



2021 SAN DIEGO STATE TRACK & FIELD

2021 Schedule

February

25 Utah Dual Meet SDSU

March

25-27 Aztec Invitational SDSU

April

7 Mountain West Challenge SDSU

9-10 Bryan Clay Heptathlon Azusa, Calif.

10 Triton Invitational La Jolla, Calif.

15-16 Bryan Clay Invite Azusa, Calif.

30-May 1 Steve Scott Invite Irvine, Calif.

May

11-15 MW Outdoor Champs Clovis, Calif.

27-29 NCAA West Prelims Texas A&M

June

9-12 NCAA Outdoor Champs Oregon

This Week's Entries

100m Dash

Alexus Alexander
Tai McDonald
Jada Moore

200m Dash

Alexus Alexander
Rhea Hoyte
Tai McDonald
Jada Moore
Aisha Watt

400m Dash

Jalyn Harris

800m Run

Alex Lomeli
Nyjari McNeil

1500m Run

Emily Burd
Lauren Harper
Jessica Kain
Bailey Watts

5000m Run

Paige Comiso
Amber Elias
Carlene Masar
Renee Phillips
Natalie Regalado
Naomi Smitham

100m Hurdles

Sara Absten
Danae Dyer
Asia Smith

400m Hurdles

Maya Brosch
Carina Clark
Rhea Hoyte

3000m Steeplechase

Isabelle Davis

4x100m Relay

Alexander, Dyer, Harris,
McDonald, Moore

4x400m Relay

Brosch, Harris, Hoyte,
McNeil, Watt

Pole Vault

Delaney Fields
Elizabeth Funk
Kaitlin Heri
Kaitlyn Swenson

Long Jump

Sara Absten
Asia Smith
Vanessa Spizewski

High Jump

Jade Cany
Ruthie Grant-Williams
Thaila Wilson

Triple Jump

Simone Johnson
Alanna Stein

Discus Throw

Cari Acosta
Jordyn Bryant
Felicia Crenshaw
Erica Grotegeer

Shot Put

Onyi Anigbogu
Jordyn Bryant
Felicia Crenshaw
Erica Grotegeer

Javelin Throw

Thaila Wilson

Hammer Throw

Cari Acosta
Felicia Crenshaw

Heptathlon

Sara Absten
Ruthie Grant-Williams
Asia Smith
Thaila Wilson

Meet Week Preview

42nd Annual Aztec Track & Field Invitational

March 25 & 26 (Multi's), March 26 (Hammer Throw in Chula Vista), March 27 (Invite)

San Diego, Calif. (Aztrack Sports Deck)

SDSU Set to Host Aztec Invitational This Weekend

The San Diego State track and field team hosts the 42nd annual Aztec Invitational this weekend (March 25-27). SDSU will have 40 student-athletes competing and will be going against 10 teams: Air Force, Arizona, BYU, Cal, Grand Canyon, LMU, New Mexico State, Oregon, UC San Diego and USC. Unlike past years, the meet is not open, meaning there won't be high school athletes or unattached competitors.

Due to health and safety protocols, no spectators will be allowed. The meet will be streamed on RunnerSpace and requires a +Plus subscription. The cheapest option is a monthly pass worth \$12.99. The first two days (multi's) will be recorded for on demand viewing while the final day Saturday will be live beginning at noon and focus on the running events.

On Thursday and Friday, both the heptathlon and decathlon will take place. The first of Thursday's four events will be the 100-meter hurdles, beginning at noon. The remaining three events (long jump, javelin and 800m) will be on Friday, starting at 10 a.m. The Aztecs will have Sara Absten, Ruthie Grant-Williams, Asia Smith and Thaila Wilson competing in the heptathlon. It will be the first collegiate heptathlon for Grant-Williams and Wilson.

The hammer throw will also be on Friday, taking place at the Chula Vista Elite Athlete Training Center at 4 p.m. SDSU's Felicia Crenshaw and Cari Acosta will be representing the Aztecs in the hammer throw.

The remainder of the events will take place Saturday beginning with the javelin at 9 a.m. The first track event will be the 3,000m steeplechase at noon.

Aztec Tidbits

- This will be SDSU's second meet of 2021. They kicked off their outdoor season Feb. 25 when they hosted Utah for a dual meet. The Aztecs edged the Utes 109-60 taking first place in all but three of the events.

- SDSU athletes who took first in individual events against Utah: Jalyn Harris (200m, 24.42), Nyjari McNeil (400m, 55.88), Jessica Kain (1,500m, 4:35.09), Danae Dyer (100m hurdles, 13.87), Maya Brosch (400m hurdles, 1:02.05), Kaitlin Heri (pole vault, 13-04.25), Ruthie Grant-Williams (high jump, 5-07.25), Lauryn Moore (long jump, 17-02.00), Simone Johnson (triple jump, 38-09.75), Jordyn Bryant (shot put, 45-07.75), Erica Grotegeer (discus throw, 165-08) and Thaila Wilson (javelin throw, 132-06). SDSU also won both the 4x100m and 4x400m relays.

- The Aztecs, joined by the majority of the Mountain West, did not compete in the indoor season.

- The Aztecs have 33 upperclassmen (12 seniors and 21 juniors).

- 39 of SDSU's 52 student-athletes hail from California.

Looking Back on the 2020 Indoor Season

- The Aztec track and field team finished second at the Mountain West Indoor Championships with 126.5 points, their most points at the MW Indoor Championships since 2004.

- SDSU won gold in the pole vault (Kaitlin Heri), pentathlon (Asia Smith) and the 4x400m relay.

