

2024 SAN DIEGO STATE TRACK & FIELD

2013 Mountain West Indoor Champions • 7-time Mountain West Outdoor Champions (2003, 2013, 2014, 2017, 2018, 2021, 2022)

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2025 SCHEDULE

INDOOR SEASON

Date	Meet	Location
Jan. 10-11	Silver & Blue Invitational	Reno, Nev.
Jan. 17-18	UW Invite	Seattle, Wash.
Jan. 31-Feb. 1	DeLoss Dodds Invitational	Manhattan, Kan.
Feb. 14-15	Don Kirby Elite Invitational	Albuquerque, N.M.
Feb. 27-Mar. 1	Mountain West Championships	Albuquerque, N.M.
Mar. 14-15	NCAA Championships	Virginia Beach, Va.

OUTDOOR SEASON

Date	Meet	Location
Mar. 7-8	Ben Brown Invitational	Fullerton, Calif.
Mar. 21-22	Aztec Invitational	SDSU Sports Deck
Mar. 27-28	Aztec Heptathlon/Decathlon	SDSU Sports Deck
Apr. 3-5	Mike Fanelli Classic	San Francisco, Calif.
Apr. 4-5	Stanford Invitational	Stanford, Calif.
Apr. 5	Arnie Robinson Invitational	San Diego, Calif.
Apr. 10-11	Bryan Clay Invitational (Multis)	Azusa, Calif.
Apr. 16-18	Bryan Clay Invitational	Azusa, Calif.
April 18-19	Mt. SAC Relays	Walnut, Calif.
Apr. 30-May 1	BYU Invitational	Provo, Utah
May 2-3	Steve Scott Invitational	Irvine, Calif.
May 3	Desert Heat Classic	Tucson, Ariz.
May 8-10	APU Franson Last Chance Meet	Azusa, Calif.
May 15-17	Mountain West Championships	Clavis, Calif.
May 25-31	NCAA West Preliminaries	College Station, Tex.
June 8-14	NCAA Championships	Eugene, Ore.

SDSU ENTRIES - MEET THREE

DELOSS DODDS INVITATIONAL

Athlete	Event	Indoor Collegiate Best
Laraigh Allen	200m Dash	24.91
Alyssa Alumbres	Triple Jump	collegiate debut
Takiyah Blue	200m Dash	24.85
Jenna Fee Feyerabend	High Jump	5-09.25
	Shot Put	44-05.25
	Pentathlon	4,263 points
Shaquena Foote	200m Dash	23.22
	400m Dash	52.43
Maya Gorman	High Jump	5-03.00
	Long Jump	18-04.25
Olivia Hicks	60m Dash	7.58
	200m Dash	24.41
Charlize James	200m Dash	NT
	60m Hurdles	8.23
Jordan Leveque	60m Dash	7.95
	Pole Vault	12-06.75
Anna Mager	400m Dash	55.95
	60m Hurdles	8.93
Aji Mbye	60m Dash	7.37
	200m Dash	23.45
Pavana Nagaraj	60m Hurdles	NT
	High Jump	NH
	Long Jump	19-00.00
	Shot Put	NM
Jada Pierre	200m Dash	24.31
	60m Hurdles	8.41
Mia Reid	200m Dash	NT
	60m Hurdles	8.66
Hannah Waller	60m Dash	7.22
	Long Jump	20-06.50
Mikaela Warr	60m Dash	7.48
Sophia Wolf	800m Run	2:08.71
Xiamara Young	Long Jump	20-03.50
	Triple Jump	44-00.50

INDOOR MEET 3: JANUARY 31 - FEBRUARY 1, 2025



DeLoss Dodds Invitational

Location: Manhattan, Kan. (Kansas State University)

Venue: Cliff Rovelto Indoor Track

Start Times

Fri. - Track: 6:15 p.m. CT (4:15 p.m. PT) | Field: 5:30 p.m. CT (3:30 p.m. PT) | Pentathlon: 12 p.m. CT (10 a.m. PT)

Sat. - Track: 2 p.m. CT (12 p.m. PT) | Field: 2 p.m. CT (12 p.m. PT)

Live Results: flashresults.com | Watch: N/A

SAN DIEGO STATE RETURNS TO ACTION AT KANSAS STATE

- After a weekend off from meet competition, the Aztecs resume their indoor schedule at the DeLoss Dodds Invitational hosted by Kansas State this weekend.
- The Aztecs will send 18 student-athletes, totaling 34 entries for the weekend.
- Last time the Scarlet and Black competed was at the UW Invite/Mile City in Seattle, Wash. two weeks ago. At that meet, six Aztecs combined for eight program top ten marks in the mid-distance and distance events.
- Most notable from the weekend in the pacific northwest was Lauren Harper who earned Mountain West Track Athlete of the Week. The senior set a senior class record in the 800m on Friday before winning the open section mile with the fourth fastest time in SDSU history on Saturday.
- The Aztecs have won a weekly award each week they have competed in a meet this season.
- Among the teams SDSU will compete against are No. 9 Oklahoma, No. 15 Baylor, Oklahoma State, Notre Dame, Wichita State, South Dakota, Northern Iowa and the hosts Kansas State.
- Among the Aztecs competing this weekend, indoor 400m school record holder Shaquena Foote will run her first 400m race of the season as well as looking to improve on her nationally ranked 200m time. Similarly, second team all-American triple jumper Xiamara Young will participate in her first triple jump of the season in the meet. Jenna Fee Feyerabend is also set for her first official pentathlon since earning second team all-American honors at the 2023 NCAA Indoor Championships.
- Head Coach Shelia Burrell is in her 16th season at the helm of the program. Since taking over, SDSU has finished top three at the MW championships every year except one, including winning the title in 2013.
- The Aztecs finished second in the Mountain West Indoor Championships last year, their third runner-up finish in the last four conference championship meets.
- Eight Aztecs earned all-Mountain West honors last year, their fourth consecutive season of at least seven honorees. Of the eight, six return for the 2025 season including gold medal winners Hannah Waller (60m) and Shaquena Foote (400m).
- Last year, SDSU had 22 marks etched into the indoor record books, including four school records. This year, the Aztecs have already recorded 11 more program top ten marks.

