

SUN DEVIL TRACK & FIELD

2003 Arizona State Indoor and Outdoor Seasons



ARIZONA STATE UNIVERSITY

Track and Field Heads to USC for Pac-10 Championships

Sun Devils will look to improve upon their finishes of years past

May 12, 2003 • Weekly Notes #14

TEMPE, Ariz. - The Arizona State track and field teams will enter the championship portion of the 2002-03 season as it travels to Los Angeles and USC for the 2003 Pac-10 Championships, May 17-18.

THE PAC-10 CHAMPIONSHIPS

Twenty-one of 22 events will be contested at Katherine B. Loker Stadium in Los Angeles this weekend to determine both team and individual conference champions. The first event, the men's decathlon and women's heptathlon, were contested this past weekend.

RESULTS POSTED AT USC

The conference championships got under way over the weekend as the decathlon and heptathlon championships were decided. Oregon's Santiago Lorenzo won the men's event with the women's champion being Ellenree Richardson of Washington State.

In the team race, Oregon has the early lead on the conference with 19 points while WSU is in second with nine. USC (six), Stanford (three) and Arizona (two) round out the scoring so far. For the women, WSU leads with 16 while Stanford is close behind with 12. OU (six), Cal (three) and UA (two) complete the scoring in the meet so far.

IN THE RANKINGS

The men and women are both starting to climb in the national polls with the men securing a spot in both rankings. The men are No. 21 according to Trackwire.com and No. 22 by Trackshark.com. The women are not ranked and No. 22, respectively, in the rankings. Among the power rankings, the men are No. 26 and the women No. 30 in the latest update.

IT'S A RECORD, AGAIN

Lisa Aguilera already set one school record earlier this year and figured she would go out in style with another added to her credentials at the annual Double Dual meet. Also the final home competition of her collegiate career, Aguilera ran a blazing 9:51.65 in the 3,000m steeplechase to set Pac-10 and Arizona State records while establishing the new stan-

dard for Joe Selleh Track at Sun Angel Stadium. Her time also is the fastest in the nation both collegiately and post-collegiately and ranks as the third-fastest time by an American all-time.

The second record came two weeks earlier at the Mt. SAC Relays with Aguilera clocking a 15:53.28 to place 16th in a tough field of competitors consisting of both collegiate and professional athletes.

One similarity among the two records was both were formerly held by **Kelly MacDonald**, Aguilera's teammate. Another common thread, Aguilera broke both of MacDonald's times at the same venues she had previously set the standards.

AGUILERA'S AWARDS

For breaking the school and conference record, **Lisa Aguilera** was honored as the Pac-10 Female Runner of the Week for the week ending May 4. It was the first honor for any ASU track or field athlete in 2003.

Aguilera also learned Thursday that she has been selected by Arizona State as its female recipient of the Pac-10 Medal of Honor, bestowed annually to one male and one female student-athlete at each of the conference's member institutions. The honor marks the second year in a row that a female track athlete has earned the honor as **Kelly MacDonald** earned the distinction last year for the Sun Devils.

THREE IN A ROW?

Undeclared and owners of the top time in the nation this year, the Arizona State men's 4x400m relay team is poised to win the event at the Pac-10 Championships for the third year in a row. If the quartet of **Jason Barton, Seth Amoo, Steve Fitch** and **Lewis Banda** claim the title, they will join the UCLA relays of 1987-89 as the only relays to win the race three year in a row.

DISTANCE STEPPING UP

With the addition of **Lisa Aguilera's** school records in the women's 5,000m run and 3,000m steeplechase, three top marks have been recorded in distance events this year. **Fasil Bizuneh** rewrote his own top time in the men's 10,000m run at the end of March to notch the third record for ASU.

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

THIS WEEK

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/DistanceWalt Drenth
SprintsDarryl 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 May 12).

	Men	Women
NCAA Region	20	19
Pac-10 Meet	14	19



www.TheSunDevils.com

Sun Devil Media Relations • Alex Ryan (Track and Field Contact)
 alex.ryan@asu.edu • 480-965-4987 (direct line)

PAC-10 RANKINGS [Rankings as of May 12, 2003]

Men's

100m	Luiz Mello	11th	10.59
110mH	Chris Kasik	15th	14.65
200m	Seth Amoo	2nd	21.01
	Lewis Banda	6th	21.19
	Jason Barton	T11th	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	15th	1:51.33
1,500m	Dan Maher	19th	3:49.26
Mile	Derek Pisel	17th	4:11.72
3KSC	Kris Alexander	5th	9:02.99
	Ryan Warrenburg	12th	9:08.13
	Jeremy Rasmussen	17th	9:29.58
5,000m	Fasil Bizuneh	8th	13:57.09
	Roger Cahill	19th	14:20.63
	Juan Reyes	26th	14:33.85
	Ryan Warrenburg	27th	14:33.91
10,000m	Fasil Bizuneh	5th	28:55.88
4x100		6th	40.48
4x400		1st	3:02.81
High Ju.	Casey Clark	T10th	2.07m
	Trevell Quinley	T16th	2.03m
Long Ju.	Trevell Quinley	4th	7.71m
	Asokah Muhammad	14th	7.09m
Triple Ju.	Ryan Zimmerman	4th	15.71m
	Asokah Muhammad	15th	14.58m
Shot Put	Vince Mosca	5th	18.49m
	Travis Jones	17th	15.97m
	Jason Kravitz	19th	15.86m
Discus	Vince Mosca	10th	53.44m
	Travis Jones	16th	50.30m
	Jason Kravitz	19th	48.73m
Hammer	Travis Jones	11th	58.83m
Javelin	Mike Rivers	11th	61.39m
	Casey Clark	18th	57.38m

