



2015 Big West Track & Field



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Busy Week Ahead In The Big West: All nine Big West schools are in action this week, sending athletes to the Mt. SAC Relays with several others participating in the Bryan Clay Invitational and California Invite Combined Events. Others are sending individuals to the Cal State Los Angeles Twilight Open.

Long Beach State Hosts Beach Invitational: Long Beach State is hosting the 21st annual Beach Invitational on Friday and Saturday, welcoming over 100 colleges and universities to Cerritos College. This is the final year the Beach Invitational will be held at Cerritos College as the meet will return to Long Beach State's own Jack Rose Track Stadium in 2016. LBSU is putting the finishing touches on its new track, which is scheduled for completion in May, 2015. The 49ers have hosted the Beach Invitational at Cerritos College since 2006. LBSU, which will have 64 athletes (35 men, 29 women) entered into its lone home meet, will face Big West competition from Cal State Fullerton, UC Davis, UC Irvine, UC Riverside and Hawai'i.

Long Beach State Men Ranked Third In West Region: One of the top teams in the West Region belongs to Long Beach State, according to the April 13 regional rankings released by the U.S. Track & Field and Cross Country Coaches Association. The 49er men are ranked No. 5 in the West Region with 509.13 points, trailing only Pac-12 programs Oregon, USC, Arizona and California, yet also ahead of UCLA, Stanford, Arizona State and Washington. UC Santa Barbara (No. 10), Cal Poly (No. 14) and UC Riverside (No. 15) are burrowed in among the top 15 as well.

UC Riverside Women Top Ranked Big West Team In West Region: The April 13 USTFCCCA rankings pegged UC Riverside as the Big West's highest ranked women's squad in the West Region. The Highlanders come in at No. 10. UC Davis is ranked No. 11.

National Marks Posted By Big West Athletes: According to the Track & Field Results Reporting System, Big West representatives have turned in several performances that rank among the nation's top 25, including a handful in the top 10. Long Beach State junior **Willie Alexander** is the highest ranked Big West athlete in any event. He posted a mark of 25-2 in the long jump on March 7 at the Cal Opener, placing him No. 6 nationally. In addition, seniors **Chris Low** of Long Beach State and **Seth Totten** of UC Riverside rank No. 9 in the 800-meters and 5,000-meters with times of 1:47.56 and 13:51.20, respectively. On the women's side, UC Davis senior **Ashley Marshall** is the highest ranked Big West athlete, checking in at No. 8 thanks to her time of 11.41 in the 100-meters on March 7 at the Cal Opener.

NATIONAL TOP 25 RANKINGS MEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
800M	Chris Low	LBSU	1:47.56	No. 9	Stanford Invitational	4/3
5000M	Seth Totten	UCR	13:51.20	No. 9	Stanford Invitational	4/3
110 Hurdles	Lloyd Sicard	UCI	13.86	No. 16	Clyde Littlefield Texas Relays	3/25
400 Hurdles	Michael Koger	UCR	51.20	No. 23	Sun Angel Classic	4/9
3000 Steeple	Nick Woolf	CP	8:48.91	No. 10	Stanford Invitational	4/3
	Bryce Rausa	UCSB	8:51.24	No. 12	Stanford Invitational	4/3
Long Jump	Willie Alexander	LBSU	25-2	No. 6	Cal Opener	3/7
Triple Jump	Ryan Sanders	LBSU	51-9.25	No. 15	Trojan Invitational	3/20
Discus	Jacob Fraser	LBSU	187-8	No. 22	Anteater Four-Way Meet	3/14
Hammer	Albert Hughes	UCSB	209-3	No. 25	UCR Spring Classic Invitational	3/26
Javelin	Thomas Gore-Schreck	UCSB	234-3	No. 10	Big West Challenge	4/10

NATIONAL TOP 25 RANKINGS WOMEN (Big West only)

Event	Name	School	Time/Mark	Rank	Meet	Date
100M	Ashley Marshall	UCD	11.41	No. 8	Cal Opener	3/7
200M	Ashley Marshall	UCD	23.30	No. 13	Bobcat Invitational	3/26
800M	Faith Makau	UCR	2:05.93	No. 12	UCR Spring Classic Invite	3/26
	Raquel Hefflin	UCR	2:06.10	No. 15	Sun Angel Classic	4/9
Shot Put	Alex Porlier Langlois	UH	52-7.5	No. 14	Trojan Invitational	3/20
	Breana Jemison	UCR	52-1.25	No. 21	Sun Angel Classic	4/9
Discus	Mariah Counts	CSUN	175-3	No. 21	UCR Spring Classic Invite	3/26
Hammer	Monique Griffiths	CSUN	200-6	No. 17	UCR Spring Classic Invite	3/26
Heptathlon	Danielle Littleton	UCR	5,074 pts.	No. 25	UCR Spring Classic Invite	3/26

Big West Track & Field Championship Heads To Riverside: UC Riverside will host the Big West Track and Field Championships for the first time in school history. The UCR Track Stadium will be home to the multi-events portion of the meet (May 8-9) and the full portion (May 15-16).