THE NATIONAL STAGE

Since Shelia Burrell took over the program, the Aztecs have been regulars at the NCAA Indoor Championships. Since 2010, SDSU ranks second in the conference in national indoor championship qualifiers among the conference.

Rk.	School	Qualifiers
1.	New Mexico	34
2.	San Diego State	19
3.	Boise State	17
4.	Colorado State	14
5.	Air Force	7
6.	UNLV	6
7.	San Jose State	5
8.	Fresno State	3
	Wyoming	3
10.	Utah State	2

ATOP THE PODIUM

Below is a list of the most individual champions in the history of the Mountain West Indoor Championships (among current members).

Rk.	School	Gold Count
1.	San Diego State	59
2.	Colorado State	58
3.	New Mexico	43
	UNLV	43

...in the Shelia Burrell era (since 2010).

Rk.	School	Gold Count
1.	San Diego State	45
2.	New Mexico	35
3.	Colorado State	33

POLE VAULT-U

San Diego State has been the class of the Mountain West in pole vault since the conference was founded. In 24 MW indoor championships, the Aztecs have won 17 gold medals and 32 total medals. The 17 golds are more than double every other institution combined.

Rk.	School	Gold (Medals)
1.	San Diego State	17 (32)
2.	BYU	3 (14)
3.	New Mexico	2 (7)
4.	Air Force	1 (6)
5.	Colorado State	1 (5)
6.	Nevada	0 (3)
	Utah	0 (3)
8.	Boise State	0 (2)

SDSU QUICK FACTS

Location	San Diego, Calif.
Founded	1897
Enrollment	33,870
Nickname	Aztecs
School Colors	Scarlet and Black
Affiliation	NCAA Division I
Conference	Mountain West
Facility	Aztrack Sports Deck
President	Dr. Adela de la Torre
Director of Athletics	John David Wicker

STAY CONNECTED

Website: goaztecs.com
Facebook: GoAztecs / SDSUTFXC
X (Twitter): GoAztecs / SDSUTFXC
Instagram: goaztecs / sdsu_tfxc
YouTube: goaztecscom

USTFCCA MOUNTAIN WEST TFRI RANKINGS

INDOOR SEASON (as of Jan. 28)

Rk.	School	Points
1.	Colorado State	409.28
2.	New Mexico	406.50
3.	San Jose State	282.42
4.	San Diego State	263.72
5.	Nevada	257.99
6.	Wyoming	222.79
7.	Fresno State	204.03
8.	Utah State	202.44
9.	Air Force	188.23
10.	UNLV	114.73
11.	Boise State	75.02

USTFCCA WEST REGION TFRI RANKINGS

INDOOR SEASON (as of Jan. 28)

Rk.	School	Conference	Points
1.	USC	Big Ten	224.82
2.	UCLA	Big Ten	224.09
3.	Stanford	ACC	222.37
4.	Oregon	Big Ten	209.35
5.	Washington	Big Ten	183.11
6.	Arizona	Big 12	171.98
7.	Arizona State	Big 12	158.34
8.	San Jose State	Mountain West	151.93
9.	California	ACC	116.35
10.	Oregon State	Independent	107.68

USTFCCA NATIONAL TFRI RANKINGS

INDOOR SEASON (as of Jan. 28)

Rk.	School	Conference	Points
1.	Illinois	Big Ten	167.50
2.	Texas Tech	Big 12	146.57
3.	Clemson	ACC	110.79
4.	Arkansas	SEC	110.75
5.	BYU	Big 12	72.56
6.	Alabama	SEC	72.32
7.	Texas A&M	SEC	70.90
8.	Oregon	Big Ten	66.23
9.	Oklahoma	SEC	66.06
10.	Stanford	ACC	64.59
11.	Georgia	SEC	62.81
12.	Nebraska	Big Ten	62.01
13.	South Carolina	SEC	62.01
14.	Wisconsin	Big Ten	58.42
15.	Baylor	Big 12	57.17
16.	TCU	Big 12	52.10
17.	USC	Big Ten	51.70
18.	Iowa	Big Ten	51.66
19.	Texas	SEC	46.95
20.	Virginia Tech	ACC	46.03
21.	Princeton	Ivy League	45.67
22.	Kentucky	SEC	44.36
23.	Harvard	Ivy League	42.01
24.	Tennessee	SEC	41.96
25.	Providence	Big East	41.84

MW ATHLETE OF THE WEEK

Lauren Harper had a record-filled weekend in Seattle, earning Mountain West Women's Track Athlete of the Week for the first time in her career. She began the UW Invite in the 800m run on Friday setting a SDSU senior class record with a 2:09.43, the fastest in the conference this season. The Weaverville native followed it up with a victory in the open section of Mile City. Her time of 4:55.33 is the fourth fastest in program history and ranks fifth in the MW this season.

List of 2025 Aztec MW weekly award winners:

- Shaquena Foote - Track AOTW (Jan. 14)
- Lauren Harper - Track AOTW (Jan. 21)

A SPEEDY MILE CITY

San Diego State competed at the University of Washington's Mile City event on Jan. 18, 2025 and made it one of their fastest meets in program history. Six distance runners ran in the mile - four in the open section, two in the invite - and all six posted a top 15 time in SDSU's indoor history. As mentioned, Harper won the open section with the fourth fastest time in program history. Isabella Fauria (4:57.90) ran the fifth fastest time, Emily Van Valkenburg (5:02.81) ran the seventh fastest and Vanessa Cabello (5:05.33) ran the ninth fastest. Just outside the top ten, Samantha Wood's 5:07.96 ranks 11th and Sara Jones' 5:08.32 is 13th.

AZTEC ALL-AMERICANS

Among the returners for the 2025 season include a pair of indoor All-American performers. Xiamara Young garnered the award finishing ninth in triple jump at last year's NCAA Indoor Championship meet capping off an incredible first career indoor season. Jenna Fee Feyerabend redshirted during indoor a year ago, but was an All-American in 2023 finishing ninth place in the pentathlon.

