



2023 SAN DIEGO STATE TRACK & FIELD

2023 Schedule

December

10 Red-Black All-Comers Meet SDSU

January

27-28 UW Invite UW

February

2-4 WSU Open & Combined Events WSU

10-11 Don Kirby Invite UNM

23-25 MW Indoor Champs UNM

March

10 Ben Brown Invite

10-11 NCAA Indoor Championships UNM

18 Point Loma Invite PLNU

23-25 Aztec Invitational SDSU

31 Stanford Invite Stanford

April

1 Stanford Invite Stanford

7-8 Trojan Invite USC

7-8 Triton Invite UCSD

12-15 Mt. Sac Relays Mt. Sac

13-15 Bryan Clay Invitational APU

27-29 Penn Relays Penn

28-29 UCI Steve Scott Invite UCI

May

6 Oxy Invitational Oxy

11-13 MW Outdoor Champs Fresno, Calif.

24-27 NCAA West Prelims Sacramento, Calif.

June

7-10 NCAA Outdoor Champs Texas

Meet Week Preview

UNM Don Kirby Invitational – Albuquerque, NM – February 10-11

Albuquerque, NM. – Albuquerque Convention Center (Hosted by UNM)

Albuquerque, NM. – The Aztecs are set to continue their 2023 indoor campaign on February 10-11 at the UNM Don Kirby Invitational at the Albuquerque Convention Center.

Following their appearance in Albuquerque, the team will return to San Diego to prepare for the MW Indoor Championships. The Indoor Championships will be held back at UNM in Albuquerque, NM in late February, the 23rd to 25th.

The Aztecs are coming off another strong performance of the season at the WSU Open and Combined Events meet.

Thursday's noteworthy performance came from Jenna Fee Feyerabend, who placed first in the pentathlon with a score of 4,103, a new personal best record.

Feyerabend placed first in three events, 60m hurdles (8.72), high jump (5-07.75 (1.72m)), and long jump (19-03.25 (5.87m)) and second place in the 800m (2:23.08) and shot put (39-05.75 (12.03m)) with four additional personal best records.

On Friday, Jada Moore captured the 200-meter dash in 23.86 seconds, the eighth-fastest indoor time in program history. Moore beat out 88 other entrants in the 200 and ran 0.60 seconds faster in the event than in last week's opener at the UW Invitational.

SDSU's other winner came in the long jump, where Hannah Waller's leap of 19 feet, 8 inches (5.99m) easily beat out a field of 56. It was the ninth-best indoor mark in school history and won the event by 7 ½ inches better than runner-up Elena Carter of Montana State (19-00.50 (5.80m)).

On the final day of competition, Shaquena Foote won the 400-meter dash in a time of 54.37 seconds, the seventh-best indoor time in school history, earning her first Mountain West Track Athlete of the Week accolade.

The Aztecs return 27 members of the 2022 squad while welcoming six freshman and five transfers.

Aztec Tidbits

- This will be SDSU's final regular season indoor meet before competing at the Mountain West Indoor Championships from Feb 23-25 in Albuquerque, NM.
- Jenna Fee Feyerabend's pentathlon performance puts her at 2nd best in the Mountain West and 14th in the nation.
- Jada Moore leads the Mountain West in the 200-meter dash with her performance of 23.86 seconds. The mark is also the eighth-fastest indoor time in program history.
- Danae Dyer ranks first in the Mountain West after her 60-meter hurdles time of 8.25 on the first day of the WSU Open.
- Head Coach Shelia Burrell, six-time Mountain West Coach of the Year, enters her 14th season on the Mesa.

Roster Breakdown

By Class

Seniors (14)

Sydney Bentley, Felicia Crenshaw, Danae Dyer, Corey Friedenbach, Ruthie Grant-Williams, Erica Grotegeer, Lauren Harper, Jessica Kain, Alex Lomeli, Taylor Lustyan, Jada Moore, Vanessa Spizewski, Dejanae Thompson, Destiny Washington

Juniors (8)

Amber Elias, Sameerah Evans, Rhea Hoyte, Simone Johnson, Hannah Waller, Aisha Watt, Bailey Watts, Thalia Wilson

Sophomores (10)

Alexus Alexander, Onyi Anigbogu, Zoe Brosch, Vanessa Cabello, Ashley Callahan, Jenna Fee Feyerabend, Shaquena Foote, Maya Gorman, Madeleine Heller, Nicole Meyer