Upcoming Schedule

Wednesday, April 15

Cal State Fullerton at California Invite Combined Events (Azusa, Calif.)
UC Santa Barbara at California Invite Combined Events (Azusa, Calif.)
Hawai'i at California Invite Combined Events (Azusa, Calif.)

Thursday, April 16

Cal Poly at Mt. SAC Relays (Walnut, Calif.)
Cal State Fullerton at California Invite Combined Events (Azusa, Calif.)
Cal State Fullerton at Cal State LA Twilight Open (Los Angeles, Calif.)
Cal State Fullerton at Mt. SAC Relays (Walnut, Calif.)
CSUN at Mt. SAC Relays (Walnut, Calif.)
CSUN at Cal State LA Twilight Open (Los Angeles, Calif.)
Long Beach State at Mt. SAC Relays (Walnut, Calif.)
UC Davis at Mt. SAC Relays (Walnut, Calif.)
UC Irvine at Mt. SAC Relays (Walnut, Calif.)
UC Riverside at Mt. SAC Relays (Walnut, Calif.)
UC Santa Barbara at Mt. SAC Relays (Walnut, Calif.)
Hawai'i at California Invite Combined Events (Azusa, Calif.)
Hawai'i at Mt. SAC Relays (Walnut, Calif.)
Hawai'i at Cal State LA Twilight Open (Los Angeles, Calif.)

Friday, April 17

Cal Poly at Mt. SAC Relays (Walnut, Calif.)
Cal Poly at Bryan Clay Invitational (Azusa, Calif.)
Cal State Fullerton at Mt. SAC Relays (Walnut, Calif.)
CSUN 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 Bryan Clay Invitational (Azusa, Calif.)
UC Davis at Woody Wilson Classic (Davis, Calif.)
UC Irvine at Mt. SAC Relays (Walnut, Calif.)
UC Irvine at Beach Invitational (Cerritos, Calif.)
UC Irvine at Bryan Clay Invitational (Azusa, Calif.)
UC Riverside at Mt. SAC Relays (Walnut, Calif.)
UC Riverside at Bryan Clay Invitational (Azusa, Calif.)
UC Riverside at Beach Invitational (Cerritos, Calif.)
UC Santa Barbara at Mt. SAC Relays (Walnut, Calif.)
UC Santa Barbara at Bryan Clay Invitational (Azusa, Calif.)
Hawai'i at Bryan Clay Invitational (Azusa, Calif.)
Hawai'i at Mt. SAC Relays (Walnut, Calif.)

Saturday, April 18

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

2015 Big West Track & Field Athletes Of The Week

SCHOOL RECORDS FALL WITH THIS WEEK'S TRACK AND FIELD AWARDS

Strong performances at the Arizona State Sun Angel Classic netted three Big West Track and Field Athlete of the Week awards for UC Riverside representatives, while a school record effort from UC Santa Barbara senior Thomas Gore-Schreck accounted for the fourth.

UC Riverside junior **Michael Koger** (Gardena, Calif./Mira Costa HS) broke his own school record in the 400-meter hurdles to claim Big West Men's Track Athlete of the Week accolades. He registered a time of 51.20 – .13 better than the previous benchmark of 51.32 set on March 30, 2013. In finishing fifth in the event, Koger put forth a time that is tops in the Big West this season by more than a second, and ranks No. 23 in the nation. Koger also anchored the Highlander 4x400 relay team, which finished second in 3:12.55 at the Sun Angel Classic. It is the second fastest time in the Big West this season and less than a second off the UC Riverside record.

Koger's teammate, **Raquel Hefflin** (Compton, Calif./Beverly Hills HS), is the Big West Women's Track Athlete of the Week. It is the third time this season that the senior has been honored. Hefflin recorded a pair of top-three finishes at the Sun Angel Classic. In the 800-meters, Hefflin ran a 2:06.10 to finish third in the premiere section. The performance solidified her hold on second place in the Big West and placed No. 15 on the NCAA national list. She also participated in the third leg of the 4x400 relay team, helping her UC Riverside teammates finish third behind only Kansas State and Arizona State. The 3:41.89 effort ranks the Highlander quartet No. 2 in the conference.