- Smith and the 4x400m team (Danae Dyer, Jalyn Harris, Nyjari McNeil and Sakura Roberson) qualified for the NCAA Indoor Championships. However, a day before the NAAs were set to begin, the event was called off due to COVID-19 pandemic.

- The Aztecs finished first (Kaitlin Heri), second (Molly Scharmann), third (Elizabeth Funk) and fourth (Alysia Allen) in the pole vault at the Mountain West Indoor Championships.

- SDSU indoor school records set last year: Sakura Roberson (600m, 1:29.84), Nyjari McNeil (800m, 2:08.30), 4x400m Relay (3:33.81, Harris, Dyer, Roberson, McNeil) and Distance Medley Relay (11:53.85, Lauren Harper, Nyjari McNeil, Sakura Roberson and Emily Burd).

- SDSU had competed in just one outdoor meet before the season was canceled.

Roster Breakdown

By Class

Seniors (12)

Cari Acosta, Anaya Alexander, Maya Brosch, Emily Burd, Callista Fletcher, Jalyn Harris, Kaitlin Heri, Lauryn Moore, Renee Phillips, Sakura Roberson, Molly Scharmann, Asia Smith

Juniors (21)

Sara Absten, Alysia Allen, Jordyn Bryant, Jade Cany, Carina Clark, Paige Comiso, Felicia Crenshaw, Isabelle Davis, Danae Dyer, Kasey Ebb, Delaney Fields, Erica Grotegeer, Carlene Masar, Tai McDonald, Nyjari McNeil, Natalie Regalado, Naomi Smitham, Vanessa Spizewski, Alanna Stein, Dejanae Thompson, Quinn Wiley

Sophomores (12)

Alexus Alexander, Onyi Anigbogu, Corey Freidenbach, Elizabeth Funk, Izzy Gartner, Bella Goode, Ruthie Grant-Williams, Lauren Harper, Jessica Kain, Alex Lomeli, Jada Moore, Aisha Watt

Freshmen (7)

Amber Elias, Rhea Hoyte, Jazmin Jackson, Simone Johnson, Kaitlyn Swenson, Bailey Watts, Thaila Wilson

By Home State/Country

California (39) - Cari Acosta, Alexis Alexander, Anaya Alexander, Onyi Anigbogu, Maya Brosch, Jordyn Bryant, Jade Cany, Paige Comiso, Felicia Crenshaw, Isabelle Davis, Danae Dyer, Amber Elias, Corey Freidenbach, Elizabeth Funk, Bella Goode, Ruthie Grant-Williams, Erica Grotegeer, Lauren Harper, Jalyn Harris, Kaitlin Heri, Jazmin Jackson, Simone Johnson, Jessica Kain, Alex Lomeli, Carlene Masar, Tai McDonald, Lauryn Moore, Renee Phillips, Natalie Regalado, Sakura Roberson, Molly Scharmann, Asia Smith, Naomi Smitham, Vanessa Spizewski, Alanna Stein, Kaitlyn Swenson, Dejanae Thompson, Bailey Watts

Washington (3) - Sara Absten, Aisha Watt, Quinn Wiley

Maryland (2) - Kasey Ebb, Nyjari McNeil

Florida (1) - Carina Clark

Minnesota (1) - Izzy Gartner

Missouri (1) - Jada Moore

Nevada (1) - Alysia Allen

Oregon (1) - Delaney Fields

Pennsylvania (1) - Emily Burd

Barbados (1) - Rhea Hoyte,

Jamaica (1) - Thaila Wilson

By Event Group

Distance (8)

Emily Burd, Paige Comiso, Isabelle Davis, Amber Elias, Carlene Masar, Renee Phillips, Naomi Smitham, Bailey Watts

Hurdles (7)

Maya Brosch, Carina Clark, Danae Dyer, Rhea Hoyte, Jazmin Jackson, Asia Smith, Quinn Wiley

Jumps (10)

Jade Cany, Izzy Gartner, Jazmin Jackson, Simone Johnson, Lauryn Moore, Asia Smith, Vanessa Spizewski, Alanna Stein, Dejanae Thompson, Thaila Wilson

Mid-Distance (10)

Emily Burd, Bella Goode, Lauren Harper, Jessica Kain, Alex Lomeli, Nyjari McNeil, Renee Phillips, Sakura Roberson, Naomi Smitham, Bailey Watts

Multi's (4)

Sara Absten, Ruthie Grant-Williams, Asia Smith, Thaila Wilson

Pole Vault (6)

Alysia Allen, Corey Freidenbach, Elizabeth Funk, Kaitlin Heri, Molly Scharmann, Kaitlyn Swenson

Sprints (13)

Alexus Alexander, Anaya Alexander, Carina Clark, Danae Dyer, Kasey Ebb, Callista Fletcher, Jalyn Harris, Rhea Hoyte, Simone Johnson, Tai McDonald, Jada Moore, Vanessa Spizewski, Quinn Wiley, Aisha Watt

Throws (5)