Freshmen (6)

Melanie Falkowski, Charlize James, Kimeone McLeod, Maddy Parrone, Bella Peretti, Tatum Zinkin

By Home State/Country

California (31) - Alexis Alexander, Onyi Anigbogu, Sydney Bentley, Zoe Brosch, Vanessa Cabello, Ashley Callahan, Felicia Crenshaw, Danae Dyer, Amber Elias, Sameerah Evans, Melanie Falkowski, Corey Friedenbach, Maya Gorman, Ruthie Grant-Williams, Erica Grotegeer, Lauren Harper, Madeleine Heller, Charlize James, Simone Johnson, Jessica Kain, Alex Lomeli, Taylor Lustyan, Nicole Meyer, Maddy Parrone, Bella Peretti, Vanessa Spizewski, Dejanae Thompson, Destiny Washington, Bailey Watts, and Tatum Zinkin

Washington (1) - Aisha Watt

Jamaica (2) - Shaquena Foote, Thalia Wilson

Barbados (1) - Rhea Hoyte

Germany (1) - Jenna Fee Feyerabend

Missouri (1) - Jada Moore

Slovenia (1) - Zala Sekavcnik

Virginia (1) - Hannah Waller

2023 SDSU Track and Field Roster

Name	Events	Yr.	Hometown (Previous School)
Alexus Alexander	Sprints	So.	Compton, Calif. (Lakewood High)
Onyi Anigbogu	Throws	So.	Corona, Calif. (Santiago HS)
Sydney Bentley	Sprints	Sr.	Los Angeles, Calif.
Zoe Brosch	Throws	So.	South Lake Tahoe, Calif. (South Tahoe High)
Vanessa Cabello	Distance	So.	Los Altos, Calif. (Saint Francis High)
Ashley Callahan	Pole Vault	So.	Escondido, Calif. (Rancho Bernardo High)
Felicia Crenshaw	Throws	Sr.	Costa Mesa, Calif. (Costa Mesa High)
Danae Dyer	Sprints/Hurdles	Sr.	Temecula, Calif. (Temecula Valley High)
Amber Elias	Distance	Jr.	Napa, Calif. (Vintage HS)
Sameerah Evans	Hurdles/Jumps	Jr.	Fairfield, Calif. (CSUN)
Melanie Falkowski	Distance	Fr.	Laguna Beach, Calif. (Laguna Beach HS)
Jenna Fee Feyerabend	Multi's/Jumps	So.	Gross-Gerau, Germany (Carl-Von-Weinberg Schule)
Shaquena Foote	Sprints/Hurdles/Mid	So.	Westmoreland, Jamaica (Petersfield HS)
Corey Friedenbach	Pole Vault	Sr.	Santa Cruz, Calif. (Air Force)
Maya Gorman	Sprints/Jumps	So.	Mountain House, Calif. (CSU Stanislaus)
Ruthie Grant-Williams	Multi's	Sr.	Coronado, Calif. (Coronado High)
Erica Grotegeer	Throws	Sr.	Plumas Lake, Calif. (Wheatland Union High)
Lauren Harper	Mid-Distance	Sr.	Weaverville, Calif. (Trinity High)
Madeleine Heller	Distance	So.	San Juan Capistrano, Calif. (USD)
Rhea Hoyte	Sprints/Hurdles	Jr.	St. Michael, Barbados (The St. Michael School)
Charlize James	Sprints	Fr.	Spring Valley, Calif. (San Diego HS)
Simone Johnson	Sprints/Jumps	Jr.	Fresno, Calif. (Central High)
Jessica Kain	Mid-Distance	Sr.	Scotts Valley, Calif. (Scotts Valley High)
Alex Lomeli	Mid-Distance	Sr.	Los Angeles, Calif (Notre Dame Academy High)
Taylor Lustyan	Distance	Sr.	Clovis, Calif. (Chico State)
Kimeone McLeod	Sprints/Hurdles	Fr.	Spanish Town, Jamaica
Nicole Meyer	Distance	So.	Orange, Calif. (Orange Lutheran High)
Jada Moore	Sprints	Sr.	St. Louis, Mo. (Pattonville High)
Maddy Parrone	Distance	Fr.	Westlake Village, Calif. (Oak Park HS)
Bella Peretti	Distance	Fr.	San Jose, Calif. (Pioneer HS)
Vanessa Spizewski	Sprints/Jumps	Sr.	San Diego, Calif. (Rancho Buena Vista High)
Dejanae Thompson	Jumps	Sr.	San Diego, Calif. (Morse High)
Hannah Waller	Sprints/Jumps	Jr.	Reston, Va.
Destiny Washington	Hurdles	Sr.	Riverside, Calif. (Riverside CC)
Aisha Watt	Sprints	Jr.	Seattle, Wash. (Seattle Prep)
Bailey Watts	Mid-Distance/Distance	Jr.	Foothill Ranch, Calif. (Trabuco Hills HS)
Thalia Wilson	Multi's/Jumps	Jr.	St. Catherine, Jamaica (Hydel High)
Tatum Zinkin	Distance	Fr.	Fresno, Calif. (Clovis North HS)