Women's

100m	Tiffany Greer	7th	11.72
	Porchea Carroll	T8th	11.74
	Kandace Tucker	23rd	11.96
	Cassandra Reed	24th	11.98
100mH	Seneca Holmes	9th	13.62
200m	Kandace Tucker	5th	23.87
	Cassandra Reed	10th	23.96
	Tiffany Greer	11th	23.97
	Porchea Carroll	18th	24.41
400m	Cassandra Reed	3rd	52.53
	Joni Smith	7th	54.24
800m	Lisa Aguilera	12th	2:09.92
	Desiree Davila	T13th	2:10.21
1,500m	Lisa Aguilera	4th	4:20.82
	Desiree Davila	15th	4:29.73
	Joanie Baca	28th	4:36.84
	Amanda Lyon	29th	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	Lisa Aguilera	1st	9:51.65
	Mandi Fitz-Gustafson	6th	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	13th	16:51.30
4x100m		1st	44.27
4x400m		5th	3:39.15
Long Ju.	Tiffany Greer	1st	6.17m
	Tinishia Johnson	T4th	6.03m
	Porchea Carroll	7th	6.00m
Triple Ju.	Tinishia Johnson	14th	11.41m
Shot Put	Julia Pedersen	6th	15.31m
	Sandra Orsund	9th	14.93m
	Jenae Sonne	20th	13.11m
Discus	Sandra Orsund	2nd	54.49m
	Julia Pedersen	12th	49.90m
	Molly Clarke	15th	47.77m
Hammer	Sandra Orsund	12th	55.18m
	Jenae Sonne	18th	51.26m
Javelin	Becky Holley	11th	44.03m
	Liz Arollo	14th	41.07m

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

Five marks have been recorded this year by Sun Devil student-athletes that rank as the tops in the conference. On the men's side, **Lewis Banda** holds the top time in the 400m dash (45.68) 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. New to the list of leaders is **Lisa Aguilera** in the 3,000m steeplechase at 9:51.65.

POSTSEASON POSITIONING

Following the Double Dual, 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 31 marks that have qualified 19 individuals for the conference meet while 40 marks will gain 19 women access to the regional event.

On the men's side, 20 individuals have combined for 29 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.

LAST TIME: DOUBLE DUAL

In the Double Dual, the men defeated Arizona, 101-92, and Northern Arizona, 107-67, to win the dual for the second time in 2003 after taking the indoor meet in Flagstaff earlier this year. The women also swept both intrastate rivals by handing UA a 91-87 defeat and NAU a 104-47 loss.

In all, the men and women each won

eight of the contested events with **Casey Clark** (javelin & high jump), **Desiree Davila** (800m & 1,500m runs) and **Sandra Orsund** (hammer & discus) winning two events a piece.

2002 PAC-10 CHAMPIONSHIPS

The 2002 Pac-10 Championships were held at Washington State with the men and women both finishing fourth in their respective team races. The men tallied 103 points on their way to their second fourth-place finish in a row while the women accumulated 89 points to take their highest placement since 1994 (third place).

Individually for the women, **Lisa Aguilera** captured won her first conference crown by taking the top spot in the 3,000m steeplechase while **Tiffany Greer** took home her second Pac-10 title in the long jump. The men's 4x400m relay team continued to dominate the event by winning the event for the second year in a row as **Lorenzo Parham, Steve Fitch, Pete Lopez** and **Seth Amoo** took the title.

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 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.

NEXT TIME OUT

Arizona State will head south to Tucson next week for the Wildcat Classic as the team prepares for the May 30-31 NCAA West Region meet at Stanford.