LEAPING INTO THE RECORD BOOK

Speaking of Xiamara Young, she had an incredible first career indoor season last year. After transferring in from Fresno Pacific where she earned PacWest Freshman of the Year, she entered the record books for both long jump and triple jump in both indoor and outdoor seasons. An indoor All-American and an outdoor honorable mention, her indoor triple jump of 44-0.5 ranked third in the West Region last season and her 20-3.5 in long jump was ninth.

FLEET OF FOOTE

Shaquena Foote is the most decorated athlete on the 2025 roster and owns 13 marks in the record books. During last year's indoor season she broke the 400m school record, which had stood untouched for two decades, in the first meet of the season. She preceded to then break her own record three more times capped off with a gold medal at the MW Indoor Championships. One of the fastest sprinters in the West, she owns the second fastest 200m time in the region (tied for 10th nationally) and ranks just outside the top ten in the 60m.

DUAL THREAT

Senior Hannah Waller proved to be one of the best athletes in the West Region last year, finishing her 2024 indoor season with the second best 60m time in the region (7.24aa), fifth best long jump mark (20-6.5) and sixth best 200m time (23.24aa). Going into her second meet of the season, she ranks tenth in the region in the 60m and tied for 17th in long jump.

AJI ACCELERATES

Aji Mbye came to San Diego State from The Gambia last year and wasted no time etching her name into the record books. Earning all-Mountain West in the indoor 60m and outdoor 100m, she set four SDSU freshman records between indoor and outdoor, and ranks in the all-time top ten six different times. Among freshmen in the West Region, she ranked second in the 200m and third in the 60m during indoor season last year. In her one race this year, she has already improved on her record-filled first year with a PR in the 60m (7.38aa) that ranks 14th in the West Region and makes her seventh in SDSU history.

THE HURDLING DUO

Charlize James and Jada Pierre finished one-two in their heat at the MW Indoor Championships last year and both scored points toward the Aztecs' team total. Two of the top hurdlers in the conference and west region got off to a quick start this year, finishing as the top two collegiate runners in the event at the season opening meet. James (8.42aa) and Pierre (8.43aa) currently rank second and third in the Mountain West and 14th and 15th in the West region.

FIRST IMPRESSIONS

The Aztecs welcome six new faces for the 2025 season, four of which made their collegiate debuts in the season opener. Peyton Bedrosian cleared 3.75m (12-3.5) in pole vault, Mikaela Warr ran a 7.50aa in the 60m, Pavana Nagaraj leapt 5.79m (19-0) in long jump and Laraigh Allen ran a 24.98aa in the 200m. Sara Jones became the fifth of the group making her indoor debut at Washington, running a 2:21.52 in the 800m and a 5:08.32 in the mile.

THE USTFCCCA RANKINGS

The first rankings of the season from the United States Track and Field and Cross Country Association were released on Tuesday and the Aztecs find themselves at No. 75 nationally, No. 16 in the west and fourth in the Mountain West. In the outlet's event rankings, SDSU is No. 11 in the nation in the 60m, No. 18 in the 60m hurdles, No. 38 in the 200m, No. 42 in long jump and No. 44 in the 800m.

SCHOOL RECORD HOLDERS

San Diego State returns four program indoor school record holders for the 2025 season:

- Jenna Fee Feyerabend (high jump) - 1.76m (5-9.25)
- Jenna Fee Feyerabend (pentathlon) - 4,263 points
- Shaquena Foote (400m) - 52.43
- Lauren Harper (800m) - 2:07.31
- Lidia Major (DMR, ran the 400m leg) - 11:49.06

UPDATING THE ALL-TIME LIST

Last year, the Aztecs made 22 updates to the indoor top 10 lists. In just two meets this year they have already had 11 marks added to the all-time list:

- 60m - Foote (6th), Mbye (7th)
- 200m - Foote (3rd)
- 600m - Foote (3rd), Mager (5th)
- Mile - Harper (4th), Fauria (5th), Van Valkenburg (7th), Cabello (9th)
- 3,000m - Cabello (3rd), Van Valkenburg (4th)

UP NEXT

After their trip to the little apple, San Diego State will make their first of two trips to New Mexico next weekend to compete in the Don Kirby Elite Invitational.

TFRRS PERFORMANCE LIST

Marks only included if top 50 nationally/top 20 regionally/top 10 conference.

60-METER DASH

Mark	Student-Athlete	NCAA	West	MW
7.36aa	Hannah Waller	148	10	2
7.37aa	Shaquena Foote	-	111	3
7.38aa	Aji Mbye	-	114	4
7.50aa	Mikaela Warr	-	-	9

200-METER DASH

Mark	Student-Athlete	NCAA	West	MW
23.29aa	Shaquena Foote	110	2	1

800-METER RUN

Mark	Student-Athlete	NCAA	West	MW
2:09.43	Lauren Harper	-	5	1
2:15.08	Isabella Fauria	-	16	5

3,000-METER RUN

Mark	Student-Athlete	NCAA	West	MW
9:50.38	Vanessa Cabello	-	-	10

60-METER HURDLES

Mark	Student-Athlete	NCAA	West	MW
8.42aa	Charlize James	-	14	2
8.43aa	Jada Pierre	-	15	3

4x400-METER RELAY

Mark	Student-Athlete	NCAA	West	MW
3:54.92aa	Allen, Pierre, James, Mbye	-	-	9

HIGH JUMP

Mark	Student-Athlete	NCAA	West	MW
1.70m	Jenna Fee Feyerabend	-	111	16

POLE VAULT

Mark	Student-Athlete	NCAA	West	MW
3.75m	Peyton Bedrosian	-	117	15
3.75m	Jordan Leveque	-	117	15