Cari Acosta, Onyi Anigbogu, Jordyn Bryant, Felicia Crenshaw, Erica Grotegeer

2021 SDSU Track and Field Alphabetical Roster

Name	Events	Yr.	Hometown (Previous School)
Sara Absten	Multi's	Jr.	Burlington, Wash. (IMG Academy)
Cari Acosta	Throws	Sr.	Clovis, Calif. (Buchanan High)
Alexus Alexander	Sprints	So.	Compton, Calif. (Lakewood High)
Anaya Alexander	Sprints	Sr.	Long Beach, Calif. (Iowa)
Alysia Allen	Pole Vault	Jr.	Reno, Nev. (Reed High)
Onyi Anigbogu	Throws	So.	Corona, Calif. (Santiago HS)
Maya Brosch	Hurdles	Sr.	South Lake Tahoe, Calif. (South Tahoe High)
Jordyn Bryant	Throws	Jr.	Oakland, Calif. (Miramonte High)
Emily Burd	Mid-Distance/Distance	Sr.	Havertown, Pa. (Pittsburgh)
Jade Cany	Jumps	Jr.	San Diego, Calif. (Sacramento State)
Carina Clark	Sprints/Hurdles	Jr.	Winter Springs, Fla. (Winter Springs High)
Paige Comiso	Distance	Jr.	San Jose, Calif. (Presentation High)
Felicia Crenshaw	Throws	Jr.	Costa Mesa, Calif. (Costa Mesa High)
Isabelle Davis	Distance	Jr.	San Diego, Calif. (Del Norte High)
Danae Dyer	Sprints/Hurdles	Jr.	Temecula, Calif. (Temecula Valley High)
Kasey Ebb	Sprints	Jr.	Accokeek, Md. (Bullis High)
Amber Elias	Distance	Fr.	Napa, Calif. (Vintage HS)
Delaney Fields	Pole Vault	Jr.	Eugene, Ore. (Lane CC)
Callista Fletcher	Sprints	Sr.	San Diego, Calif. (Scripps Ranch HS)
Corey Freidenbach	Pole Vault	So.	Santa Cruz, Calif. (Air Force)
Elizabeth Funk	Pole Vault	So.	Fresno, Calif. (Clovis West High)
Izzy Gartner	Jumps	So.	Byron, Minn. (Byron High)
Bella Goode	Mid-Distance	So.	Tustin, Calif. (Foothill High)
Ruthie Grant-Williams	Multi's	So.	Coronado, Calif. (Coronado High)
Erica Grotegeer	Throws	Jr.	Plumas Lake, Calif. (Wheatland Union High)
Lauren Harper	Mid-Distance	So.	Weaverville, Calif. (Trinity High)
Jalyn Harris	Sprints	Sr.	Rancho Cucamonga, Calif. (Rancho Cucamonga High)
Kaitlin Heri	Pole Vault	Sr.	Redondo Beach, Calif. (Redondo Union High)
Rhea Hoyte	Sprints/Hurdles	Fr.	St. Michael, Barbados (The St. Michael School)
Jazmin Jackson	Hurdles/Jumps	Fr.	Thousand Oaks, Calif. (Chaminade College Prep)
Simone Johnson	Sprints/Jumps	Fr.	Fresno, Calif. (Central High)
Jessica Kain	Mid-Distance	So.	Scotts Valley, Calif. (Scotts Valley High)
Alex Lomeli	Mid-Distance	So.	Los Angeles, Calif. (Notre Dame Academy High)
Carlene Masar	Distance	Jr.	Jamul, Calif. (Steele Canyon High)
Tai McDonald	Sprints	Jr.	Sacramento, Calif. (Sheldon High)
Nyjari McNeil	Mid-Distance	Jr.	Reistertown, Md. (Franklin High)
Jada Moore	Sprints	So.	St. Louis, Mo. (Pattonville High)
Lauryn Moore	Sprints/Jumps	Sr.	Oakland, Calif. (Bishop O'Dowd High)
Renee Phillips	Mid-Distance/Distance	Sr.	San Diego, Calif. (Coronado High)
Natalie Regalado	Mid-Distance	Jr.	Lake Forest, Calif. (Trabuco Hills High)
Sakura Roberson	Mid-Distance	Sr.	San Diego, Calif. (La Jolla High)
Molly Scharmann	Pole Vault	RS-Sr.	Trabuco Canyon, Calif. (Washington State)
Asia Smith	Multi's	Sr.	Escondido, Calif. (Mission Hills High)
Naomi Smitham	Distance	Jr.	San Diego, Calif. (Canyon Crest Academy)
Vanessa Spizewski	Sprints/Jumps	Jr.	San Diego, Calif. (Rancho Buena Vista High)
Alanna Stein	Jumps	Jr.	Temecula, Calif. (Sacramento State)
Kaitlyn Swenson	Pole Vault	Fr.	Temecula, Calif. (Great Oak High)
Dejanae Thompson	Jumps	Jr.	San Diego, Calif. (Morse High)
Aisha Watt	Sprints	So.	Seattle, Wash. (Seattle Prep)
Bailey Watts	Mid-Distance/Distance	Fr.	Foothill Ranch, Calif. (Trabuco Hills HS)
Quinn Wiley	Sprints/Hurdles	Jr.	Seattle, Wash. (Chief Sealth High)
Thaila Wilson	Multi's/Jumps	Fr.	St. Catherine, Jamaica (Hydel High)

Coaching Staff

Head Coach: Shelia Burrell (UCLA, 1995), 12th season

Assistant Coach/Recruiting Coordinator: Alrick Munroe (Wayland Baptist Univ., 1988), Eighth season

Assistant Coach (Throws)/Director of Operations: Jesse Chapman (UConn, 2014), First season

Assistant Coach (Cross Country/Distance): Robert Lusitana (San Diego State, 1982), Fourth season