Coaching Staff

Head Coach: Shelia Burrell (UCLA, 1995), 14th season

Assistant Coach/Recruiting Coordinator: Alrick Munroe (Wayland Baptist Univ., 1988), 10th season

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

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

Assistant Coach (Pole Vault): Richard Fox (San Diego State, 1992), 28th season

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

Assistant Coach: Brad Johnson

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

2023 SDSU TRACK & FIELD PERFORMANCE LIST

800 Meters (PR: 2:51.40 (Feb. 2, 2023))			
2:51.40 (pn)	24th	WSU Open	Feb. 2
60-Meter Hurdles (PR: 9.24 (Feb. 4, 2022))			
9.47 (pn)	23rd	WSU Open	Feb. 2
9.83 (p)	37th	WSU Open	Feb. 4
High Jump (PR: 5-04.50 (Jan. 31, 2020))			
4-11.00	10th	UW Invitational	Jan. 27
5-01.75 (pn)	19th	WSU Open	Feb. 2
5-00.50	24th	WSU Open	Feb. 3

Shot Put (PR: 35-02.50 (Feb. 4, 2022))			
32-02.00	22nd	UW Invitational	Jan. 28
34-07.75 (pn)	15th	WSU Open	Feb. 2

Long Jump (PR: 16-08.75 (Jan. 31, 2020))			
16-03.00 (pn)	19th	WSU Open	Feb. 2
Pentathlon (PR: 3,144 (Feb. 24, 2022))			
3,076	22nd	WSU Open	Feb. 2

4x400 Meter Relay			
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OUTDOOR SEASON			
200 Meter Dash (PR: 26.48 (May 13, 2021))			
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800 Meter Run (PR: 2:38.43 (Mar. 25, 2022))			
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100-Meter Hurdles (PR: 14.95 (April 9, 2021))			
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Long Jump (PR: 17-07.00 (March 25, 2021))			
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High Jump (PR: 5-07.25 (Feb. 25, 2021))			
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Shot Put (PR: 35-03.00 (April 7, 2021))			
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Javelin Throw (PR: 97-9 (April 10, 2021))			
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Heptathlon (PR: 4,687 points (April 10, 2021))			
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Erica Grotegeer

Sr. | Plumas Lake, Calif. | Wheatland Union HS
INDOOR SEASON

Shot Put (PR: 44-10.75 (Jan. 25, 2020))			
39-07.25	12th	UW Invitational	Jan. 28

OUTDOOR SEASON			
Shot Put (PR: 44-09.00 (Feb. 25, 2021))			
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Discus Throw (PR: 182-5 (May 15, 2021))			
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Lauren Harper

Sr. | Weaverville, Calif. | Trinity HS
INDOOR SEASON

800 Meters (PR: 2:07.31 (Feb. 26, 2022))			
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OUTDOOR SEASON			
800 Meters (PR: 2:06.40 (May 14, 2022))			
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1,500 Meters (PR: 4:28.17 (Mar. 26, 2022))			
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3,000 Meter Steeplechase (PR: 11:33.73))			
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Madeleine Heller