LONG JUMP

Mark	Student-Athlete	NCAA	West	MW
5.93m	Hannah Waller	-	117	17

SHOT PUT

Mark	Student-Athlete	NCAA	West	MW
13.42m	Jenna Fee Feyerabend	-	-	10

2025 SAN DIEGO STATE WOMEN'S TRACK & FIELD ROSTER

Name	Event	Class (I/O)	Hometown (Last School/High School)
Laraigh Allen	Sprints	Fr./Fr.	San Diego, Calif. (Helix HS)
Alyssa Alumbres	Jumps	Fr./Fr.	Murrieta, Calif. (Vista Murrieta HS)
Sydney Ash	Pole Vault	So./So.	Issaquah, Wash. (Liberty Senior HS)
Peyton Bedrosian	Pole Vault	Fr./Fr.	Pasa Robles, Calif. (Paso Robles HS)
Keira Bennett	Throws	RFr./So.	Parker, Colo. (Chaparral HS)
Presley Bennett	Distance	RFr./So.	Encinitas, Calif. (San Diego Mesa/La Costa Canyon HS)
Takiyah Blue	Sprints	So./RFr.	Seattle, Wash. (Eastern Washington/Middle College HS)
Vanessa Cabello	Distance	Sr./Sr.	Los Altos, Calif. (Saint Francis HS)
Melanie Falkowski	Distance	RSO./Jr.	Laguna Beach, Calif. (Laguna Beach HS)
Isabella Fauria	Distance	Sr./Sr.	Sacramento, Calif. (New Mexico/Saint Francis High)
Jenna Fee Feyerabend	Multis/Jumps	RJr./Sr.	Groß-Gerau, Germany (Carl-Von-Weinberg Schule)
Shaquena Foote	Sprints	Jr./Jr.	Westmoreland, Jamaica (Petersfield HS)
Giselle Galles	Jumps	So./So.	Albuquerque, N.M. (ABQ Academy)
Maya Gorman	Jumps	Sr./Sr.	Mountain House, Calif. (Stanislaus State/Mountain House HS)
Lauren Harper	Mid-Distance	RJr./Sr.	Weaverville, Calif. (Trinity HS)
Maddie Heller	Distance	RJr./Sr.	San Juan Capistrano, Calif. (San Diego/Capistrano Valley HS)
Olivia Hicks	Sprints	So./So.	Beaverton, Ore. (Mountainside HS)
Charlize James	Sprints/Hurdles	Jr./Jr.	Spring Valley, Calif. (San Diego HS)
Sara Jones	Distance	Fr./Fr.	Gilbert, Ariz. (Perry HS)
Jordan Leveque	Pole Vault	So./So.	Clovis, Calif. (Buchanan HS)
Anna Mager	Sprints/Hurdles	Jr./Jr.	Wolfurt, Austria (Oklahoma/Sportgymnasium Dornbirn)
Lidia Major	Sprints/Hurdles	So./So.	Irvine, Calif. (Santa Margarita Catholic HS)
Aji Mbye	Sprints	So./So.	The Gambia, West Africa (Broadfording Christian Academy)
Lily Mulligan	Multis	So./So.	Santa Rosa, Calif. (Santa Rosa HS)
Pavana Nagaraj	Multis/Jumps	Fr./Fr.	Karnataka, India (SA-India)
Maddy Parrone	Distance	So./So.	Westlake Village, Calif. (Oak Park HS)
Bella Peretti	Distance	RSO./Jr.	San Jose, Calif. (Pioneer HS)
Jada Pierre	Sprints/Hurdles	Sr./RJr.	Woodbridge, Va. (Virginia/South Lakes HS)
Mia Reid	Sprints/Hurdles	So./So.	Los Angeles, Calif. (Cal State Fullerton/Pasadena HS)
Eva Rethmeier	Distance	Sr./-	San Diego, Calif. (Cal State Fullerton/Poway HS)
Kayla Tassara	Pole Vault	So./So.	Torrance, Calif. (Seattle Pacific/South Torrance HS)
Emily Van Valkenburg	Distance	So./So.	Sammamish, Wash. (Oregon State/Eastlake HS)
Hannah Waller	Jumps/Sprints	Sr./Sr.	Reston, Va. (Michigan/South Lakes HS)
Mikaela Warr	Sprints	Fr./Fr.	Santa Clarita, Calif. (Canyon HS)
Sophia Wolf	Mid-Distance	Sr./Sr.	Bensheim, Germany (New Orleans/Altes Kurfürstliches Gymnasium Bensheim)
Samantha Wood	Distance	Jr./Jr.	Post Falls, Idaho (Boise State/Post Falls HS)
Xiamara Young	Jumps	RSO./Jr.	Las Vegas, Nev. (Fresno Pacific/Centennial HS)
Tatum Zinkin	Mid-Distance	Jr./Jr.	Fresno, Calif. (Clovis North HS)

COACHING STAFF

Head Coach: Shelia Burrell (UCLA, 1995), 16th season

Assistant Coach/Recruiting Coordinator: Alrick Munroe (Wayland Baptist University, 1988), 12th season

Assistant Coach (Pole Vault): Richard Fox (San Diego State, 1992), 30th season

Assistant Coach (Head Cross Country/Distance): Robert Lusitana (San Diego State, 1982), 8th season

Assistant Coach: Brad Johnson

ROSTER BREAKDOWN

By Class

Seniors (10): Vanessa Cabello, Sameerah Evans, Isabella Fauria, Jenna Fee Feyerabend, Maya Gorman, Lauren Harper, Maddie Heller, Jada Pierre, Hannah Waller, Sophia Wolf

Juniors (12): Presley Bennett, Melanie Falkowski, Shaquena Foote, Charlize James, Anna Mager, Maddy Parrone, Bella Peretti, Emily Van Van Valkenburg, Samantha Wood, Xiamara Young, Tatum Zinkin
Sophomores (11): Sydney Ash, Keira Bennett, Takiyah Blue, Giselle Galles, Olivia Hicks, Jordan Leveque, Lidia Major, Aji Mbye, Lily Mulligan, Mia Reid, Kayla Tassara
Freshman (6): Laraigh Allen, Alyssa Alumbres, Peyton Bedrosian, Sara Jones, Pavana Nagaraj, Mikaela Warr