Assistant Coach (Pole Vault): Richard Fox (San Diego State, 1992), 26th season

Assistant Coach (Jumps): Craig Poole (Utah, 1970), Fourth season

Assistant Coach: Brad Johnson

Assistant Coach (Throws): Jasmine Burrell (San Diego State, 2015), First season

2021 SDSU TRACK & FIELD PERFORMANCE LIST

KEY: sr - school record; (number) - top-10 school ranking; qp - qualifying prelims; p - preliminaries; h - heats; 1r - first round; q - quarterfinals; s - semifinals; f - finals; i - invite; ei - elite invite; o - open; b - "b" section; se - seeded; u - unseeded; co - college; ch - championships; pn - pentathlon; hp - heptathlon; a - altitude; w - wind aided (> 2.0 meters/second); conv - converted from 4x400-yard relay); **Note that all personal records (PR) are collegiate personal records**

Sara Absten

5-7 | Jr. | Burlington, Wash. | IMG Academy

OUTDOOR SEASON

200 Meter (PR: 24.75 (May 8, 2019))

800 Meter (PR: 2:23.67 (Jan. 31, 2020))

100-Meter Hurdles (PR: 14.50 (Feb. 25, 2021))

14.50	4th	Utah Dual Meet	Feb. 25
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High Jump (PR: 5-05.25 (May 8, 2019))

Long Jump (PR: 18-10.50 (April 27, 2019))

Shot Put (PR: 32-08.50 (May 8, 2019))

Javelin Throw (PR: 73-3 (March 21, 2019))

Heptathlon: (PR: 4,937 (May 9, 2019))

Cari Acosta

5-10 | Sr. | Clovis, Calif. | Buchanan HS

OUTDOOR SEASON

Hammer Throw (PR: 150-11 (May 10, 2019))

Shot Put (PR: 39-09.25 (April 13, 2018))

Discus Throw (PR: 148-2 (May 10, 2019))

142-09	4th	Utah Dual Meet	Feb. 25
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Alexus Alexander

5-7 | So. | Compton, Calif. | Lakewood HS

100 Meter Dash (PR: 12.232 (Feb. 27, 2021))

12.232	2nd	Utah Dual Meet	Feb. 25
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Anaya Alexander

Sr. | Long Beach, Calif. | Las Lomas HS (Iowa)

Alysia Allen

5-7 | So. | Reno, Nev. | Reed HS

OUTDOOR SEASON

Pole Vault (PR: 13-04.25 (May 24, 2019))

NH	--	Utah Dual Meet	Feb. 25
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Onyi Anigbogu

6-2 | So. | Corona, Calif. | Santiago HS

OUTDOOR SEASON

Shot Put (PR: 43-00.25 (Feb. 25, 2021))

43-00.25	3rd	Utah Dual Meet	Feb. 25
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Maya Brosch

5-7 | Sr. | South Lake Tahoe, Calif. | South Tahoe HS

OUTDOOR SEASON

400 Meter Hurdles (PR: 1:00.24 (May 11, 2019))

1:02.05	1st	Utah Dual Meet	Feb. 25
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4x100-Meter Relay

48.19	2nd	Utah Dual Meet	Feb. 25
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4x400-Meter Relay

3:49.87	3rd	Utah Dual Meet	Feb. 25
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Jordyn Bryant

5-10 | JR. | Oakland, Calif. | Miramonte HS

OUTDOOR SEASON

Shot Put (PR: 49-09.25 (April 5, 2019))

45-07.75	1st	Utah Dual Meet	Feb. 25
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Discus Throw (PR: 162-5 (March 7, 2020))

149-05	1st	Utah Dual Meet	Feb. 25
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Javelin Throw (PR: 129-5 (March 23, 2019))

Emily Burd

5-6 | Sr. | Havertown, Pa. | Friends' Central School

(Pittsburgh)

OUTDOOR SEASON

800 Meter (PR: 2:18.15 (April 13, 2019))

2:20.70	7th	Utah Dual Meet	Feb. 25
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1,500 Meters (PR: 4:38.07 (Feb. 25, 2021))

4:38.07	4th	Utah Dual Meet	Feb. 25
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5,000 Meters (PR: 17:55.39 (March 30, 2019))

Jade Cany

5-11 | Jr. | San Diego, Calif. | Torrey Pines HS (Sacramento St.)

OUTDOOR SEASON

High Jump (PR: 5-06.50 (Feb. 29, 2020))

Triple Jump (PR: 36-05.50 (March 16, 2019))

Carina Clark

5-6 | Jr. | Winter Springs, Fla. | Winter Springs HS

OUTDOOR SEASON

400-Meter Hurdles (PR: 1:04.87 (Feb. 25, 2021))

1:04.87	3rd	Utah Dual Meet	Feb. 25
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Paige Comiso

5-4 | Jr. | San Jose, Calif. | Presentation HS

OUTDOOR SEASON

3,000 Meters (PR: 10:58.32 (March 7, 2020))

5,000 Meters (PR: 18:19.17 (April 27, 2019))

Felicia Crenshaw

5-7 | Jr. | Costa Mesa, Calif. | Costa Mesa HS

OUTDOOR SEASON

Shot Put (PR: 38-06.25 (March 30, 2019))

Hammer Throw (PR: 151-10 (March 7, 2020))

Discus Throw (PR: 157-10 (March 7, 2020))

155-04	2nd	Utah Dual Meet	Feb. 25
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Isabelle Davis

5-2 | Jr. | San Diego, Calif. | Del Norte HS

3,000 Meters (PR: 11:20.87 (April 5, 2019))

11:26.41	8th	Utah Dual Meet	Feb. 25
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5,000 Meters (PR: 19:09.85 (March 9, 2019))

3,000m Steeplechase (PR: 11:53.57 (March 29, 2019))