So. | San Juan Capistrano, Calif. | USD
INDOOR SEASON

Rhea Hoyte

Jr. | St. Michael, Barbados | The St. Michael School
INDOOR SEASON

200 Meters (PR: 24.932 (Feb. 11, 2022))			
24.94	21st	WSU Open	Feb. 3

400 Meters (PR: 55.78 (Jan. 28, 2023))			
55.78	2nd	UW Invitational	Jan. 28
56.64	10th	WSU Open	Feb. 4

4x400 Meter Relay			
3:44.84	1st	UW Invitational	Jan. 28

OUTDOOR SEASON			
100 Meter Dash (PR)			
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200 Meter Dash (PR: 24.87 (March 27, 2021))			
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400 Meters (PR: 56.96 (Feb. 25, 2021))			
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400 Meter Hurdles (59.02 (April 30, 2021))			
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Charlize James

Fr. | Spring Valley, Calif. | San Diego HS
INDOOR SEASON

60 Meters (PR: 7.83 (Feb. 4, 2023))			
7.87 (p)	17th	UW Invitational	Jan. 28
7.83 (qp)	22nd	WSU Open	Feb. 4

60 Meter Hurdles (PR: 8.48 (Jan. 27, 2023))			
8.68 (p)	5th	UW Invitational	Jan. 27
8.48 (f)	4th	UW Invitational	Jan. 27

8.56 (f)	4th	WSU Open	Feb. 4
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4x400 Meter Relay			
3:44.84	1st	UW Invitational	Jan. 28

Simone Johnson

Jr. | Fresno, Calif. | Central HS
INDOOR SEASON

Long Jump (PR: 19-00.00 (Feb. 3, 2023))			
19-00.00	3rd	WSU Open	Feb. 3

Triple Jump (PR: 43-08.75 (Jan. 27, 2023))			
43-08.75	1st	UW Invitational	Jan. 27

OUTDOOR SEASON			
Long Jump (PR: 19-11.75 (March 26, 2022))			
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Triple Jump (PR: 42-03.50 (April 17, 2021))			
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High Jump (PR: 4-11.75 (March 11, 2022))			
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Jessica Kain

Sr. | Scotts Valley, Calif. | Scotts Valley HS
INDOOR SEASON

800 Meters (PR: 2:15.52 (March 11, 2022))			
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One Mile (PR: 4:47.55 (Jan. 28, 2023))			
4:47.55	14th	UW Invitational	Jan. 28

Distance Medley			
12:00.03	--	UW Invitational	Jan. 27

OUTDOOR SEASON			
800 Meter (PR: 2:14.22 (March 26, 2022))			
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1,500 Meters (PR: 4:21.87 (May 15, 2021))			
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3,000 Meters (PR: 10:01.50 (April 7, 2021))			
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Alex Lomeli

Sr. | Los Angeles, Calif. | Notre Dame Academy HS
INDOOR SEASON

800 Meters (PR: 2:13.84 (Jan. 28, 2023))			
2:13.84	25th	UW Invitational	Jan. 28

4x400 Meter Relay			
3:52.12	--	UW Invitational	Jan. 28

1,500 Meters (PR: 4:41.77 (April 7, 2021))			
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OUTDOOR SEASON			
800 Meters (PR: 2:11.36 (May 13, 2022))			
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1,500 Meters (PR: 4:41.77 (April 7, 2021))			
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Taylor Lustyan

Sr. Clovis, Calif. Clovis North HS (Chico State)			
1,500 Meters (PR: 4:41.77 (April 7, 2021))			
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3,000 Meter Steeplechase (PR: 12:35.00 (March 11, 2022))			
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5,000 Meter Run (PR: 19:00.11 (Mar. 26, 2022))			
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Kimeone McLeod

Fr. | Spanish Town, Jamaica |
INDOOR SEASON

Nicole Meyer

So. | Orange, Calif. | Orange Lutheran HS
INDOOR SEASON

Distance Medley			
12:00.03	--	UW Invitational	Jan. 27

Jada Moore

Sr. | St. Louis, Mo. | Pattonville HS
INDOOR SEASON

60 Meters (PR: 7.42 (Jan. 28, 2023))			
7.54 (p)	2nd	UW Invitational	Jan. 28
7.42 (f)	2nd	UW Invitational	Jan. 28

7.44 (p)	2nd	WSU Open	Feb. 4
7.59 (f)	7th	WSU Open	Feb. 4

200 Meters (PR: 23.86 (Feb. 3, 2023))			
24.46	1st	UW Invitational	Jan. 27
23.86	1st	WSU Open	Feb. 3

4x400 Meter Relay			
3:52.12	--	UW Invitational	Jan. 28

OUTDOOR SEASON			
100 Meters (PR: 11.48 (May 27, 2021))			
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200 Meters (PR: 23.11 (May 15, 2021))			
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Maddy Parrone