By Home State/Country

California (22): Laraigh Allen, Alyssa Alumbres, Peyton Bedrosian, Presley Bennett, Vanessa Cabello, Sameerah Evans, Melanie Falkowski, Isabella Fauria, Maya Gorman, Lauren Harper, Maddie Heller, Charlize James, Jordan Leveque, Lidia Major, Lily Mulligan, Maddy Parrone, Bella Peretti, Mia Reid, Eva Rethmeier, Kayla Tassara, Mikaela Warr, Tatum Zinkin
Washington (3): Sydney Ash, Takiyah Blue, Emily Van Valkenburg
Virginia (2): Jada Pierre, Hannah Waller
Germany (2): Jenna Fee Feyerabend, Sophia Wolf
Arizona (1): Sara Jones
Colorado (1): Keira Bennett
Idaho (1): Samantha Wood
Nevada (1): Xiamara Young
New Mexico (1): Giselle Galles
Oregon (1): Olivia Hicks
Austria (1): Anna Mager
India (1): Pavana Nagaraj
Jamaica (1): Shaquena Foote
West Africa (1): Aji Mbye

By Event

Sprints (10): Laraigh Allen, Takiyah Blue, Shaquena Foote, Charlize James, Anna Mager, Lidia Major, Aji Mbye, Jada Pierre, Mia Reid, Hannah Waller
Hurdles (5): Charlize James, Anna Mager, Lidia Major, Jada Pierre, Mia Reid
Mid-Distance (5): Isabella Fauria, Lauren Harper, Sophia Wolf, Samantha Wood, Tatum Zinkin
Distance (10): Presley Bennett, Vanessa Cabello, Melanie Falkowski, Maddie Heller, Sara Jones, Maddy Parrone, Bella Peretti, Eva Rethmeier, Emily Van Valkenburg, Samantha Wood
Jumps (8): Alyssa Alumbres, Sameerah Evans, Jenna Fee Feyerabend, Giselle Galles, Maya Gorman, Pavana Nagaraj, Hannah Waller, Xiamara Young
Pole Vault (5): Sydney Ash, Peyton Bedrosian, Jordan Leveque, Lily Mulligan, Kayla Tassara
Throws (1): Keira Bennett
Multis (2): Jenna Fee Feyerabend, Pavana Nagaraj

2025 INDOOR PERFORMANCE LIST

KEY: sr - school record; (number) - top 10 school ranking; p - preliminaries; h - heats; 1r - first round; q - quarterfinals; s - semifinals; f - finals; i - invite; ei - elite invite; o - open; b - "b" section; c - "c" section; se - seeded; u - unseeded; pn - pentathlon; hp - heptathlon; a - altitude (aa - adjusted for altitude by TFRRS); w - wind-aided (>2.0 meters/second); conv - converted from 4x400 yard relay.

60-METER

SDSU Record: 7.17 (Ashley Henderson, 2017)

2025 NCAA Leader: 7.13aa (Indya Mayberry, TCU)

2025 MW Leader: 7.29aa (Magdalene George, Nevada)

Time	Athlete	Place	Key	Meet (Date)
7.34a	Hannah Waller	2nd	p	Silver & Blue Invitational (1/10)
7.35a	Shaquena Foote	3rd	f, #6	Silver & Blue Invitational (1/10)
7.35a	Shaquena Foote	3rd	p	Silver & Blue Invitational (1/10)
7.36a	Aji Mbye	4th	f, #7	Silver & Blue Invitational (1/10)
7.48a	Mikaela Warr	6th	p	Silver & Blue Invitational (1/10)
7.50a	Aji Mbye	7th	p	Silver & Blue Invitational (1/10)
7.50a	Mikaela Warr	6th	f	Silver & Blue Invitational (1/10)
7.58a	Olivia Hicks	10th	p	Silver & Blue Invitational (1/10)
7.61a	Jada Pierre	11th	p	Silver & Blue Invitational (1/10)
7.95a	Jordan Leveque	24th	p	Silver & Blue Invitational (1/10)
8.06	Mia Reid	26th	p	Silver & Blue Invitational (1/10)

200-METER

SDSU Record: 22.41 (Ashley Henderson, 2018)

2025 NCAA Leader: 22.80aa (Tiriah Kelley, Baylor)

2025 MW Leader: 23.29aa (Shaquena Foote, San Diego State)

Time	Athlete	Place	Key	Meet (Date)
23.22a	Shaquena Foote	1st	#3	Silver & Blue Invitational (1/11)
24.73a	Anna Mager	7th		Silver & Blue Invitational (1/11)
24.91a	Laraigh Allen	8th		Silver & Blue Invitational (1/11)
25.35a	Takiyah Blue	12th		Silver & Blue Invitational (1/11)

400-METER

SDSU Record: 52.43 (Shaquena Foote, 2024)

2025 NCAA Leader: 51.31aa (JaMeesia Ford, South Carolina)

2025 MW Leader: 53.54aa (Ceonna Pipion, Fresno State)

Time	Athlete	Place	Key	Meet (Date)
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800-METER

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

2025 NCAA Leader: 2:02.03 (Meghan Hunter, BYU)

2025 MW Leader: 2:09.43 (Lauren Harper, San Diego State)

Time	Athlete	Place	Key	Meet (Date)
2:09.43	Lauren Harper	5th	senior	UW Preview (1/17)
2:15.08	Isabella Fauria	17th		UW Preview (1/17)
2:17.92	Samantha Wood	20th	PR	UW Preview (1/17)
2:21.52	Sara Jones	27th	PR	UW Preview (1/17)

MILE

SDSU Record: 4:36.4 (Monica Joyce, 1982)

2025 NCAA Leader: 4:25.89 (Wilma Nielsen, Oregon)

2025 MW Leader: 4:30.68aa (Pamela Kosgei, New Mexico)

Time	Athlete	Place	Key	Meet (Date)
4:55.33	Lauren Harper	1st	o, #4	Mile City (1/18)
4:57.90	Isabella Fauria	46th	i, #5	Mile City (1/18)
5:02.81	Emily Van Valkenburg	51st	i, #7	Mile City (1/18)
5:05.33	Vanessa Cabello	8th	o, #9	Mile City (1/18)
5:07.96	Samantha Wood	19th	o	Mile City (1/18)
5:08.32	Sara Jones	20th	o, PR	Mile City (1/18)

3,000-METER

SDSU Record: 9:32.77 (Jessica Kain, 2024)

2025 NCAA Leader: 8:45.67 (Shannon Flockhart, Providence)

2025 MW Leader: 9:12.46 (Mercy Kirarei, New Mexico)

Time	Athlete	Place	Key	Meet (Date)
9:50.38	Vanessa Cabello	35th	#3	UW Preview (1/17)
9:57.90	Emily Van Valkenburg	40th	#4	UW Preview (1/17)

