



# 2012 Big West Track & Field



Information Contact: Brie Campbell • bcampbell@bigwest.org

2 Corporate Park, Suite 206 • Irvine, CA 92606 • Phone: (949) 261-2525 • (949) 261-2528

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**Big West Makes Appearance at Cal/Nevada Championships Meet:** Five Big West teams made their way to the Cal/Nevada Championships proving the ranks among opponents as Long Beach State finished second in the women's competition, just five points shy of the title that went to San Diego State. The men's side was dominated by the Big West with the top four finishes, UC Santa Barbara (141.50), Long Beach State (114), UC Riverside (109) and Cal State Northridge (84.50).

Kayla Goosby, Saedra Wright, Dee Lars and Emily Cooper started off the day with a victory in the women's 4x100 relay as they crossed the finish line in a season-best 46.99 seconds. Cooper came from behind on the anchor leg to give LBSU the win. In the field events, Katrina Graves-Johnson took top honors in the high jump. She matched her lifetime-best at 5-10, which ranks eighth in program history. Jacob Weintraub claimed the shot put title with a distance of 58-07.25. That mark was a lifetime best and ranks fifth in school history. Jacob Fraser also tied for sixth in the shot put (53-02.75) and was fifth in the discus (161-06).

The Matadors finished fourth in both women's and men's standings with outstanding finishes in the relay events. The 4x100 men's relay team ran the best time of the meet as Horsley, Marsden, Henry and Jones finished in 41.36. The 4x400 team of Workman, Kenneth Stone, Horsley and Broussard finished seventh in a time of 3:17.17. The women earned 10 points for their first-place finish in the 4x400 relay as Cox, Mullany-Banks, Precious Watkins and Harrison ran a meet-best 3:39.42.

Long Beach State's Ben Woodruff was named the Men's Field Athlete of the Meet for his performance in the javelin on Saturday. Woodruff won the event by 19 feet with a lifetime-best 235-10. UC Riverside's Ashley Gatewood earned women's field athlete of the meet honors over the weekend at the Cal-Nevada Championship after winning the javelin (161' 6") and hammer throw (186' 3") and finishing sixth in the shot put (45' 3").

**Cal Poly Competition Shortened:** Saturday's track and field meet, Fresno State Invitational, at Buchanan High School was canceled due to inclement weather conditions. The Mustangs continued midweek with a multi-event squad competed against a national field at the Sam Adams International and gained some valuable experience. On the men's side, freshman Devin Bennett placed 13th in the 18-person field with San Luis Obispo's Chris Randolph, competing for Skechers won the two-day event with 7840 points.

**New Face At Helm Of Northridge Track & Field Program:** Avery Anderson, who for the last seven years has been a major contributor to one of the Big West Conference's most prolific track & field programs, was named head track and field coach at Cal State Northridge last summer. Anderson succeeds Don Strametz who retired after 31 years as the head coach of the women's team and 26 at the helm of the men's program.

During the past seven seasons, the Matadors have won 11 conference championships including six Big West Women's Outdoor Championships. In addition, The CSUN men have won four Big West Outdoor titles since Anderson began his second stint on the coaching staff in 2005.

Since arriving at Northridge, Anderson has helped the Matador track & field program to unprecedented levels of success. He has coached two NCAA Champions including 2007 NCAA Outdoor Long Jump Champion DaShalle Andrews who became the first individual men's NCAA Champion in school history. The following spring, Anderson made it back-to-back NCAA Long Jump champions as freshman Reindell Cole won the 2008 NCAA Indoor title.

**Big West Track & Field Championship Returns to Irvine:** For the second consecutive year the Big West Track & Field Championships takes place at Anteater Stadium on the campus of UC Irvine. The 2012 championship begins with the multi championships (decathlon/heptathlon) on May 4 & 5 and is followed by the remainder of the events taking place May 11-12.

Last year, The Long Beach State men and Cal State Northridge women proved to be too tough for the competition as the two clubs took home their respective Big West Track & Field Titles. The 49ers won the league meet for the first time since 2008 and won their sixth title overall. LBSU amassed 177.50 points for the championship, outdistancing UC Davis which had 156 points. Cal Poly was third with 131 points, while UC Santa Barbara stands in fourth with 116.5 points. Fifth belongs to Cal State Northridge with 80 points, with host UC Irvine (79), UC Riverside (54) and Cal State Fullerton (25) complete the men's standings.