Danae Dyer

5-9 | Jr. | Temecula, Calif. | Temecula Valley HS

OUTDOOR SEASON

100 Meters (PR: 12.02 (March 30, 2019))

200 Meters (PR: 23.09 (May 11, 2019))

100-Meter Hurdles (PR: 13.49 (April 20, 2019))

13.87	1st	Utah Dual Meet	Feb. 25
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4x100-Meter Relay

45.36	1st	Utah Dual Meet	Feb. 25
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Kasey Ebb

5-5 | Jr. | Accokeek, Md. | Bullis HS

OUTDOOR SEASON

200 Meters (PR: 25.01 (March 30, 2019))

400 Meters (PR: 55.77 (March 30, 2019))

Amber Elias

5-4 | Fr. | Napa, Calif. | Napa HS

OUTDOOR SEASON

3,000 Meters (PR: 10:37.85 (Feb. 25, 2021))

10:37.85	5th	Utah Dual Meet	Feb. 25
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Delaney Fields

5-11 | Jr. | Eugene, Ore. | Churchill HS (Lane CC)

OUTDOOR SEASON

Pole Vault (PR: 12-01.50 (May 21, 2019))

Corey Freidenbach

5-10 | So. | Santa Cruz Calif. | Pacific Collegiate School (Air

Force)

OUTDOOR SEASON

Pole Vault (PR: 11-11.25 (May 11, 2019))

Elizabeth Funk

5-7 | So. | Fresno, Calif. | Clovis West HS

OUTDOOR SEASON

Pole Vault (PR: 13-00.25 (Feb. 25, 2021))

13-00.25	2nd	Utah Dual Meet	Feb. 25
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Izzy Gartner

6-0 | So. | Byron, Minn. | Byron HS

OUTDOOR SEASON

High Jump (PR: 5-01.25 (Feb. 25, 2021))

5-01.25	4th	Utah Dual Meet	Feb. 25
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Bella Goode

5-5 | So. | Tustin, Calif. | Foothill HS

Ruthie Grant-Williams

5-9 | So. | Coronado, Calif. | Coronado HS

OUTDOOR SEASON

100-Meter Hurdles (PR: 15.18 (Feb. 25, 2021))

15.18	5th	Utah Dual Meet	Feb. 25
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High Jump (PR: 5-07.25 (Feb. 25, 2021))

5-07.25	1st	Utah Dual Meet	Feb. 25
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Shot Put (PR: 32-09.00 (Feb. 25, 2021))

32-09.00	6th	Utah Dual Meet	Feb. 25
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Erica Grotegeer

5-7 | Jr. | Plumas Lake, Calif. | Wheatland Union HS

OUTDOOR SEASON

Shot Put (PR: 44-09.00 (Feb. 25, 2021))

44-09.00	2nd	Utah Dual Meet	Feb. 25
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Discus Throw (PR: 175-0 (May 11, 2019))

165-08	1st	Utah Dual Meet	Feb. 25
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Lauren Harper

5-11 | So. | Weaverville, Calif. | Trinity HS

OUTDOOR SEASON

800 Meters (PR: 2:19.39 (Feb. 25, 2021))

2:19.38	4th	Utah Dual Meet	Feb. 25
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1,500 Meters (PR: 4:36.64 (Feb. 25, 2021))

4:36.64	3RD	Utah Dual Meet	Feb. 25
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Jalyn Harris

5-10 | Sr. | Rancho Cucamonga, Calif. | Rancho Cucamonga HS

OUTDOOR SEASON

200 Meters (PR: 23.82 (May 12, 2018))

24.42	1st	Utah Dual Meet	Feb. 25
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400 Meters (PR: 53.59 (May 12, 2018))

4x400-Meter Relay

3:42.44	1st	Utah Dual Meet	Feb. 25
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Kaitlin Heri

5-6 | Sr. | Redondo Beach, Calif. | Redondo Union

OUTDOOR SEASON

Pole Vault (PR: 13-11.00 (April 27, 2019))

13-04.25	1st	Utah Dual Meet	Feb. 25
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Rhea Hoyte

5-7 | Fr. | St. Michael, Barbados | The St. Michael School

OUTDOOR SEASON

400 Meters (PR: 56.96 (Feb. 25, 2021))

56.86	4th	Utah Dual Meet	Feb. 25
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4x100-Meter Relay

48.19	3rd	Utah Dual Meet	Feb. 25
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2021 SDSU TRACK & FIELD PERFORMANCE LIST

4x400-Meter Relay
3:42.44 1st Utah Dual Meet Feb. 25

Jazmin Jackson

5-7 | Fr. | Thousand Oaks, Calif. | Chaminade College Prep

Simone Johnson

5-7 | Fr. | Fresno, Calif. | Central HS

OUTDOOR SEASON

Long Jump (PR: 17-00.00 (Feb. 25, 2021))

17-00.00 3rd Utah Dual Meet Feb. 25

Triple Jump (PR: 38-09.75 (Feb. 25, 2021))

38-09.75 3rd Utah Dual Meet Feb. 25

Jessica Kain

5-7 | So. | Scotts Valley, Calif. | Scotts Valley HS

OUTDOOR SEASON

800 Meter (PR: 2:20.17 (Feb. 25, 2021))

2:20.17 6th Utah Dual Meet Feb. 25

1,500 Meters (PR: 4:35.09 (Feb. 25, 2021))