5,000-METER

SDSU Record: 17:55.31 (Marianne Hogan, 2011)

2025 NCAA Leader: 14:52.57 (Doris Lemngole, Alabama)

2025 MW Leader: 15:00.36 (Pamela Kosgei, New Mexico)

Time	Athlete	Place	Key	Meet (Date)
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60-METER HURDLES

SDSU Record: 8.11 (Micha Auzenne, 2017)

2025 NCAA Leader: 8.01 (Jaiya Covington, Texas A&M)

2025 MW Leader: 8.25aa (Sky Hagan, San Jose State)

Time	Athlete	Place	Key	Meet (Date)
8.40a	Charlize James	1st	p	Silver & Blue Invitational (1/10)
8.41a	Jada Pierre	2nd	f	Silver & Blue Invitational (1/10)
8.47a	Charlize James	3rd	f	Silver & Blue Invitational (1/10)
8.54a	Jada Pierre	4th	p	Silver & Blue Invitational (1/10)
8.78a	Mia Reid	6th	p	Silver & Blue Invitational (1/10)
8.82a	Jenna Fee Feyerabend	10th	p	Silver & Blue Invitational (1/10)
8.93a	Anna Mager	13th	p	Silver & Blue Invitational (1/10)
9.19a	Mia Reid	8th	f	Silver & Blue Invitational (1/10)

4x400-METER RELAY

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

2025 NCAA Leader: 3:30.39 (Georgia)

2025 MW Leader: 3:42.24 (Fresno State)

Time	Athlete	Place	Key	Meet (Date)
3:54.48a	Allen, Pierre, James, Mbye	5th		Silver & Blue Invitational (1/11)

DISTANCE MEDLEY RELAY

SDSU Record: 11:49.06 (Cabello-Major-Lomelli-Kain, 2024)

2025 NCAA Leader: 11:16.71 (Wisconsin)

2025 MW Leader: 11:57.51aa (Boise State)

Time	Athlete	Place	Key	Meet (Date)
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2025 INDOOR PERFORMANCE LIST

KEY: sr - school record; (number) - top 10 school ranking; p - preliminaries; h - heats; 1r - first round; q - quarterfinals; s - semifinals; f - finals; i - invite; ei - elite invite; o - open; b - "b" section; c - "c" section; se - seeded; u - unseeded; pn - pentathlon; hp - heptathlon; a - altitude; w - wind-aided (>2.0 meters/second); conv - converted from 4x400 yard relay.

HIGH JUMP

SDSU Record: 5-09.25 (Jenna Fee Feyerabend, 2023)

2025 NCAA Leader: 6-04.25 (Jenna Rogers, Nebraska)

2025 MW Leader: 5-11.25 (Morgan Glaser, Air Force)

Mark	Athlete	Place	Key	Meet (Date)
5-07.00	Jenna Fee Feyerabend	4th		Silver & Blue Invitational (1/11)
5-03.00	Maya Gorman	10th		Silver & Blue Invitational (1/10)

POLE VAULT

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

2025 NCAA Leader: 15-00.25 (Julia Fixsen, Virginia Tech)

2025 MW Leader: 13-01.50 (Maria Kimpson, Colorado State & Abbie Scott, Utah State)

Mark	Athlete	Place	Key	Meet (Date)
12-03.50	Jordan Leveque	1st		Silver & Blue Invitational (1/10)
12-03.50	Peyton Bedrosian	2nd		Silver & Blue Invitational (1/10)

LONG JUMP

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

2025 NCAA Leader: 22-03.00 (Tacoria Humphrey, Illinois)

2025 MW Leader: 21-02.75 (Emilia Sjostrand, San Jose State)

Mark	Athlete	Place	Key	Meet (Date)
19-05.50	Hannah Waller	4th		Silver & Blue Invitational (1/10)
19-00.00	Pavana Nagaraj	7th		Silver & Blue Invitational (1/10)
18-01.50	Maya Gorman	11th		Silver & Blue Invitational (1/10)
17-10.75	Xiamara Young	14th		Silver & Blue Invitational (1/10)
17-07.50	Jenna Fee Feyerabend	16th		Silver & Blue Invitational (1/10)
16-11.25	Giselle Galles	25th		Silver & Blue Invitational (1/10)

TRIPLE JUMP

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

2025 NCAA Leader: 45-11.25 (Ruta Lasmane, Texas Tech)

2025 MW Leader: 43-10.50 (Simone Johnson, San Jose State)

Mark	Athlete	Place	Key	Meet (Date)
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SHOT PUT

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

2025 NCAA Leader: 61-00.00 (Axelina Johnsson, Nebraska)

2025 MW Leader: 57-07.50 (Gabby Morris, Colorado State)

Mark	Athlete	Place	Key	Meet (Date)
44-00.50	Jenna Fee Feyerabend	2nd		Silver & Blue Invitational (1/10)

WEIGHT THROW

SDSU Record: 68-01.00 (Jasmine Burrell, 2014)

2025 NCAA Leader: 77-03.25 (Giavonna Meeks, California)

2025 MW Leader: 64-11.50 (Kajsa Borrman, Colorado State)

Mark	Athlete	Place	Key	Meet (Date)
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PENTATHLON

SDSU Record: 4,263 points (Jenna Fee Feyerabend, 2023)

2025 NCAA Leader: 4,428 points (Lucie Kienast, Illinois)

2025 MW Leader: 3,765 points (Tereza Babicka, Colorado State)

Mark	Athlete	Place	Key	Meet (Date)
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2025 INDIVIDUAL PERFORMANCES

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Note: all PRs are collegiate personal records.