The Matadors claimed their sixth consecutive championship and now own a league-record eight overall. CSUN's championship defense had it post 165.5 points, with UC Santa Barbara coming in second with 126 tallies. UC Davis was third with 105 points, while Long Beach State (98.5), UC Riverside (97) and Cal Poly (88) are bunched in fourth through sixth. UC Irvine's 75 points and Cal State Fullerton's 61 points wrap up the women's standings.

### Upcoming Schedule

#### Wednesday, April 4

Long Beach State at Texas Relays (Austin, Texas)

#### Thursday, April 5

Long Beach State at Texas Relays (Austin, Texas)

#### Friday, April 6

Cal Poly at Stanford Invitational (Palo Alto, Calif.)

Cal State Fullerton at Sun Angel Invitational (Tempe, Ariz.)

Cal State Northridge at Stanford Invitational (Palo Alto, Calif.)

Cal State Northridge at Stanford Invitational (Palo Alto, Calif.)

Long Beach State at Stanford Invitational (Palo Alto, Calif.)

Long Beach State at Texas Relays (Austin, Texas)

UC Davis at San Francisco State Distance Carnival (San Francisco, Calif.)

UC Davis at Stanford Invitational (Palo Alto, Calif.)

UC Irvine at Stanford Invitational (Palo Alto, Calif.)

UC Riverside at Sun Angel Classic (Tempe, Ariz.)

UC Santa Barbara at Stanford Invitational (Palo Alto, Calif.)

#### Saturday, April 7

Cal Poly at Stanford Invitational (Palo Alto, Calif.)

Cal State Fullerton at Sun Angel Invitational (Tempe, Ariz.)

Cal State Fullerton at Stanford Invitational (Palo Alto, Calif.)

Cal State Northridge at Tiny Lister Invitational (Los Angeles, Calif.)

Cal State Northridge at Stanford Invitational (Palo Alto, Calif.)

Long Beach State at Stanford Invitational (Palo Alto, Calif.)

Long Beach State at Texas Relays (Austin, Texas)

UC Davis at Stanford Invitational (Palo Alto, Calif.)

UC Irvine at Stanford Invitational (Palo Alto, Calif.)

UC Riverside at Sun Angel Classic (Tempe, Ariz.)

UC Santa Barbara at Stanford Invitational (Palo Alto, Calif.)

## 2012 Big West Track & Field Athletes Of The Week

Four different institutes snatched weekly honors this week as the Big West Conference announces the track male and female and field male and female athletes of the week. In the track competitions, both UC Santa Barbara's Ryan Martin and UC Irvine's Ericka Nowell received Track Athlete of the Week for their national marks made in individual competition. Big West Field Athletes of the Week, Long Beach State's Ben Woodruff and UC Riverside's Ashley Gatewood are both recognized, now have received multiple weekly honorees this season.

Lake Forest native, Ryan Martin is named for his first Big West weekly recognition this season after posting the second fastest time in the country (1:46.54) in the 800-meter event. The senior helped the Gaucho men's squad to their first Cal/Nevada Championship team title.

Irvine's junior, Ericka Nowell got a spot at the top after winning the 400-meter hurdles with a time of 58.95 at the Cal/Nevada Championship, good enough for 13th in the nation. From Perris, Calif., Nowell now leads the Big West this season in that category, while also participating in the Anteaters season-best finish in the 4x400 relay (3:43.13).

Long Beach State's Ben Woodruff is being reconized for the second time this season ofr his outstanding participation in the field events. Last week Woodruff posted a lifetime best performance in his 71.88 javelin throw, being awarded Field Athlete of the Meet at the Cal/Nevada Championships and making top ranks across the board. The Redondo Beach senior is ranked No. 1 in the Big West, No. 3 in the NCAA West Region, No. 9 nationally, and No. 2 in all-time at Long Beach State.

Bringing in the season high, three weekly honors, Ashley Gatewood was voted as field athlete of the week. The Highlanders senior was named field athlete of the meet at the Cal/Nevada Championships for her appearance in the javelin, hammer throw and shot put competitions. The Montclair native placed first in the javelin (161' 6") and hammer throw (186' 3") while finishing sixth in the shot put (45' 3") event.