4:35.09 1st Utah Dual Meet Feb. 25

Alex Lomeli

5-3 | So. | Los Angeles, Calif. | Notre Dame Academy HS

OUTDOOR SEASON

800 Meters (PR: 2:19.74 (Feb. 25, 2021))

2:19.74 5th Utah Dual Meet Feb. 25

Carlene Masar

5-7 | Jr. | Jamul, Calif. | Steele Canyon HS

3,000 Meters (PR: 10:15.02 (Feb. 25, 2021))

10:15.02 3rd Utah Dual Meet Feb. 25

Tai McDonald

5-4 | Jr. | Sacramento, Calif. | Sheldon HS

OUTDOOR SEASON

100 Meters (PR: 12.11 (April 19, 2019))

12.26 3rd Utah Dual Meet Feb. 25

200 Meters (PR: 24.69 (April 19, 2019))

4x100-Meter Relay

45.36 1st Utah Dual Meet Feb. 25

4x400-Meter Relay

3:49.87 3rd Utah Dual Meet Feb. 25

Nyjari McNeil

5-8 | Jr. | Reisterstown, Md. | Franklin HS

OUTDOOR SEASON

400 Meters (PR: 53.52 (May 11, 2019))

55.88 1st Utah Dual Meet Feb. 25

800 Meters (PR: 2:05.27 (May 11, 2019))

4x400-Meter Relay

3:42.44 1st Utah Dual Meet Feb. 25

Jada Moore

5-4 | So. | St. Louis, Mo. | Pattonville HS

OUTDOOR SEASON

200 Meters (PR: 24.54 (Feb. 25, 2021))

24.54 2nd Utah Dual Meet Feb. 25

4x100-Meter Relay

45.36 1st Utah Dual Meet Feb. 25

4x400-Meter Relay

3:49.87 3rd Utah Dual Meet Feb. 25

Lauryn Moore

5-8 | Sr. | Oakland, Calif. | Bishop O'Dowd HS

OUTDOOR SEASON

Long Jump (PR: 17-02.00 (Feb. 25, 2021))

17-02.00 1st Utah Dual Meet Feb. 25

Triple Jump (PR: 36-03.50 (March 7, 2020))

35-05.00 3rd Utah Dual Meet Feb. 25

Renee Phillips

5-4 | Sr. | San Diego, Calif. | Coronado HS

OUTDOOR SEASON

1,500 Meters (PR: 4:50.16 (Mar. 7, 2020))

3,000 Meters (PR: 10:43.24 (Feb. 25, 2021))

10:43.24 6th Utah Dual Meet Feb. 25

5,000 Meters (PR: 18:58.19 (Mar. 9, 2019))

Natalie Regalado

5-4 | Jr. | Lake Forest, Calif. | Trabuco Hills HS

OUTDOOR SEASON

1,500 Meters (PR: 5:01.77 (April 5, 2019))

3,000 Meters (PR: 11:49.05 (Feb. 25, 2021))

11:49.05 9th Utah Dual Meet Feb. 25

5,000 Meters (PR: 18:19.17 (April 27, 2019))

3,000m Steeplechase 11:56.99 (April 12, 2019))

Sakura Roberson

5-11 | Sr. | San Diego, Calif. | La Jolla HS

OUTDOOR SEASON

400 Meters (PR: 54.86 (April 5 2019))

800 Meters (PR: 2:08.30 (May 11, 2019))

1,500 Meters (PR: 5:00.28 (March 9, 2019))

Molly Scharmann

5-9 | R-Sr. | Trabuco Canyon, Calif. | Tesoro HS

(Washington State)

OUTDOOR SEASON

Pole Vault (PR: 13-08.25 (May, 13, 2018))

Asia Smith

5-9 | Sr. | Escondido, Calif. (Mission Hills HS)

OUTDOOR SEASON

200 Meters (PR: 25.26 (May 8, 2019))

800 Meters (PR: 2:33.78 (May 10, 2018))

100-Meter Hurdles (PR: 14.06 (May 8, 2019))

13.40 2nd Utah Dual Meet Feb. 25

High Jump (PR: 5-07.25 (May 10, 2019))

5-05.00 3rd Utah Dual Meet Feb. 25

Long Jump (PR: 19-03.50 (April 27, 2019))

Shot Put (PR: 43-07.25 (May 8, 2019))

38-11.00 4th Utah Dual Meet Feb. 25

Heptathlon (PR: 5,309 (May 9, 2019))

4x400-Meter Relay

4:02.23 4th Utah Dual Meet Feb. 25

Naomi Smitham

5-8 | Jr. | San Diego, Calif. | Canyon Crest Academy

OUTDOOR SEASON

3000 Meters (PR: 11:01.16 (Mar. 7, 2020))

11:06.33 7th Utah Dual Meet Feb. 25

Vanessa Spizewski

5-9 | Jr. | San Diego, Calif. | Rancho Buena Vista HS

OUTDOOR SEASON

100 Meters (PR: 12.88 (March 7, 2020))

Long Jump (PR: 18-05.25 (March 7, 2020))

Alanna Stein

5-6 | Jr. | Temecula, Calif. | Great Oak HS

(Sacramento State)

OUTDOOR SEASON

High Jump (PR: 4-11.00 (April 26, 2019))

Long Jump (PR: 16-03.00 (Feb. 25, 2021))

16-03.00 4th Utah Dual Meet Feb. 25

Triple Jump (PR: 35-03.75 (March 7, 2020))

33-09.50 6th Utah Dual Meet Feb. 25

Kaitlyn Swenson

5-7 | Fr. | Temecula, Calif. | Great Oak HS

OUTDOOR SEASON

Pole Vault (PR: 12-00.50 (Feb. 25, 2021))