Laraigh Allen

Freshman | San Diego, Calif. | Helix HS

INDOOR SEASON

200m (PR: 24.91a - Jan. 11, 2025)

Mark (Key)	Finish	Meet	Date
24.91a	8th	Silver & Blue Invitational	Jan. 11

Peyton Bedrosian

Freshman | Paso Robles, Calif. | Paso Robles HS

INDOOR SEASON

Pole Vault (PR: 12-03.50 - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
12-03.50	2nd	Silver & Blue Invitational	Jan. 10

Takiyah Blue

Sophomore | Seattle, Wash. | Eastern Washington

INDOOR SEASON

200m (PR: 24.85 - Feb. 9, 2024)

Mark (Key)	Finish	Meet	Date
25.35a	12th	Silver & Blue Invitational	Jan. 11

Vanessa Cabello

Senior | Los Altos, Calif. | Saint Francis HS

INDOOR SEASON

Mile (PR: 5:05.33 - Jan. 19, 2025)

Mark (Key)	Finish	Meet	Date
5:05.33 (o, #9)	8th	Mile City	Jan. 18

3,000m (PR: 9:50.38 - Jan. 18, 2025)

Mark (Key)	Finish	Meet	Date
9:50.38 (#3)	35th	UW Invite	Jan. 17

Isabella Fauria

Senior | Sacramento, Calif. | New Mexico

INDOOR SEASON

800m (PR: 2:15.06 - Feb. 23, 2024)

Mark (Key)	Finish	Meet	Date
2:15.08	17th	UW Invite	Jan. 17

Mile (PR: 4:57.90 - Jan. 19, 2025)

Mark (Key)	Finish	Meet	Date
4:57.90 (i, #5)	46th	Mile City	Jan. 18

Jenna Fee Feyerabend

Senior | Groß-Gerau, Germany | Carl-Von-Weinberg Schule

INDOOR SEASON

60m Hurdles (PR: 8.63 - Feb. 24, 2023)

Mark (Key)	Finish	Meet	Date
8.82a (p)	10th	Silver & Blue Invitational	Jan. 10

High Jump (PR: 5-09.25 - Feb. 25, 2023)

Mark (Key)	Finish	Meet	Date
5-07.00	4th	Silver & Blue Invitational	Jan. 11

Long Jump (PR: 19-08.25 - Mar. 11, 2023)

Mark (Key)	Finish	Meet	Date
17-07.50	16th	Silver & Blue Invitational	Jan. 10

Shot Put (PR: 44-05.25 - Mar. 10, 2023)

Mark (Key)	Finish	Meet	Date
44-00.50	2nd	Silver & Blue Invitational	Jan. 11

Shaquena Foote

Junior | Westmoreland, Jamaica | Petersfield HS

INDOOR SEASON

60m (PR: 7.35a - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
7.35a (f, #6)	3rd	Silver & Blue Invitational	Jan. 10
7.35a (p)	3rd	Silver & Blue Invitational	Jan. 10

200m (PR: 23.22a - Jan. 11, 2025)

Mark (Key)	Finish	Meet	Date
23.22a (#3)	1st	Silver & Blue Invitational	Jan. 11

600m (PR: 1:30.28 - Jan. 18, 2025)

Mark (Key)	Finish	Meet	Date
1:30.28 (#3)	2nd	UW Invite	Jan. 17

Giselle Galles

Jumps | Albuquerque, N.M. | ABQ Academy

INDOOR SEASON

Long Jump (PR: 16-11.25 - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
16-11.25	25th	Silver & Blue Invitational	Jan. 10

Maya Gorman

Junior | Mountain House, Calif. | Mountain House HS

INDOOR SEASON

High Jump (PR: 5-03.00 - Jan. 11, 2025)

Mark (Key)	Finish	Meet	Date
5-03.00	10th	Silver & Blue Invitational	Jan. 11

Long Jump (PR: 18-04.25 - Feb. 23, 2024)

Mark (Key)	Finish	Meet	Date
18-01.50	11th	Silver & Blue Invitational	Jan. 10

Lauren Harper

Senior | Weaverville, Calif. | Trinity HS

INDOOR SEASON

800m (PR: 2:07.31 - Feb. 26, 2022)

Mark (Key)	Finish	Meet	Date
2:09.43 (senior)	5th	UW Invite	Jan. 17

Mile (PR: 4:55.33 - Jan. 19, 2025)

Mark (Key)	Finish	Meet	Date
4:55.33 (o, #4)	1st	Mile City	Jan. 18

Olivia Hicks

Sophomore | Beaverton, Ore. | Mountainside HS

INDOOR SEASON

60m (PR: 7.58a - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
7.58a	10th	Silver & Blue Invitational	Jan. 10

Charlize James

Junior | Spring Valley, Calif. | San Diego HS

INDOOR SEASON

60m Hurdles (PR: 8.23a - Jan. 20, 2024)

Mark (Key)	Finish	Meet	Date
8.40a (p)	1st	Silver & Blue Invitational	Jan. 10
8.47a (f)	3rd	Silver & Blue Invitational	Jan. 10

Sara Jones

Freshman | Gilbert, Ariz. | Perry HS

INDOOR SEASON

800m (PR: 2:21.52 - Jan. 18, 2025)

Mark (Key)	Finish	Meet	Date
2:21.52	27th	UW Invite	Jan. 17

Mile (PR: 5:08.32 - Jan. 18, 2025)

Mark (Key)	Finish	Meet	Date
5:08.32	8th	Mile City	Jan. 18

Jordan Leveque

Sophomore | Clovis, Calif. | North Clovis HS

INDOOR SEASON

60m (PR: 7.95 - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
7.95a (p)	24th	Silver & Blue Invitational	Jan. 10

Pole Vault (PR: 12-06.75 - Jan. 20, 2024)

Mark (Key)	Finish	Meet	Date
12-03.50	1st	Silver & Blue Invitational	Jan. 10

Anna Mager

Junior | Wolfurt, Austria | Oklahoma

INDOOR SEASON

200m (PR: 24.73a - Jan. 11, 2025)

Mark (Key)	Finish	Meet	Date
24.73a	7th	Silver & Blue Invitational	Jan. 11

60m Hurdles (PR: 8.93a - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
8.93a (p)	13th	Silver & Blue Invitational	Jan. 10

600m (PR: 1:31.51 - Jan. 18, 2025)

Mark (Key)	Finish	Meet	Date
1:31.51 (#5)	4th	UW Invite	Jan. 17

Aji Mbye

Sophomore | The Gambia | Broadfording Christian Academy

INDOOR SEASON

60m (PR: 7.37a - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
7.37a (f, #7)	4th	Silver & Blue Invitational	Jan. 10

Pavana Nagaraj

Freshman | Kamataka, India | SA-India

INDOOR SEASON

Long Jump (PR: 19-00.00 - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
19-00.00	7th	Silver & Blue Invitational	Jan. 10

Jada Pierre

Senior | Woodbridge, Va. | Virginia

INDOOR SEASON

60m (PR: 7.52 - Feb. 17, 2023)

Mark (Key)	Finish	Meet	Date
7.61a (p)	11th	Silver & Blue Invitational	Jan. 10

60m Hurdles (PR: 8.41 - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
8.41a (f)	2nd	Silver & Blue Invitational	Jan. 10
8.54a (p)	4th	Silver & Blue Invitational	Jan. 10

2025 INDIVIDUAL PERFORMANCES

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Note: all PRs are collegiate personal records.