**Others nominated:** Chris Lawson (Long Beach State) (**Men's Track**)

Ashley Sims (Cal State Fullerton), Jessica Barnard (Long Beach State) Justine Diaz (UC Santa Barbara) (**Women's Track**)

Ryan Swafford (UC Riverside), Mitchell Haag (UC Santa Barbara) (**Men's Field**)

Katrina Graves-Johnson (Long Beach State), Ashley Hearn (UC Davis) (**Women's Field**)

## Big West Track & Field Athletes of the Week

<u>Track Athlete of the Week - Male</u>				<u>Track Athlete of the Week - Female</u>			
Date	Athlete (School)	Yr.	Event(s)	Date	Athlete (School)	Yr.	Event(s)
3/6	Jacob Yowell (UC Irvine)	Sr.	200 meter, 110-hurdles	3/6	Amber Middleton (UC Irvine)	Sr.	100-hurdles, 4x100 relay, 4x400 relay
3/13	Jacob Yowell (UC Irvine)	Sr.	110-hurdles, 4x400 relay	3/13	Sarah Sumpter (UC Davis)	Jr.	5,000-meter
3/20	Justin Harris (UC Riverside)	So.	200 meter, 4x100 meter relay	3/20	Rosa Del Toro (Long Beach State)	Sr.	1500 meter
3/27	Jacob Yowell (UC Irvine)	Sr.	110-hurdles, 400 hurdles, 4x400 relay	3/27	Amber Middleton (UC Irvine)	Sr.	100-meter hurdle, 400 meter, 4x400 relay
4/3	Ryan Martin (UC Santa Barbara)	Sr.	800-meter	4/3	Ericka Nowell (UC Irvine)	Jr.	400-meter hurdles, 4x400 relay
4/10				4/10			
4/17				4/17			
4/24				4/24			
5/1				5/1			
5/8				5/8			
<u>Field Athlete of the Week - Male</u>				<u>Field Athlete of the Week - Female</u>			
Date	Athlete (School)	Yr.	Event(s)	Date	Athlete (School)	Yr.	Event(s)
3/6	Ben Woodruff (Long Beach State)	Jr.	Javelin	3/6	Ashley Gatewood (UC Riverside)	Sr.	Javelin, Shot Put
3/13	Ryan Swafford (UC Riverside)	Jr.	Triple Jump, Long Jump	3/13	Nikki James (UC Riverside)	Sr.	Hammer Throw, Discus
3/20	Caleb Stuart (UC Riverside)	Jr.	Hammer Throw, Shot Put	3/20	Ashley Gatewood (UC Riverside)	Sr.	Hammer Throw, Shot Put
3/27	Jacob Weintraub (Long Beach State)	Sr.	Discus, Shot Put	3/27	Deja Watkins (UC Riverside)	Fr.	Discus, Hammer Throw
4/3	Ben Woodruff (Long Beach State)	Jr.	Javelin	4/3	Ashley Gatewood (UC Riverside)	Sr.	Javelin, Hammer Thrown and Shot Put
4/10				4/10			
4/17				4/17			
4/24				4/24			
5/1				5/1			
5/8				5/8			

## 2012 Big West Track & Field Composite Schedule

### Thursday, March 1

UC Davis at Chico State Multi Classic (Chico, Calif.)

### Friday, March 2

Cal State Fullerton at Beach Classic (Cerritos, Calif.)

Long Beach State at Beach Classic (Cerritos, Calif.)

### Saturday, March 3

Cal State Fullerton at Beach Classic (Cerritos, Calif.)

Long Beach State at Beach Classic (Cerritos, Calif.)

UC Irvine at All-UC Meet (Irvine, Calif.)

UC Riverside at All-UC Meet (Irvine, Calif.)

UC Santa Barbara at All-UC Meet (Irvine, Calif.)

### Friday, March 9

Cal State Fullerton at Ben Brown Invitational (Fullerton, Calif.)

Long Beach State at Ben Brown Invitational (Fullerton, Calif.)

### Saturday, March 10

Cal State Fullerton at Ben Brown Invitational (Fullerton, Calif.)