OUTDOOR QUALIFYING MARKS

Women	Event	NCAA CHAMPIONSHIPS May 30-31 at Stanford		PAC-10 CHAMPIONSHIPS May 17-18 at USC	
		Date	NCAA	Date ^	Pac-10
Lisa Aguilera	800m	3/29	2:09.92	3/29	2:09.92
Lisa Aguilera	1,500m	4/12	4:20.82	4/12	4:20.82
Lisa Aguilera	3,000m SC	5/3	9:51.65	5/3	9:51.65
Lisa Aguilera	5,000m	4/18	15:53.28	4/18	15:53.28
Joanie Baca	1,500m		--	4/12	4:36.84
Porchea Carroll	100m	5/3	11.74	5/3	11.74
Porchea Carroll	200m		--	3/8	24.41
Porchea Carroll	Long Jump	3/29	6.00m	3/29	6.00m
Molly Clarke	Discus	4/12	47.77m	4/12	47.77m
Desiree Davila	800m	5/3	2:10.21	5/3	2:10.21
Desiree Davila	1,500m	3/21	4:29.73	3/21	4:29.73
Desiree Davila	5,000m	3/29	16:17.45	3/29	16:17.45
Mandi Fitz-Gustafson	3,000m SC	4/26	10:51.81	4/26	10:51.81
Tiffany Greer	100m	5/3	11.72	5/5	11.72
Tiffany Greer	200m	3/29	23.97	3/29	23.97
Tiffany Greer	Long Jump	4/26	6.11m	3/8	6.17m
Becky Holley	Javelin	3/21	44.03m	3/21	44.03m
Seneca Holmes	100mH	4/26	13.62	4/26	13.62
Tinishia Johnson	Long Jump	4/12	6.03m	4/12	6.03m
Amanda Lyon	1,500m		--	3/21	4:37.56
Amanda Lyon	5,000m	4/17	16:51.30	4/17	16:51.30
Sandra Orsund	Discus	4/12	54.49m	4/12	54.49m
Sandra Orsund	Hammer	3/21	55.18m	3/21	55.18m
Sandra Orsund	Shot Put	3/29	14.74m	2/14	14.93m
Julia Pedersen	Discus	3/29	49.90m	3/29	49.90m
Julia Pedersen	Shot Put	3/21	14.89m	2/14	15.31m
Cassandra Reed	100m		--	3/8	11.98
Cassandra Reed	200m	3/9	23.96	3/9	23.96
Cassandra Reed	400m	5/3	52.53	5/3	52.53
Jessica Scalzo	5,000m	3/29	16:22.18	3/29	16:22.18
Joni Smith	400m	5/3	54.43	2/14	54.24
Cody Sohn	3,000m SC	4/26	10:52.76	4/26	10:52.76
Kandace Tucker	100m		--	5/3	11.96
Kandace Tucker	200m	4/12	23.87	4/12	23.87
4x100m Relay		4/12	44.27		NS
4x400m Relay		4/12	3:39.15		NS

*** Indoor marks are used to gain entrance into the Pac-10 Championships, but not the NCAA.

NC = not contested at NCAA Championships; NS = no standard for qualifying

^ indoor date when mark was achieve

OUTDOOR QUALIFYING MARKS

Men	Event	NCAA CHAMPIONSHIPS May 30-31 at Stanford		PAC-10 CHAMPIONSHIPS May 17-18 at USC	
		Date	NCAA	Date ^	Pac-10
Kris Alexander	3,000m SC	4/26	9:02.99	4/26	9:02.99
Seth Amoo	200m		--	2/14	21.01
Seth Amoo	400m	3/8	46.33	3/8	46.33
Lewis Banda	200m	3/22	21.20	2/14	21.19
Lewis Banda	400m	4/26	45.68	4/26	45.68
Jason Barton	200m		--	3/29	21.45
Jason Barton	400m	3/22	46.00	3/22	46.00
Fasil Bizuneh	5,000m	4/26	13:57.09	4/26	13:57.09
Fasil Bizuneh	10,000m	3/28	28:55.88		NS
Roger Cahill	5,000m	4/26	14:20.63	4/26	14:20.63
Casey Clark	High Jump	4/12	2.07m	4/12	2.07m
Jeff Dodge	800m		--	4/12	1:51.33
Steve Fitch	400m	3/22	46.87	3/22	46.87
Travis Jones	Discus	4/26	51.53m	4/26	51.53m
Travis Jones	Hammer	5/3	58.83m	5/3	58.83m
Chris Kasik	110mHH		--	5/3	14.65
Jason Kravitz	Discus	4/26	50.73m		--
Dan Maher	1,500m	4/26	3:49.26	4/26	3:49.26
Luiz Mello	100m		--	5/3	10.59
Vince Mosca	Discus	3/29	53.44m	3/29	53.44m
Vince Mosca	Shot Put	3/29	17.10m	2/14	18.49m
Asokah Muhammad	Triple Jump		--	5/3	14.58m
Trevell Quinley	Long Jump		--	3/8	7.71m
Juan Reyes	5,000m		--	4/12	14:33.85
Mike Rivers	Javelin	4/12	61.39m	4/12	61.39m
Ryan Warrenburg	3,000m SC	5/3	9:08.55	5/3	9:08.55
Ryan Warrenburg	5,000m		--	4/12	14:33.91
Ryan Zimmerman	Triple Jump	5/3	15.31m	2/14	15.71m
4x100 Relay		4/12	40.48		NS
4x400m Relay		4/26	3:02.81		NS

*** Indoor marks are used to gain entrance into the Pac-10 Championships, but not the NCAA.

NC = not contested at NCAA Championships; NS = no standard for qualifying

^ indoor date when mark was achieve