

SUN DEVIL TRACK & FIELD

2003 Arizona State Indoor and Outdoor Seasons



ARIZONA STATE UNIVERSITY

ASU Plays Host to UA, NAU for Annual Double Dual

State bragging rights are on the line this weekend in Tempe

April 29, 2003 • Weekly Notes #13

TEMPE, Ariz. - The Arizona State track and field teams will compete at home for the final time this season as it plays host to the annual Double Dual when Arizona and Northern Arizona invade Sun Angel Stadium May 3. Throwing events will begin at 1 p.m. with the running events starting at 7 p.m.

THE DOUBLE DUAL

Contested twice per year, once indoors and once outdoors, pits the three major universities in the state against one another for track and field bragging rights in Arizona. The indoor event is held each year inside the NAU Skydome in Flagstaff while ASU and UA rotate the hosting duties of the outdoor event.

IN THE RANKINGS

For the first time in the outdoor season, the men earned a national ranking in the Trackwire.com poll, coming in this week in a tie for No. 24. The women are not ranked. In the Power Rankings, both the men and women are No. 29. In the latest Trackshark.com Top 25, the women came in at No. 14 this week with the men not earning a spot in the newest addition to the national collegiate rankings.

STILL UNDEFEATED ... BARELY

In one of the tougher fields they have faced this year, the men's 4x400m relay came from behind to remain undefeated this year and win the event at the prestigious Drake Relays. After winning the preliminary heat a day earlier, the team of **Jason Barton, Seth Amoo and Steve Fitch** kept the Sun Devils close and handed off to **Lewis Banda**, who was in second behind rival Baylor heading into the final lap. Banda chased down the Bear's anchor leg to help the team to a 3:02.81 and defeat BU (3:02.82) for the second time in three weeks. ASU's time is the second-fastest in school history and the ninth all-time in the Pac-10 record books. It also is the top time in the nation so far this year.

DISTANCE STEPPING UP

With the addition of **Lisa Aguilera's** school record in the women's 5,000m run, two top marks have been recorded in dis-

tance events this year. **Fasil Bizuneh** re-wrote his own top time in the men's 10,000m run at the end of March.

Also making noise in the distance events are **Desiree Davila** and **Jessica Scalzo**. Both student-athletes have recorded times in the Arizona State all-time Top 10 this year in the women's 5K.

AMONG THE PAC-10 ELITE

Four times recorded this year are tops among conference athletes with the Sun Devil men and women each laying claim to two of those teams. On the men's side, **Lewis Banda** holds the top time in the 400m dash while the men's 4x400m relay team's time of 3:02.81 is fastest this year in the conference as well as the nation.

For the women, **Tiffany Greer's** long jump of 6.17m leads the conference while the 4x100m relay team of **Porchea Carroll, Greer, Cassandra Reed and Kandace Tucker** are tops with a 44.27.

POSTSEASON POSITIONING

Following weekend action on the road, the Sun Devils increased the number of athletes that will represent the Maroon and Gold at both the Pac-10 Championships and the NCAA west region meet at the end of May. The women have 28 marks that have qualified 17 individuals for the conference meet while 37 marks will gain 18 women access to the regional event.

On the men's side, 14 individuals have combined for 20 Pac-10 entries while 18 men so far will compete at the regional event at Stanford in 23 events. These numbers do not include relays.

NEW FOR 2003

In years past, times and marks recorded by Sun Devils would be compared to the standards established by the NCAA to see if they automatically, provisionally or not at all qualified for the national meet. This year, a regional meet has been established where student-athletes will first have to qualify for, much like the national meets in the past years, and the finish among the Top 5 in their respective events in order to advance to the national meet in Sacramento, Calif., June 11-14.

2003 OUTDOOR SCHEDULE

March		
8	BALDY CASTILLO	TEMPE
21-22	BILL SAWYER	TEMPE
29	ASU INVITATIONAL	TEMPE
28-29	at Stanford Invitational	Palo Alto, Calif.