Another three-time honoree this season is UC Santa Barbara senior **Thomas Gore-Schreck** (Portola Valley, Calif./St. Francis-Mountain View HS), as the conference's No. 1 performer in the javelin earned him another Big West Men's Field Athlete of the Week honor. Gore-Schreck shattered a 15-year old school record with his toss of 234-03 at the Big West Challenge Cup hosted by Cal State Fullerton on Friday. The previous record of 225-02 by Dustin Emptner had stood since 2000. Gore-Schreck improved on his Big West leading throw to land at No. 6 in the West Region and No. 10 in the entire NCAA.

UC Riverside sophomore **Breana Jemison** (Carlsbad, Calif./Carlsbad HS) captured her second Big West Women's Field Athlete of the Week nod with her efforts in the shot put and discus. In a week where school records fell left and right, so did the UC Riverside high mark in the shot put. Jemison's heave of 52-01.25 (15.88) at the Sun Angel Classic knocked Evangela Dixon off the pedestal as the previous record holder (51-10.00) from March 5, 2005. Jemison, who finished third in the premiere section of the shot put, ranks second in the Big West and 21st nationally in the event. She also placed eighth in the discus with a top mark of 147-04.

Others nominated (Men's Track): Cameron Glasgow (Long Beach State); Nathan Strum (UC Davis); Adam Avila (UC Santa Barbara)

Others nominated (Women's Track): Janaya Shorty (Cal State Fullerton); Brittany Anselmo (Long Beach State); Raquel Lambdin (UC Davis)

Others nominated (Men's Field): Victor Martin (Long Beach State); Ben Parodi (UC Davis)

Others nominated (Women's Field): Taylor Jackson (Long Beach State); Breanna Standifer (UC Davis); Tiziana Ruiz Dominguez (Hawaii)

Big West Track & Field Athletes of the Week

Track Athlete of the Week - Male

Date	Athlete, School	Yr.	Event(s)
3/10	Cameron Glasgow, Long Beach State	Sr.	200m, 4x100 & 4x400 relay
3/17	Alex Grigoriev, UC Davis	So.	800m
3/24	Lloyd Sicard, UC Irvine	So.	110m & 400m hurdles
3/31	Michael Perez-Rogers, Long Beach State	Jr.	400m, 4x100m relay
4/7	Seth Totten, UC Riverside	Sr.	5,000m
4/14	Michael Koger, UC Riverside	Jr.	400m hurdles, 4x400 relay
4/21			
4/28			
5/5			

Field Athlete of the Week - Male

Date	Athlete, School	Yr.	Event(s)
3/10	Thomas Gore-Schreck, UC Santa Barbara	Sr.	Javelin
3/17	Jake Fraser, Long Beach State	Sr.	Shot Put, Discus
3/24	Ryan Sanders, Long Beach State	Sr.	Triple Jump
3/31	Albert Hughes, UC Santa Barbara	Sr.	Hammer
4/7	Thomas Gore-Schreck, UC Santa Barbara	Sr.	Javelin
4/14	Thomas Gore-Schreck, UC Santa Barbara	Sr.	Javelin
4/21			
4/28			
5/5			

Track Athlete of the Week - Female

Date	Athlete, School	Yr.	Event(s)
3/10	Janaya Shorty, Cal State Fullerton	So.	100m, 200m, 4x100 relay
3/17	Raquel Hefflin, UC Riverside	Sr.	1,500m
3/24	Raquel Hefflin, UC Riverside	Sr.	800m, 1,500m
3/31	Faith Makau, UC Riverside	So.	800m
4/7	Erika Barr, UC Davis	Jr.	1,500m, 3,000m steeplechase
4/14	Raquel Hefflin, UC Riverside	Sr.	800m, 4x400 relay
4/21			
4/28			
5/5			

Field Athlete of the Week - Female

Date	Athlete, School	Yr.	Event(s)
3/10	Breana Jemison, UC Riverside	So.	Shot Put, Discus
3/17	Danielle Littleton, UC Riverside	Sr.	Long Jump, 100m Hurdles
3/24	Jessica Flores, Cal State Fullerton	Jr.	Hammer
3/31	Danielle Littleton, UC Riverside	Sr.	Heptathlon
4/7	Jessica Emde, UC Santa Barbara	Jr.	High Jump
4/14	Breana Jemison, UC Riverside	So.	Shot Put, Discus
4/21			
4/28			
5/5			