12-00.50 3rd Utah Dual Meet Feb. 25

Dejanae Thompson

5-6 | Jr. | San Diego, Calif. | Morse HS

OUTDOOR SEASON

Long Jump (PR: 17-06.00 (March 7, 2020))

Triple Jump (PR: 35-03.00 (March 7, 2020))

Aisha Watt

5-4 | So. | Seattle, Wash. | Seattle Prep

OUTDOOR SEASON

200 Meters (PR: 25.00 (Feb. 25, 2021))

25.00 3rd Utah Dual Meet Feb. 25

4x100-Meter Relay

48.19 3rd Utah Dual Meet Feb. 25

Bailey Watts

5-4 | Fr. | Foothill Ranch, Calif. | Trabuco Hills HS

Quinn Wiley

5-3 | Jr. | Seattle, Wash. | Chief Sealth HS

OUTDOOR SEASON

400-Meter Hurdles (PR: 1:03.63 (March 7, 2020))

1:05.09 4th Utah Dual Meet Feb. 25

4x100-Meter Relay

48.19 3rd Utah Dual Meet Feb. 25

Thaila Wilson

5-3 | Fr. | St. Catherine, Jamaica | Hydel HS

OUTDOOR SEASON

Triple Jump (PR: 36-06.75 (Feb. 25, 2021))

36-06.75 2nd Utah Dual Meet Feb. 25

Shot Put (PR: 38-03.25 (Feb. 25, 2021))

38-03.25 5th Utah Dual Meet Feb. 25

Javelin Throw (PR: 132-06 (Feb. 25, 2021))

132-06 1st Utah Dual Meet Feb. 25

*KEY: sr - school record; (number) - top-10 school ranking; qp - qualifying prelims; p - preliminaries; h - heats; 1r - first round; q - quarter-finals; s - semifinals; f - finals; i - invite; ei - elite invite; o - open; b - "b" section; se - seeded; u - unseeded; co - college; ch - championships; pn - pentathlon; hp - heptathlon; a - altitude; w - wind aided (> 2.0 mph); conv - converted from 4x400-yard relay); **Note that all personal records (PR) are collegiate personal records***

OUTDOOR**2021 SDSU TRACK & FIELD PERFORMANCE LIST****100 METERS**

School Record: 10.96 (Ashley Henderson, 2018)

Time	Athlete	Place	Notes	Meet	Date
12.23	Alexus Alexander	2nd		Utah Dual Meet	Feb. 25
12.26	Tai McDonald	3rd		Utah Dual Meet	Feb. 25

200 METERS

School Record: 22.34 (Tonette Dyer, 2004)

Time	Athlete	Place	Notes	Meet	Date
24.42	Jalyn Harris	1st		Utah Dual Meet	Feb. 25
24.54	Jada Moore	2nd		Utah Dual Meet	Feb. 25
25.00	Aisha Watt	3rd		Utah Dual Meet	Feb. 25

400 METERS

School Record: 51.15 (Tonette Dyer, 2004)

Time	Athlete	Place	Notes	Meet	Date
55.88	Nyari McNeil	1st		Utah Dual Meet	Feb. 25
56.96	Rhea Hoyte	4th		Utah Dual Meet	Feb. 25

800 METERS

School Record: 2:02.88 (Renee Chambers-Ross, 1985)

Time	Athlete	Place	Notes	Meet	Date
2:19.39	Lauren Harper	4th		Utah Dual Meet	Feb. 25
2:19.74	Alex Lomeli	5th		Utah Dual Meet	Feb. 25
2:20.17	Jessica Kain	6th		Utah Dual Meet	Feb. 25
2:20.70	Emily Burd	7th		Utah Dual Meet	Feb. 25

1,500 METERS

School Record: 4:06.69 (Monica Joyce, 1982)

Time	Athlete	Place	Notes	Meet	Date
4:35.09	Jessica Kain	1st		Utah Dual Meet	Feb. 25
4:36.64	Lauren Harper	3rd		Utah Dual Meet	Feb. 25
4:38.07	Emily Burd	4th		Utah Dual Meet	Feb. 25

3,000 METERS

School Record: 8:53.24 (Monica Joyce, 1982)

Time	Athlete	Place	Notes	Meet	Date
10:15.02	Carlene Masar	3rd		Utah Dual Meet	Feb. 25
10:37.85	Amber Elias	5th		Utah Dual Meet	Feb. 25
10:43.24	Renee Phillips	6th		Utah Dual Meet	Feb. 25
11:06.33	Naomi Smitham	7th		Utah Dual Meet	Feb. 25
11:26.41	Isabelle Davis	8th		Utah Dual Meet	Feb. 25
11:49.05	Natalie Regaldo	9th		Utah Dual Meet	Feb. 25

5,000 METERS

School Record: 15:45.26 (Monica Joyce, 1982)

Time	Athlete	Place	Notes	Meet	Date
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100-METER HURDLES

School Record: 12.82 (Miesha McKelvy, 1999)

Time	Athlete	Place	Notes	Meet	Date
13.87	Danae Dyer	1st		Utah Dual Meet	Feb. 25
14.40	Asia Smith	2nd		Utah Dual Meet	Feb. 25
14.50	Sara Absten	4th		Utah Dual Meet	Feb. 25
5th	Ruthie Grant-Williams	5th		Utah Dual Meet	Feb. 25

400-METER HURDLES

School Record: 54.64 (LaTanya Sheffield, 1985)