April		
11	at Mesa Classic	Mesa, Ariz.
12	SUN ANGEL CLASSIC	TEMPE
17-19	at Mt. SAC Relays	Walnut, Calif.
18-19	at Pomona-Pitzer Relays	Pomona, Calif.
24-26	at Drake Relays	Des Moines, Iowa
25-26	at Oregon Invite	Eugene, Ore.
25-26	at UC San Diego Open	San Diego

May		
3	DOUBLE DUAL	TEMPE

10-11	at Pac-10 Multi Champs.	Los Angeles
17-18	at Pac-10 Champs.	Los Angeles
24	at Wildcat Classic	Tucson
30-31	at NCAA Regional	Palo Alto, Calif.
June		
11-14	at NCAA Champs.	Sacramento, Calif.

SUN DEVIL TRACK AND FIELD

Head Coach	Greg Kraft (7th year)
Assistants	
Head XC/Distance	Walt Drenth
Sprints	Darryl Anderson
Throws	David Dumble
Grad. Assistant	Louie Quintana

HEAD COACH GREG KRAFT

Greg Kraft is in his seventh year at the helm of the Sun Devil men's and women's track and field program. In his tenure in Tempe, 15 men and 19 women have garnered All-America honors, as well as one women's and six men's relay teams. Nine men and eight women's individual Pac-10 titles have been won, with three men's relays added to the mix. He also has overseen the cross country program in which two men and four women's All-American honors were achieved.

POST SEASON COUNT

The number of ASU student-athletes who have qualified for the NCAA Region and Pac-10 meets (as of April 29).

	Men	Women
NCAA Region	18	18
Pac-10 Meet	14	17



www.TheSunDevils.com

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PAC-10 RANKINGS

Rankings as of April 29, 2003

Men's

110mH	Chris Kasik	15th	14.66
200m	Seth Amoo	2nd	21.01
	Lewis Banda	5th	21.19
	Jason Barton	T10th	21.45
400m	Lewis Banda	1st	45.68
	Jason Barton	2nd	46.00
	Seth Amoo	4th	46.33
	Steve Fitch	7th	46.87
800m	Jeff Dodge	14th	1:51.33
1,500m	Dan Maher	13th	3:49.26
	Fasil Bizuneh	20th	3:51.59
Mile	Derek Pisel	17th	4:11.72
3KSC	Kris Alexander	4th	9:02.99
	Ryan Warrenburg	10th	9:11.13
	Jeremy Rasmussen	13th	9:40.91
5,000m	Fasil Bizuneh	7th	13:57.09
	Roger Cahill	16th	14:20.63
	Juan Reyes	24th	14:33.85
	Ryan Warrenburg	25th	14:33.91
10,000m	Fasil Bizuneh	5th	28:55.88
4x100		5th	40.48
4x400		1st	3:02.81
High Ju.	Casey Clark	T10th	2.07m
	Trevell Quinley	15th	2.03m
Long Ju.	Trevell Quinley	4th	7.71m
	Asokah Muhammad	13th	7.09m
Triple Ju.	Ryan Zimmerman	4th	15.71m
Shot Put	Vince Mosca	5th	18.49m
	Travis Jones	15th	15.97m
	Jason Kravitz	16th	15.86m
Discus	Vince Mosca	9th	53.44m
	Travis Jones	15th	50.30m
	Jason Kravitz	18th	48.73m
Hammer	Travis Jones	13th	56.23m
Javelin	Mike Rivers	11th	61.39m