Fresno State at Cal Poly (San Luis Obispo, Calif.)

Long Beach State at Ben Brown Invitational (Fullerton, Calif.)

UC Davis at Aggie Open (Davis, Calif.)

UC Irvine at Ben Brown Invitational (Fullerton, Calif.)

UC Riverside at Ben Brown Invitational (Fullerton, Calif.)

UC Santa Barbara at UC Riverside (Riverside, Calif.)

### Thursday, March 15

Cal State Northridge at Northridge Invitational -Multis (Northridge, Calif.)

Long Beach State at Northridge Invitational-Multis (Northridge, Calif.)

### Friday, March 16

Cal State Fullerton at Aztec Invitational (San Diego, Calif.)

Cal State Northridge at Northridge Invitational (Northridge, Calif.)

Long Beach State at Northridge Invitational-Multis only (Northridge, Calif.)

UC Riverside at Arizona State Baldy Castillo Invitational (Tempe, Ariz.)

UC Santa Barbara at Northridge Invitational (Northridge, Calif.)

### Saturday, March 17

Cal State Fullerton at Aztec Invitational (San Diego, Calif.)

Cal State Northridge at Northridge Invitational (Northridge, Calif.)

Long Beach State at Aztec Invitational (San Diego, Calif.)

Long Beach State at USC Invitational (Walnut, Calif.)

UC Davis at Sacramento State Hornet Open (Sacramento, Calif.)

UC Irvine at Aztec Invitational (San Diego, Calif.)

UC Riverside at Arizona State Baldy Castillo Invitational (Tempe, Ariz.)

UC Santa Barbara at Northridge Invitational (Northridge, Calif.)

### Friday, March 23

Cal State Fullerton at Pasadena Gardens (Pasadena, Calif.)

### Saturday, March 24

Cal Poly at Cal Poly Invitational (San Luis Obispo, Calif.)

Cal State Fullerton at Pasadena Gardens (Pasadena, Calif.)

Cal State Northridge at Rainbow Relays (Honolulu, Hawaii)

Long Beach State at UC Irvine Spring Break Invite (Irvine, Calif.)

UC Irvine at UC Irvine Spring Break Invite (Irvine, Calif.)

UC Riverside at UC Irvine Spring Break Invite (Irvine, Calif.)

UC Santa Barbara at Cal Poly Invitational (San Luis Obispo, Calif.)

### Sunday, March 25

Long Beach State at UC Irvine Spring Break Invite (Irvine, Calif.)

UC Irvine at UC Irvine Spring Break Invite (Irvine, Calif.)

UC Riverside at UC Irvine Spring Break Invite (Irvine, Calif.)

### Friday, March 30

Cal State Fullerton at Titan Twilight Open (Fullerton, Calif.)

UC Davis at Fresno State Invitational (Fresno, Calif.)

### Saturday, March 31

Cal Poly at Fresno State Invitational (Fresno, Calif.)

Cal State Fullerton at Cal/Nevada Championships (Claremont, Calif.)

Cal State Northridge at Cal/Nevada Championships (Claremont, Calif.)

Long Beach State at Cal/Nevada Championships (Claremont, Calif.)

UC Irvine at Cal/Nevada Championships (Claremont, Calif.)

UC Riverside at Cal/Nevada Championships (Claremont, Calif.)

UC Santa Barbara at Cal/Nevada Championships (Claremont, Calif.)

### Sunday, April 1

Cal Poly at Sam Adams Multis (Santa Barbara, Calif.)

Cal State Fullerton at Cal/Nevada Championships (Claremont, Calif.)

Cal State Northridge at Cal/Nevada Championships (Claremont, Calif.)

Long Beach State at Cal/Nevada Championships (Claremont, Calif.)

UC Irvine at Cal/Nevada Championships (Claremont, Calif.)

UC Riverside at Cal/Nevada Championships (Claremont, Calif.)

UC Santa Barbara at Cal/Nevada Championships (Claremont, Calif.)

### Monday, April 2

Cal Poly at Sam Adams Multis (Santa Barbara, Calif.)

UC Santa Barbara at Sam Adams Multis (Santa Barbara, Calif.)