Fr. | Westlake Village, Calif. | Oak Park HS
INDOOR SEASON

One Mile (PR: 5:25.79 (Jan. 28, 2023))			
5:25.79	60th	UW Invitational	Jan. 28

Bella Peretti

Fr. | San Jose, Calif. | Pioneer HS
INDOOR SEASON

Vanessa Spizewski

Sr. | San Diego, Calif. | Rancho Buena Vista HS
INDOOR SEASON

60 Meters (PR: 7.91 (Feb. 1, 2020))			
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200 Meters (PR: 26.92 (Jan. 29, 2022))			
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Long Jump (PR: 19-00.00 (Feb. 25, 2022))			
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OUTDOOR SEASON			
100 Meters (PR: 12.65 (April 30, 2021))			
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Long Jump (PR: 19-01.25 (April 30, 2022))			
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Dejanae Thompson

Sr. | San Diego, Calif. | Morse HS
INDOOR SEASON

Long Jump (PR: 20-01.50 (Feb. 25, 2022))			
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Triple Jump (PR: 37-10.75 (Feb. 5, 2022))			
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OUTDOOR SEASON			
High Jump (PR: 4-07.75 (March 11, 2022))			
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2023 SDSU TRACK & FIELD PERFORMANCE LIST

Long Jump (PR: 19-09.00 (April 30, 2022))

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

Hannah Waller

Jr. | Reston, Va. |

INDOOR SEASON

60 Meters (PR: 7.36 (Jan. 28, 2023))

7.41 (p) 1st UW Invitational Jan. 28

7.36 (f) 1st UW Invitational Jan. 28

4x400 Meter Relay

3:44.84 1st UW Invitational Jan. 28

Long Jump (PR: 19-08.00 (Feb. 3, 2023))

19-04.25 2nd UW Invitational Jan. 28

19-08.00 1st WSU Open Feb. 3

Destiny Washington

Sr. | Riverside, Calif. | Lake Central HS (Riverside CC)

INDOOR SEASON

60 Meter Hurdles (PR: 9.06 (Feb. 11, 2022))

OUTDOOR SEASON

100 Meters (PR: 12.51 (March 26, 2022))

100 Meter Hurdles (PR: 15.03 (March 26, 2022))

Aisha Watt

Jr. | Seattle, Wash. | Seattle Prep

INDOOR SEASON

60 Meters (PR: 7.42 (Jan. 28, 2023))

7.69 (p) 6th UW Invitational Jan. 28

7.58 (f) 5th UW Invitational Jan. 28

7.63 (qp) 5th WSU Open Feb. 4

7.58 (p) 9th WSU Open Feb. 4

200 Meters (PR: 24.25 (Feb. 25, 2022))

25.05 5th UW Invitational Jan. 27

24.42 10th WSU Open Feb. 3

4x400 Meter Relay

3:44.84 1st UW Invitational Jan. 28

OUTDOOR SEASON

100 Meters Outdoor (PR: 11.69 (April 30, 2022))

200 Meters Outdoor (PR: 23.79 (May 14, 2021))

Bailey Watts

Jr. | Foothill Ranch, Calif. | Trabuco Hills HS

OUTDOOR SEASON

1,500 Meters Outdoor (PR: 4:43.-7 (March 26, 2021))

Thaila Wilson

Jr. | St. Catherine, Jamaica | Hydell HS

INDOOR SEASON

800 Meters (PR: 3:06.68 (Feb. 2, 2023))

3:06.68 (pn) 25th WSU Open Feb. 2

60-Meter Hurdles (PR: 9.15 (Jan. 27, 2023))

9.15 (p) 15th UW Invitational Jan. 27

9.24 (pn) 12th WSU Open Feb. 2

9.19 (p) 21st WSU Open Feb. 4

High Jump (PR: 5-03.00 (Feb. 2, 2023))

5-03.00 (pn) 10th WSU Open Feb. 2

Long Jump (PR: 17-01.25 (Jan. 28, 2023))