Women's

100m	Porchea Carroll	86h	11.75
	Tiffany Greer	T12th	11.91
	Cassandra Reed	18th	11.98
	Kandace Tucker	21st	12.02
100mH	Seneca Holmes	8th	13.62
200m	Kandace Tucker	5th	23.87
	Cassandra Reed	10th	23.96
	Tiffany Greer	11th	23.97
	Porchea Carroll	18th	24.41
	Joni Smith	20th	24.83
400m	Cassandra Reed	2nd	53.45
	Joni Smith	7th	54.24
800m	Lisa Aguilera	8th	2:09.92
1,500m	Lisa Aguilera	4th	4:20.82
	Desiree Davila	10th	4:29.73
	Joanie Baca	26th	4:36.84
	Amanda Lyon	27th	4:37.56
Mile	Lisa Aguilera	9th	4:52.43
	Mandi Fitz-Gustafson	11th	4:57.16
	Desiree Davila	12th	4:58.68
	Cody Sohn	14th	4:59.39
3KSC	Mandi Fitz-Gustafson	5th	10:51.81
	Cody Sohn	7th	11:01.50
5,000m	Lisa Aguilera	3rd	15:53.28
	Desiree Davila	7th	16:17.45
	Jessica Scalzo	9th	16:22.18
	Amanda Lyon	12th	16:51.30
4x100m		1st	44.27
4x400m		5th	3:39.15
Long Ju.	Tiffany Greer	1st	6.17m
	Tinishia Johnson	T4th	6.03m
	Simone McElroy	T6th	6.00m
	Porchea Carroll	T6th	6.00m
Shot Put	Julia Pedersen	6th	15.31m
	Sandra Orsund	8th	14.93m
	Jenae Sonne	19th	13.11m
Discus	Sandra Orsund	2nd	54.49m
	Julia Pedersen	11th	49.90m
	Molly Clarke	14th	47.77m
Hammer	Sandra Orsund	10th	54.46m
	Jenae Sonne	20th	50.32m
Javelin	Becky Holley	11th	44.03m
	Liz Arollo	14th	41.07m

LAST TIME: THREE ON THE ROAD

Arizona State divided its forces to compete at three separate locales over the weekend with the Sun Devils traveling to Des Moines, Iowa, for the Drake Relays, the Oregon Invitational in Eugene, Ore., and the UC San Diego Triton Invitational in La Jolla, Calif.

In the finals of the Drake Relays, the men's 4x400m relay team won the only event of the weekend for the Sun Devils as they edged Baylor at the line. Also placing in the Top 3 were **Lewis Banda** (400m dash) in second and third-place finishers women's 4x100m relay, **Seth Amoo** (200m dash) and **Porchea Carroll** (100m dash preliminaries).

In Oregon, eight times were recorded to gain entrance in the Pac-10 Championships with seven doubling as qualification for the NCAA west region meet. **Dan Maher** (1,500m), **Ryan Warrenburg** (3,000m steeple), **Roger Cahill** (5,000m) and **Mandi Fitz-Gustafson** (3,000m steeple) each recorded their first regional qualifying mark in their respective events.

The final stop on the Sun Devil weekend road trip was at UC San Diego where the throwers competed. Ten NCAA west region meet-qualifying tosses were recorded with eight earning the thrower a spot in the conference meet.

2002 OUTDOOR DOUBLE DUAL

The Double Dual was contested in Tucson with the Sun Devil women sweeping both the Wildcats (97-77) and Lumberjacks (116-52) while the men split, falling to UA (94-89) and topping NAU (110-69). The men won eight events while the women were victorious in seven.

2002 INDOOR DOUBLE DUAL

Held annually in Flagstaff, the men and women swept both intrastate rivals to claim indoor bragging rights in the Grand Canyon State. The men topped NAU (97-59) before nipping UA (78-77) while the women handed losses to the Wildcats (86-57) and Lumberjacks (82-58). The Sun Devils combined to win 16 events, placed as runner-ups 11 times and took third nine times on the day.

IT'S A RECORD

At the 2000 Mt. SAC Relays, former Sun Devil All-American **Kelly MacDonald** clocked a 15:55.90 in the women's 5,000m run to set the school record and better the previous mark by nearly three seconds. Three years later, **Lisa Aguilera** competed in the same race at the same meet over the

weekend and turned in a new mark of 15:53.28 to set her first school mark. Aguilera also holds the second-best time in the 3,000m steeplechase and the 1,500m runs in her career.

INDOOR ALL-AMERICANS

At the 2003 NCAA Indoor Championships, one individual and one relay team brought home All-American honors by placing among the Top 8 in the national meet. Individually, **Lisa Aguilera** placed seventh in the 3,000m run in 9:18.80 to earn two team points for the women's team and tying them for 43rd overall.