### Tuesday, April 3

Cal Poly at Sam Adams Multis (Santa Barbara, Calif.)

UC Santa Barbara at Sam Adams Multis (Santa Barbara, Calif.)

### Wednesday, April 4

Long Beach State at Texas Relays (Austin, Texas)

### Thursday, April 5

Long Beach State at Texas Relays (Austin, Texas)

### Friday, April 6

Cal Poly at Stanford Invitational (Palo Alto, Calif.)

Cal State Fullerton at Sun Angel Invitational (Tempe, Ariz.)

Cal State Fullerton at Stanford Invitational (Palo Alto, Calif.)

Cal State Northridge at Stanford Invitational (Palo Alto, Calif.)

Long Beach State at Stanford Invitational (Palo Alto, Calif.)

Long Beach State at Texas Relays (Austin, Texas)

UC Davis at San Francisco State Distance Carnival (San Francisco, Calif.)

UC Davis at Stanford Invitational (Palo Alto, Calif.)

UC Irvine at Stanford Invitational (Palo Alto, Calif.)

UC Riverside at Sun Angel Classic (Tempe, Ariz.)

UC Santa Barbara at Stanford Invitational (Palo Alto, Calif.)

### Saturday, April 7

Cal Poly at Stanford Invitational (Palo Alto, Calif.)

Cal State Fullerton at Sun Angel Invitational (Tempe, Ariz.)

Cal State Fullerton at Stanford Invitational (Palo Alto, Calif.)

Cal State Northridge at Tiny Lister Invitational (Los Angeles, Calif.)

Cal State Northridge at Stanford Invitational (Palo Alto, Calif.)

Long Beach State at Stanford Invitational (Palo Alto, Calif.)

Long Beach State at Texas Relays (Austin, Texas)

UC Davis at Stanford Invitational (Palo Alto, Calif.)

UC Irvine at Stanford Invitational (Palo Alto, Calif.)

UC Riverside at Sun Angel Classic (Tempe, Ariz.)

UC Santa Barbara at Stanford Invitational (Palo Alto, Calif.)

### Thursday, April 12

UC Davis at Mondo Mid-Major Challenge (Sacramento, Calif.)

### Friday, April 13

Cal Poly at Rafer Johnson/JJK Invitational (Los Angeles, Calif.)

Cal State Fullerton at Big West Challenge (Fullerton, Calif.)

Long Beach State at Big West Challenge (Fullerton, Calif.)

UC Davis at Mondo Mid-Major Challenge (Sacramento, Calif.)

UC Irvine at Big West Challenge (Fullerton, Calif.)

UC Santa Barbara at Big West Challenge (Fullerton, Calif.)

### Saturday, April 14

Cal Poly at Rafer Johnson/JJK Invitational (Los Angeles, Calif.)

UC Davis at Mondo Mid-Major Challenge (Sacramento, Calif.)

## 2012 Big West Track & Field Composite Schedule

### Wednesday, April 18

**Cal State Northridge** at Mt. SAC Relays (Walnut, Calif.)  
**Long Beach State** at Mt. SAC Relays (Walnut, Calif.)

### Thursday, April 19

**Cal Poly** at Mt. SAC Relays (Walnut, Calif.)  
**Cal State Fullerton** at Mt. SAC Relays (Walnut, Calif.)  
**Cal State Northridge** at Mt. SAC Relays (Walnut, Calif.)  
**Cal State Northridge** at Cal State LA Twilight Open (Los Angeles, Calif.)  
**Long Beach State** at Mt. SAC Relays (Walnut, Calif.)  
**UC Riverside** at Mt. SAC Relays (Walnut, Calif.)  
**UC Santa Barbara** at Mt. SAC Relays (Walnut, Calif.)

### Friday, April 20

**Cal Poly** at Mt. SAC Relays (Walnut, Calif.)  
**Cal State Fullerton** at Mt. SAC Relays (Walnut, Calif.)  
**Cal State Northridge** at Mt. SAC Relays (Walnut, Calif.)  
**Long Beach State** at Beach Invitational (Cerritos, Calif.)  
**Long Beach State** at Mt. SAC Relays (Walnut, Calif.)  
**UC Davis** at Mt. SAC Relays (Walnut, Calif.)  
**UC Davis** at Woody Wilson Classic (Davis, Calif.)  
**UC Irvine** at Mt. SAC Relays (Walnut, Calif.)  
**UC Riverside** at Beach Invitational (Cerritos, Calif.)  
**UC Riverside** at Mt. SAC Relays (Walnut, Calif.)  
**UC Santa Barbara** at Mt. SAC Relays (Walnut, Calif.)