Time	Athlete	Place	Notes	Meet	Date
1:02.05	Maya Brosch	1st		Utah Dual Meet	Feb. 25
1:04.87	Carina Clark	3rd		Utah Dual Meet	Feb. 25
1:05.09	Quinn Wiley	4th		Utah Dual Meet	Feb. 25

3,000-METER STEEPLECHASE

School Record: 10:23.34 (Marie Nilsson, 2004)

Time	Team	Place	Notes	Meet	Date
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4x100-METER RELAY

School Record: 42.99 (Auzenne, Glenn, Smith, Henderson, 2017)

Time	Team	Place	Notes	Meet	Date
45.36	Alexander, McDonald, Moore, Dyer	1st		Utah Dual Meet	Feb. 25
48.19	Watt, Hoyte, Brosch, Wiley	3rd		Utah Dual Meet	Feb. 25

4x200-METER RELAY

School Record: 1:32.99 (Smedley, Dyer, McNair, Ireland, 2003)

Time	Team	Place	Notes	Meet	Date
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4x400-METER RELAY

School Record: 3:30.57 (Nilsson, Ross, Robinson, Sheffield, 1985)

Time	Team	Place	Notes	Meet	Date
3:42.44	Hoyte, Dyer, McNeil, Harris	1st		Utah Dual Meet	Feb. 25
3:49.87	Brosch, Moore, McDonald, Alexander	3rd		Utah Dual Meet	Feb. 25
4:02.23	Absten, Grant-Williams, Smith, Clark	4th		Utah Dual Meet	Feb. 25

SHUTTLE HURDLES RELAY

School Record: 54.34 (Brabham-Lawrence, Auzenne, Knight, Ellis, 2017)

Mark	Athlete	Place	Notes	Meet	Date
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HIGH JUMP

School Record: 5-11.75 (Lori Clark, 1984)

Mark	Athlete	Place	Notes	Meet	Date
5-07.25	Ruthie Grant-Williams	1st		Utah Dual Meet	Feb. 25
5-05.00	Sara Absten	2nd		Utah Dual Meet	Feb. 25
5-05.00	Asia Smith	3rd		Utah Dual Meet	Feb. 25
5-01.25	Isabelle Gartner	4th		Utah Dual Meet	Feb. 25

LONG JUMP

School Record: 21-09.50 (Karoline Koehler, 2009)

Mark	Athlete	Place	Notes	Meet	Date
17-02.00	Lauryn Moore	1st		Utah Dual Meet	Feb. 25
17-00.00	Simone Johnson	3rd		Utah Dual Meet	Feb. 25
16-03.00	Alanna Stein	4th		Utah Dual Meet	Feb. 25

TRIPLE JUMP

School Record: 46-05.00 (Shanieka Thomas, 2013)

Mark	Athlete	Place	Notes	Meet	Date
38-09.75	Simone Johnson	1st		Utah Dual Meet	Feb. 25
36-06.75	Thaila Wilson	2nd		Utah Dual Meet	Feb. 25
35-05.00	Lauryn Moore	3rd		Utah Dual Meet	Feb. 25
34-11.75	Jade Cany	4th		Utah Dual Meet	Feb. 25
33-09.50	Alanna Stein	6th		Utah Dual Meet	Feb. 25

POLE VAULT

School Record: 14-09.50 (Bonnie Draxler, 2019)

Mark	Athlete	Place	Notes	Meet	Date
13-04.25	Kaitlin Heri	1st		Utah Dual Meet	Feb. 25
13-00.25	Elizabeth Funk	2nd		Utah Dual Meet	Feb. 25
12-00.50	Kaitlyn Swenson	3rd		Utah Dual Meet	Feb. 25
NH	Alysia Allen	--		Utah Dual Meet	Feb. 25

SHOT PUT

School Record: 58-03.50 (Ramona Pagel, 1984)

Mark	Athlete	Place	Notes	Meet	Date
45-07.75	Jordyn Bryant	1st		Utah Dual Meet	Feb. 25
44-09.00	Erica Grotegeer	2nd		Utah Dual Meet	Feb. 25
43-00.25	Onyi Anigbogu	3rd		Utah Dual Meet	Feb. 25
38-11.00	Asia Smith	4th		Utah Dual Meet	Feb. 25
38-03.25	Thaila Wilson	5th		Utah Dual Meet	Feb. 25
32-09.00	Ruthie Grant-Williams	6th		Utah Dual Meet	Feb. 25
31-04.50	Sara Absten	7th		Utah Dual Meet	Feb. 25

DISCUS THROW

School Record: 196-10 (Whitney Ashley, 2012)

Mark	Athlete	Place	Notes	Meet	Date
165-08	Erica Grotegeer	1st		Utah Dual Meet	Feb. 25
155-04	Felicia Crenshaw	2nd		Utah Dual Meet	Feb. 25

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149-05	Jordyn Bryant	3rd		Utah Dual Meet	Feb. 25
142-09	Cari Acosta	4th		Utah Dual Meet	Feb. 25
113-07	Onyi Anigbogu	5th		Utah Dual Meet	Feb. 25

HAMMER THROW

School Record: 196-10 (Whitney Ashley, 2012)

Mark	Athlete	Place	Notes	Meet	Date
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JAVELIN THROW

School Record: 160-05.25 (Niki Oudenaarden, 2014)

Mark	Athlete	Place	Notes	Meet	Date
132-06	Thaila Wilson	1st		Utah Dual Meet	Feb. 25

HEPTAHLON

School Record: 5,917 (Allison Reaser, 2014)

Points	Athlete	Place	Notes	Meet	Date
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