17-01.25 12th UW Invitational Jan. 28

16-08.00 (pn) 16th WSU Open Feb. 2

Shot Put (PR: 41-02.25 (Feb. 2, 2023))

39-04.50 13th UW Invitational Jan. 28

41-02.25 (pn) 1st WSU Open Feb. 2

Pentathlon (PR: 3,181 (Feb. 2, 2023))

3,181 19th WSU Open Feb. 2

OUTDOOR SEASON

200 Meter Dash (PR: 26.29 (May 11, 2022))

800 Meter Run (PR: 3:02.64 (May 12, 2022))

100 Meter Hurdles (PR: 15.52 (April 9, 2022))

High Jump Outdoor (PR: 5-07.00 (May 1, 2021))

Tatum Zinkin

Fr. | Fresno, Calif. | Clovis North HS

INDOOR SEASON

800 Meters (PR: 2:19.28 (Jan. 19, 2023))

2:19.28 31st UW Invitational Jan. 28

Distance Medley

12:00.03 -- UW Invitational Jan. 27

INDOOR

2023 SDSU TRACK & FIELD PERFORMANCE LIST

60 METERS

School Record: 7.17 (Ashley Henderson, 2017)

Time	Athlete	Place	Notes	Meet	Date
7.36	Hannah Waller	1st	PR, Finals, 4th best at SDSU	UW Invitational	Jan. 28
7.41	Hannah Waller	1st	PR, Prelims	UW Invitational	Jan. 28
7.42	Jada Moore	2nd	PR, Finals	UW Invitational	Jan. 28
7.43	Shaquena Foote	1st	Qualifying, 9th best at SDSU	WSU Open	Feb. 4
7.43	Shaquena Foote	4th	Prelims	WSU Open	Feb. 4
7.44	Jada Moore	2nd	Prelims, 10th best at SDSU	WSU Open	Feb. 4
7.47	Shaquena Foote	3rd	Finals	WSU Open	Feb. 4
7.54	Jada Moore	2nd	Prelims	UW Invitational	Jan. 28
7.58	Aisha Watt	5th	Finals	UW Invitational	Jan. 28
7.58	Aisha Watt	9th	Prelims	WSU Open	Feb. 4
7.59	Jada Moore	7th	Finals	WSU Open	Feb. 4
7.62	Alexus Alexander	12th	Prelims	WSU Open	Feb. 4
7.63	Aisha Watt	5th	Qualifying	WSU Open	Feb. 4
7.66	Danae Dyer	8th	Qualifying	WSU Open	Feb. 4
7.69	Aisha Watt	6th	Prelims	UW Invitational	Jan. 28
7.72	Alexus Alexander	14th	Qualifying	WSU Open	Feb. 4
7.73	Alexus Alexander	8th	Finals	UW Invitational	Jan. 28
7.74	Alexus Alexander	8th	Prelims	UW Invitational	Jan. 28
7.77	Danae Dyer	9th	Prelims	UW Invitational	Jan. 28
7.83	Charlize James	22nd	Qualifying	WSU Open	Feb. 4
7.87	Charlize James	17th	Prelims	UW Invitational	Jan. 28

200 METERS

School Record: 22.41 (Ashley Henderson, 2018)

Time	Athlete	Place	Notes	Meet	Date
23.86	Jada Moore	1st	8th best at SDSU	WSU Open	Feb. 3
24.41	Aisha Watt	10th		WSU Open	Feb. 3
24.46	Jada Moore	1st		UW Invitational	Jan. 27
24.94	Rhea Hoyte	21st		WSU Open	Feb. 3
25.05	Aisha Watt	5th		UW Invitational	Jan. 27
25.07	Sydney Bentley	25th		WSU Open	Feb. 3
25.36	Alexus Alexander	30th		WSU Open	Feb. 3
26.03	Alexus Alexander	16th		UW Invitational	Jan. 27

400 METERS

School Record: 53.51 (Tonette Dyer, 2003)

Time	Athlete	Place	Notes	Meet	Date
53.78	Shaquena Foote	1st	PR, 3rd best at SDSU	UW Invitational	Jan. 28
54.37	Shaquena Foote	1st	7th best at SDSU	WSU Open	Feb. 4
55.78	Rhea Hoyte	2nd	PR	UW Invitational	Jan. 28
56.45	Sydney Bentley	8th		WSU Open	Feb. 4
56.64	Rhea Hoyte	10th		WSU Open	Feb. 4
56.74	Sydney Bentley	4th		UW Invitational	Jan. 28