On the men's side, the 4x400m relay team of **Seth Amoo**, **Lewis Banda**, **Jason Barton** and **Steve Fitch** combined to finish fifth in the nation with a time of 3:07.41. The team remained undefeated on the year by winning their heat, though they took fifth overall because the four teams in the final heat of the race finished with better times.

IT'S A RECORD - PART TWO

Seth Amoo ran his first 200m race of the year at the Double Dual (Feb. 14) and used that performance to not only win the race and earn a provisional qualification time, he also reset his school record in the indoor event. Crossing the line at 21.01, Amoo bettered his previous mark of 21.19 that he established last year. **Lewis Banda**, who took third in the race, finished in a time of 21.19, tying the previous mark and moving into second on the all-time list.

HEAD COACH GREG KRAFT

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SUN ANGEL STADIUM

Joe Selleh Track at Sun Angel Stadium has stood as the home grounds for the Arizona State track and field programs since it opened in 1976. The site of seven conference championship meets and the prestigious Sun Angel Classic, now in its 24th year, the stadium has seen numerous of the world's best including dozens of Olympians from many nations.

OUTDOOR QUALIFYING MARKS 2003 NCAA REGIONAL

May 30-31 • at Stanford (Palo Alto, Calif.)

Women (28 entries)

Lisa Aguilera	800m	2:09.92	3/29
Lisa Aguilera	1,500m	4:20.82	4/12
Lisa Aguilera	5K	@ 15:53.28	4/17
Porchea Carroll	100m	11.75	4/26
Porchea Carroll	Long J	6.00m	3/29
Molly Clarke	Discus	47.77m	4/12
Desiree Davila	1,500m	4:29.73	3/21
Desiree Davila	5K	16:17.45	3/28
M. Fitz-Gustafson	3KSC	10:51.81	4/26
Tiffany Greer	200m	23.97	3/29
Tiffany Greer	Long J	6.11m	4/26
Becky Holley	Javelin	44.03m	3/21
Seneca Holmes	100H	13.62	4/26
Tinishia Johnson	Long J	6.03m	4/12
Amanda Lyon	5K	16:51.30	4/17
Sandra Orsund	Discus	54.49m	4/12
Sandra Orsund	Hammer	54.46m	3/21
Sandra Orsund	Shot Put	14.74m	3/29
Julia Pedersen	Discus	49.90m	3/29
Julia Pedersen	Shot Put	14.89m	3/21
Cassandra Reed	200m	23.96	3/8
Cassandra Reed	400m	53.45	4/12
Jessica Scalzo	5K	16:22.18	3/28
Joni Smith	400m	54.61	4/18
Cody Sohn	3KSC	11:01.50	4/26
Kandace Tucker	200m	23.87	4/12
4x100 Relay		44.27	4/12
<i>Carroll, Greer, Reed, Tucker</i>			
4x400m Relay		3:39.15	4/12
<i>Reed, Tucker, Walton, Joni Smith</i>			

Men (20 entries)

Kris Alexander	3K SC	9:02.99	4/26
Seth Amoo	400m	46.33	3/8
Lewis Banda	200m	21.20	3/22
Lewis Banda	400m	45.68	4/26
Jason Barton	400m	46.00	3/22
Fasil Bizuneh	5K	13:57.09	4/26
Fasil Bizuneh	10K *	28:55.88	3/28
Roger Cahill	5K	14:20.63	4/26
Casey Clark	High J	2.07m	4/12
Steve Fitch	400m	46.87	3/22
Travis Jones	Discus	51.53m	4/26
Travis Jones	Hammer	56.23m	3/29
Jason Kravitz	Discus	50.73	4/26
Dan Maher	1,500m	3:49.26	4/26
Vince Mosca	Discus	53.44m	3/29
Vince Mosca	Shot	17.10	3/29
Mike Rivers	Javelin	61.39m	4/12
Ryan Warrenburg	3KSC	9:11.13	4/26
4x100 Relay		40.48	4/12
<i>Banda, Quinley, Muhammad, Amoo</i>			
4x400m Relay		3:02.81	4/26
<i>Fitch, Banda, Barton, Amoo</i>			

** indicates qualified for NCAA National Meet*

@ indicates school-record performance

OUTDOOR QUALIFYING MARKS 2003 PAC-10 CHAMPIONSHIPS

May 17-18 • at USC (Los Angeles, Calif.)

