 - No. 23)
Herman Day, Long Beach State – Decathlon (7249, UC Riverside Spring Break Invite, Mar. 24 - No. 23)
Tyler Nelson, UC Santa Barbara – Decathlon (7220, Big West Multi Championship, May 6 - No. 24)

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

2016 BIG WEST CHAMPIONSHIPS LONG BEACH, CA • JACK ROSE TRACK



Friday, May 13

Field Events (Trials/Finals)

Men's Hammer	11 am	Women's Pole Vault	3 pm
Women's Long Jump	12:30 pm	Men's Shot Put	3 pm
Men's Long Jump	12:30 pm	Men's High Jump	4 pm
Women's Javelin	1 pm	Women's Discus	4:30 pm

Track Events (Trials except when noted)

Women's Steeplechase (Final)	1:30 pm
Men's Steeplechase (Final)	1:45 pm
Women's 1500 Meters	2 pm
Men's 1500 Meters	2:20 pm
Women's 100 Meter Hurdles	2:40 pm
Men's 110 Meter High Hurdles	3 pm
Women's 400 Meters	3:15 pm
Men's 400 Meters	3:30 pm
Women's 100 Meters	3:45 pm
Men's 100 Meters	4 pm
Women's 800 Meters	4:15 pm
Men's 800 Meters	4:30 pm
Women's 400 Meter Hurdles	4:45 pm
Men's 400 Meter Hurdles	5 pm
Women's 200 Meters	5:15 pm
Men's 200 Meters	5:30 pm
Women's 10,000 Meters (Final)	5:45 pm
Men's 10,000 Meters (Final)	6:30 pm

Saturday, May 14

Field Events (Trials/Finals)

Women's Hammer	10 am	Women's Shot Put	2:30 pm
Men's Pole Vault	12 pm	Women's Triple Jump	3 pm
Men's Javelin	12 pm	Men's Triple Jump	3 pm
Women's High Jump	1 pm	Men's Discus	3 pm

Track Events (Finals) – FOX Sports Prime Ticket

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

2016 Big West Track & Field Athletes Of The Week

Four Schools Represented in Final Track and Field Athlete of the Week Awards

Four different schools earned representation on the final list of Big West Track and Field Athlete of the Week award winners for the 2016 season.

UC Santa Barbara senior Shyan Vaziri (San Diego, Calif./Scripps Ranch HS) captured his second Big West Men's Track Athlete of the Week honor this season as he set a new personal best in the 800 meters. Vaziri ran 1:48.70 at the Oxy Invitational, and held off former Gaucho All-American Ryan Martin in the race. Vaziri's time ranks No. 1 in the Big West and No. 20 in the West Region.

Cal State Fullerton junior Janaya Shorty (Victorville, Calif./Bellflower HS) earned Big West Women's Track Athlete of the Week recognition as she fared well in three different races at the Oxy Invitational. She was the third-fastest collegian in the 400 meters, crossing the line in a seasonal best 54.86 seconds. The Big West leader in the 200 meters, Shorty missed her season-best by a smidgin, finishing second among collegians in 24.02. Shorty also anchored the Titan winning 4x100 relay team which posted a season-best time of 45.74.

Finishing fifth overall and third among college competitors in the shot put, UC Riverside junior Carl Nahigian (Lodi, Calif./St. Mary's HS) secured Big West Men's Field Athlete of the Week accolades. He heaved the shot put a distance of 56 feet, 5.75 inches to finish behind a pair of BYU throwers. Nahigian continues to lead the Big West in the event with a top mark that is one, eight inches better than his closest competitor.

UC Davis junior Michaela Mundt (Paradise, Calif./Paradise HS) nearly established a career-best in the hammer throw at the Sacramento State Open, notching Big West Women's Field Athlete of the Week honors. Mundt, who finished fifth in the event, turned in a throw of 185-5. She just missed her top mark of 185-10 that she set at the 2015 Big West Championships. She is ranked No. 5 in the Big West in the event, and No. 51 in the West Region.

Others nominated (Men's Track): Cody Jordan (UC Riverside)

Others nominated (Women's Track): Rianna Goins (UC Davis); Jenna Hinkle (UC Santa Barbara)

Others nominated (Men's Field): Parker Curry (UC Santa Barbara)

Others nominated (Women's Field): None

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	Nick Woolf, Cal Poly	Sr.	3000m Steeple
4/12	Lloyd Sicard, UC Irvine	Jr.	110H
4/19	Shyan Vaziri, UC Santa Barbara	Sr.	1500m
4/26	Andre McBride, CSUN	Jr.	100m, 200m
5/3	Lloyd Sicard, UC Irvine	Jr.	110H, 4x100 relay, 4x400 relay
5/10	Shyan Vaziri, UC Santa Barbara	Sr.	800m

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	Kyle Clancy, UC Davis	Fr.	High Jump
4/12	Willie Alexander, Long Beach State	Sr.	Long Jump, Triple Jump
4/19	Devin Bennett, Cal Poly	Sr.	Decathlon
4/26	Daniel Swarbrick, CSUN	Jr.	Discus, Hammer
5/3	James Hubbard, Long Beach State	Jr.	Hammer
5/10	Carl Nahigian, UC Riverside	Jr.	Shot Put

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	Erika Barr, UC Davis	Sr.	3000m Steeple
4/12	Riley Cooks, Long Beach State	Jr.	200m, 100H, 4x100 relay
4/19	Tori Tsois, UC Santa Barbara	Sr.	1500m
4/26	Laurie Henigan, CSUN	Sr.	100 Hurdles, 100m, 200m
5/3	Faith Makau, UC Riverside	Jr.	800m, 1500m
5/10	Janaya Shorty, Cal State Fullerton	Jr.	200m, 400m, 4x100 relay

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	Hope Bender, UC Santa Barbara	Fr.	Heptathlon
4/12	Melissa Rake, UC Santa Barbara	Sr.	Javelin
4/19	Felicianna Vazquez, Hawai'i	Jr.	Javelin
4/26	Brianna Cueva, CSUN	Jr.	Discus
5/3	Fatima Vergara, Long Beach State	Sr.	Hammer, Shot Put, Discus
5/10	Michaela Mundt, UC Davis	Jr.	Hammer