600 METERS

School Record: 1:29.84 (Sakura Roberson, 2020)

Time	Athlete	Place	Notes	Meet	Date
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800 METERS

School Record: 2:07.31 (Lauren Harper, 2022)

Time	Athlete	Place	Notes	Meet	Date
2:13.84	Alex Lomeli	25th	9th best at SDSU	UW Invitational	Jan. 28
2:19.28	Tatum Zinkin	31st		UW Invitational	Jan. 28
2:23.08	Jenna Fee Feyerabend	2nd	Pentathlon	WSU Open	Feb. 2
2:51.40	Ruthie Grant-Williams	24th	Pentathlon	WSU Open	Feb. 2
3:06.68	Thalia Wilson	25th	Pentathlon	WSU Open	Feb. 2

1,000 METERS

School Record: 2:52.69 (Ellison Grove, 2017)

Time	Athlete	Place	Notes	Meet	Date
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MILE

School Record: 4:37.4 (Lynn Kanuka, 1981)

Time	Athlete	Place	Notes	Meet	Date
4:47.55	Jessica Kain	14th	PR, 3rd best at SDSU	UW Invitational	Jan. 28
5:09.71	Vanessa Cabello	52nd	8th best at SDSU	UW Invitational	Jan. 28
5:25.79	Maddy Parrone	60th		UW Invitational	Jan. 28
DNS	Bella Peretti	--		UW Invitational	Jan. 28
DNS	Nicole Meyer	--		UW Invitational	Jan. 28

60-METER HURDLES

School Record: 8.11 (Micha Auzenne, 2017)

Time	Athlete	Place	Notes	Meet	Date
8.25	Danae Dyer	2nd	Finals	WSU Open	Feb. 4
8.42	Danae Dyer	3rd	Finals	UW Invitational	Jan. 27
8.47	Danae Dyer	4th	Prelims	UW Invitational	Jan. 27
8.48	Charlize James	4th	PR, Finals	UW Invitational	Jan. 27
8.56	Charlize James	4th	Finals	WSU Open	Feb. 4
8.63	Jenna Fee Feyerabend	5th	PR, Finals	UW Invitational	Jan. 27
8.68	Charlize James	5th	PR, Prelims	UW Invitational	Jan. 27
8.70	Jenna Fee Feyerabend	6th	PR, Prelims	UW Invitational	Jan. 27
8.72	Jenna Fee Feyerabend	1st	Pentathlon	WSU Open	Feb. 2
8.87	Sameerah Evans	10th	Prelims	WSU Open	Feb. 4
8.93	Sameerah Evans	9th	PR, Prelims	UW Invitational	Jan. 27
9.15	Thalia Wilson	15th	PR, Prelims	UW Invitational	Jan. 27
9.19	Thalia Wilson	21st	Prelims	WSU Open	Feb. 4
9.24	Thalia Wilson	12th	Pentathlon	WSU Open	Feb. 2
9.47	Ruthie Grant-Williams	23rd	Pentathlon	WSU Open	Feb. 2
9.83	Ruthie Grant-Williams	37th	Prelims	WSU Open	Feb. 4

4x400-METER RELAY

School Record: 3:33.81 (Harris, Dyer, Roberson, McNeil, 2020)

Time	Team	Place	Notes	Meet	Date
3:44.84	Hoyte, Waller, Watt, James	1st		UW Invitational	Jan. 28
3:52.12	Bentley, Moore, Alexander, Lomeli	--		UW Invitational	Jan. 28

POLE VAULT

School Record: 14-11.50 (Bonnie Draxler, 2019)

Mark	Athlete	Place	Notes	Meet	Date
12-10.00	Ashley Callahan	3rd	Invitational	WSU Open	Feb. 4
12-05.50	Ashley Callahan	12th		UW Invitational	Jan. 28
12-04.00	Corey Friedenbach	7th	Invitational	WSU Open	Feb. 4
11-11.75	Corey Friedenbach	15th		UW Invitational	Jan. 28

HIGH JUMP

School Record: 5-11.50 (Lori Clark, 1984)