Women (37 entries)

Lisa Aguilera	800m	2:09.92	3/29
Lisa Aguilera	1,500m	4:20.82	4/12
Lisa Aguilera	Mile	4:52.43	2/1
Lisa Aguilera	5K	@ 15:53.28	4/17
Joanie Baca	1500m	4:36.84	4/12
Porchea Carroll	100m	11.75	4/26
Porchea Carroll	200m	24.41	3/8
Porchea Carroll	Long J	6.00m	3/29
Molly Clarke	Discus	47.77m	4/12
Desiree Davila	1500m	4:29.73	3/21
Desiree Davila	Mile	4:58.68	2/1
Desiree Davila	5K	16:17.45	3/28
M. Fitz-Gustafson	Mile	4:57.16	3/1
M. Fitz-Gustafson	3K SC	10:51.81	4/26
Tiffany Greer	100m	11.91	3/22
Tiffany Greer	200m	23.97	3/29
Tiffany Greer	Long J	6.17m	3/8
Becky Holley	Javelin	44.03m	3/21
Seneca Holmes	100H	13.62	4/26
Tinishia Johnson	Long J	6.03m	4/12
Amanda Lyon	1500m	4:37.56	3/21
Amanda Lyon	5K	16:51.30	4/17
Sandra Orsund	Discus	54.49m	4/12
Sandra Orsund	Hammer	54.46m	3/21
Sandra Orsund	Shot	14.93m	2/14
Julia Pedersen	Discus	49.90m	3/29
Julia Pedersen	Shot	15.31m	2/14
Cassandra Reed	100m	11.98	3/8
Cassandra Reed	200m	23.96	3/8
Cassandra Reed	400m	53.45	4/12
Jessica Scalzo	5K	16:22.18	3/28
Joni Smith	400m	54.24	2/14
Cody Sohn	Mile	4:59.39	3/1
Cody Sohn	3K SC	11:01.50	4/26
Kandace Tucker	100m	12.02	3/8
Kandace Tucker	200m	23.87	4/12

Men (23 entries)

Kris Alexander	3K SC	9:02.99	4/26
Seth Amoo	200m	21.01	2/14
Seth Amoo	400m	46.33	3/8
Lewis Banda	200m	21.19	2/14
Lewis Banda	400m	45.68	4/26
Jason Barton	400m	46.00	3/22
Fasil Bizuneh	5K	13:57.09	4/26
Fasil Bizuneh	10K	28:55.88	3/28
Roger Cahill	5K	14:20.63	4/26
Casey Clark	High J	2.07m	4/12
Jeff Dodge	800m	1:51.33	4/12
Steve Fitch	400m	46.87	3/22
Travis Jones	Discus	51.53m	4/26
Chris Kasik	110H	14.66	3/29
Dan Maher	1,500m	3:49.26	4/26
Vince Mosca	Discus	53.44m	3/29
Vince Mosca	Shot	18.49m	2/14
Trevell Quinley	Long J	7.71m	3/8
Juan Reyes	5,000m	14:33.85	4/12
Mike Rivers	Javelin	61.39m	4/12
Ryan Warrenburg	3KSC	9:11.13	4/26
Ryan Warrenburg	5,000m	14:33.91	4/12
Ryan Zimmerman	Triple J	15.71m	2/14

NEXT TIME OUT

The Sun Devils will have two weeks off to prepare for the 2003 Pac-10 Championships, May 17-18, at USC. Following the conference meet, ASU will have another two weeks to prepare for the NCAA West Regional Meet at Stanford, May 30-31.