### Saturday, April 21

**Cal Poly** at Mt. SAC Relays (Walnut, Calif.)  
**Cal State Fullerton** at Mt. SAC Relays (Walnut, Calif.)  
**Cal State Northridge** at Mt. SAC Relays (Walnut, Calif.)  
**Long Beach State** at Beach Invitational (Cerritos, Calif.)  
**Long Beach State** at Mt. SAC Relays (Walnut, Calif.)  
**UC Davis** at Mt. SAC Relays (Walnut, Calif.)  
**UC Irvine** at Beach Invitational (Cerritos, Calif.)  
**UC Irvine** at Mt. SAC Relays (Walnut, Calif.)  
**UC Riverside** at Beach Invitational (Cerritos, Calif.)  
**UC Riverside** at Mt. SAC Relays (Walnut, Calif.)  
**UC Santa Barbara** at Mt. SAC Relays (Walnut, Calif.)

### Thursday, April 26

**UC Riverside** at Drake Relays (Des Moines, Iowa)

### Friday, April 27

**Cal State Fullerton** at UCSD Triton Invitational (La Jolla, Calif.)  
**Long Beach State** UCSD Triton Invitational (La Jolla, Calif.)  
**UC Davis** at Causeway Dual w/ Sacramento State (Sacramento, Calif.)  
**UC Riverside** at Drake Relays (Des Moines, Iowa)  
**UC Riverside** UCSD Triton Invitational (La Jolla, Calif.)

### Saturday, April 28

**Cal State Fullerton** at UCSD Triton Invitational (La Jolla, Calif.)  
**UC Santa Barbara** at **Cal Poly** (San Luis Obispo, Calif.)  
**Cal State Northridge** at Steve Scott Invitational (Irvine, Calif.)  
**Long Beach State** at Steve Scott Invitational (Irvine, Calif.)  
**Long Beach State** at UCSD Triton Invitational (La Jolla, Calif.)  
**UC Davis** at Payton Jordan Cardinal Invitational (Palo Alto, Calif.)  
**UC Irvine** at Steve Scott Invitational (Irvine, Calif.)  
**UC Riverside** at Drake Relays (Des Moines, Iowa)  
**UC Riverside** at Payton Jordan Cardinal Invitational (Palo Alto, Calif.)  
**UC Riverside** at Steve Scott Invitational (Irvine, Calif.)  
**UC Riverside** UCSD Triton Invitational (La Jolla, Calif.)

### Sunday, April 29

**Cal State Northridge** at Steve Scott Invitational (Irvine, Calif.)  
**Long Beach State** at Steve Scott Invitational (Irvine, Calif.)  
**UC Irvine** at Steve Scott Invitational (Irvine, Calif.)

### Friday, May 4

**Cal Poly** at Big West Multis-Championship (Irvine, Calif.)

### Saturday, May 5

**Cal Poly** at Big West Multis-Championship (Irvine, Calif.)  
**Cal State Fullerton** at OXY Invite (Eagle Rock, Calif.)  
**UC Davis** at Sacramento State Open (Sacramento, Calif.)  
**UC Santa Barbara** at OXY Invite (Eagle Rock, Calif.)

### Friday, May 11

Big West Championship (Irvine, Calif.)

### Saturday, May 12

Big West Championship (Irvine, Calif.)

### Thursday, May 24

NCAA West Preliminary Round (Austin, Texas)

### Friday, May 25

NCAA West Preliminary Round (Austin, Texas)

### Saturday, May 26

NCAA West Preliminary Round (Austin, Texas)

### Wednesday, June 6

NCAA Championship (Des Moines, Iowa)

### Wednesday, June 7

NCAA Championship (Des Moines, Iowa)

### Wednesday, June 8

NCAA Championship (Des Moines, Iowa)

### Wednesday, June 9

NCAA Championship (Des Moines, Iowa)