Mark	Athlete	Place	Notes	Meet	Date
5-08.00	Jenna Fee Feyerabend	2nd		UW Invitational	Jan. 27
5-07.75	Jenna Fee Feyerabend	1st	Pentathlon	WSU Open	Feb. 2
5-03.00	Thalia Wilson	10th	Pentathlon	WSU Open	Feb. 2
5-01.75	Ruthie Grant-Williams	19th	Pentathlon	WSU Open	Feb. 2
5-00.50	Ruthie Grant-Williams	24th		WSU Open	Feb. 3
4-11.00	Ruthie Grant-Williams	10th		UW Invitational	Jan. 27
DNS	Thalia Wilson	--		UW Invitational	Jan. 27

LONG JUMP

School Record: 21-07.50 (Karoline Koehler, 2010)

Mark	Athlete	Place	Notes	Meet	Date
19-08.00	Hannah Waller	1st		WSU Open	Feb. 3
19-04.25	Hannah Waller	2nd	PR	UW Invitational	Jan. 28
19-03.25	Jenna Fee Feyerabend	1st	PR, Pentathlon	WSU Open	Feb. 2
19-00.00	Simone Johnson	3rd		WSU Open	Feb. 3
18-06.50	Jenna Fee Feyerabend	5th		UW Invitational	Jan. 28
17-07.50	Sameerah Evans	10th		UW Invitational	Jan. 28
17-05.25	Sameerah Evans	16th		WSU Open	Feb. 3
17-01.25	Thalia Wilson	12th		UW Invitational	Jan. 28
16-08.00	Thalia Wilson	16th	Pentathlon	WSU Open	Feb. 2
16-03.00	Ruthie Grant-Williams	19th	Pentathlon	WSU Open	Feb. 2
DNS	Ruthie Grant-Williams	--		UW Invitational	Jan. 28
FOUL	Simone Johnson	--		UW Invitational	Jan. 28

TRIPLE JUMP

School Record: 46-02.50 (Shanieka Thomas, 2013)

Mark	Athlete	Place	Notes	Meet	Date
43-08.75	Simone Johnson	1st	PR, 3rd best at SDSU	UW Invitational	Jan. 27
39-01.75	Sameerah Evans	3rd		UW Invitational	Jan. 27

SHOT PUT

School Record: 55-07.50 (Whitney Ashley, 2012)

Mark	Athlete	Place	Notes	Meet	Date
47-10.5	Felicia Crenshaw	3rd	PR, 6th best at SDSU	UW Invitational	Jan. 28
44-06.25	Felicia Crenshaw	11th		WSU Open	Feb. 4
41-02.25	Thalia Wilson	1st	PR, Pentathlon	WSU Open	Feb. 2

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39-07.25	Erica Grotegeer	12th		UW Invitational	Jan. 28
39-05.75	Jenna Fee Feyerabend	2nd	Pentathlon	WSU Open	Feb. 2
39-04.50	Thalia Wilson	13th	PR	UW Invitational	Jan. 28
38-02.00	Jenna Fee Feyerabend	17th		UW Invitational	Jan. 28
34-07.75	Ruthie Grant-Williams	15th	Pentathlon	WSU Open	Feb. 2
32-02.00	Ruthie Grant-Williams	22nd		UW Invitational	Jan. 28

WEIGHT THROW**School Record: 66-01.00 (Jasmine Burrell, 2014)**

Mark	Athlete	Place	Notes	Meet	Date
50-08.25	Felicia Crenshaw	20th		WSU Open	Feb. 3
50-02.50	Zoe Brosch	6th		UW Invitational	Jan. 27
48-02.00	Zoe Brosch	31st		WSU Open	Feb. 3
FOUL	Felicia Crenshaw	--		UW Invitational	Jan. 27

DISTANCE MEDLEY**School Record:**

Time	Team	Place	Notes	Meet	Date
12:00.03	Kain, Bentley, Zinkin, Meyer	--	2nd best at SDSU	UW Invitational	Jan. 27

PENTATHLON**School Record: 4,145 (Allison Reaser, 2014)**

Mark	Athlete	Place	Notes	Meet	Date
4,103	Jenna Fee Feyerabend	1st	PR	WSU Open	Feb. 2
3,181	Thalia Wilson	19th		WSU Open	Feb. 2
3,076	Ruthie Grant-Williams	22nd		WSU Open	Feb. 2