Mia Reid

Sophomore | Los Angeles, Calif. | Cal State Fullerton

INDOOR SEASON

60m (PR: 8.06 - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
8.06a (p)	26th	Silver & Blue Invitational	Jan. 10

60m Hurdles (PR: 8.66 - Jan. 20, 2024)

Mark (Key)	Finish	Meet	Date
8.78a (p)	6th	Silver & Blue Invitational	Jan. 10
9.19a (f)	8th	Silver & Blue Invitational	Jan. 10

Kayla Tassara

Sophomore | Torrance, Calif. | Seattle Pacific

INDOOR SEASON

Pole Vault (PR: 12-06.75 - Feb. 23, 2024)

Mark (Key)	Finish	Meet	Date
NH	-	Silver & Blue Invitational	Jan. 10

Emily Van Valkenburg

Junior | Sammamish, Wash. | Oregon State

INDOOR SEASON

Mile (PR: 5:02.81 - Jan. 19, 2025)

Mark (Key)	Finish	Meet	Date
5:02.81 (i, #7)	51st	Mile City	Jan. 18

3,000m (PR: 9:57.90 - Jan. 18, 2025)

Mark (Key)	Finish	Meet	Date
9:57.90 (#4)	40th	UW Invite	Jan. 17

Hannah Waller

Senior | Reston, Va. | Michigan

INDOOR SEASON

60m (PR: 7.22 - Feb. 24, 2024)

Mark (Key)	Finish	Meet	Date
7.34a (p)	2nd	Silver & Blue Invitational	Jan. 10
DNF (f)	-	Silver & Blue Invitational	Jan. 10

Long Jump (PR: 20-06.50 - Feb. 23, 2024)

Mark (Key)	Finish	Meet	Date
19-05.50	4th	Silver & Blue Invitational	Jan. 10

Mikaela Warr

Freshman | Santa Clarita, Calif. | Canyon HS

INDOOR SEASON

60m (PR: 7.48a - Jan. 10, 2025)

Mark (Key)	Finish	Meet	Date
7.48a (p)	6th	Silver & Blue Invitational	Jan. 10
7.50a (f)	6th	Silver & Blue Invitational	Jan. 10

Samantha Wood

Junior | Post Falls, Idaho | Boise State

INDOOR SEASON

800m (PR: 2:17.92 - Jan. 18, 2025)

Mark (Key)	Finish	Meet	Date
2:17.92	20th	UW Invite	Jan. 17

Mile (PR: 5:01.64 - Jan. 27, 2023)

Mark (Key)	Finish	Meet	Date
5:07.96 (o)	19th	Mile City	Jan. 18

Xiamara Young

Junior | Las Vegas, Nev. | Fresno Pacific

INDOOR SEASON

Long Jump (PR: 20-03.50 - Feb. 23, 2024)

Mark (Key)	Finish	Meet	Date
17-7.50	14th	Silver & Blue Invitational	Jan. 10

2025 SAN DIEGO STATE WOMEN'S TRACK & FIELD COACHING STAFF



SHELIA BURRELL

Head Coach, Director of Track & Field

Shelia Burrell, a two-time Olympian in the heptathlon, enters her 16th season as the head track and field coach at San Diego State.

While at San Diego State, she has coached four NCAA individual champions, 67 All-Americans, 81 Mountain West individual champions, 15 MW relay champions and 244 all-MW performances. Additionally, she has seen over 60 school records set under her watch.

Under her guidance, the Aztecs have finished first or second in the Mountain West Outdoor Championships in 10 of their last 11 meets, including six league titles - 2013, 2014, 2017, 2018, 2021 and 2022. SDSU has also finished among the Mountain West's top three teams in 12 of their 14 indoor championships, including the league title in 2013.

A six-time Mountain West Coach of the Year recipient, she has also garnered regional honors as well being selected as the 2013 West Region Indoor Head Coach of the Year and the 2019 West Region Outdoor Coach of the Year awards from the USTFCCA. During the 2013 indoor season, Burrell coached the NCAA outdoor national triple jump runner-up Shanieka Thomas (Ricketts), six Mountain West champions, 14 all-conference performers and won the conference title. During the 2019 outdoor season, her team totaled five all-America honors, 10 regional qualifying entries, two MW champions and 15 all-conference performers.

For Burrell's full bio, click [HERE](#).



ALRICK MUNROE

Assistant Coach/Recruiting Coordinator

Alrick Munroe joined the Aztec coaching staff in the 2013-14 season as a volunteer and was promoted to assistant coach in 2018. He coaches the long sprints, long hurdles and the 800-meter run.

With over 20 years of track and field coaching experience, Munroe has helped San Diego State win five Mountain West team titles, accomplish numerous school records and produce multiple All-Americans. Under Munroe's direction, the Aztecs have sent four 4x400m relay teams to the NCAA Championships since 2018. Prior to that, SDSU had not sent a 4x4 squad to the NAAs since 2006.

Since 2018, he has overseen four NCAA Outdoor Championship qualifiers, 15 NCAA preliminary qualifiers, 10 outdoor MW event titles and four indoor MW event titles. Further, SDSU's 4x400m relay teams have won gold at every conference championship and qualified for every NCAA West Prelim since his promotion to full-time assistant coach.

For Munroe's full bio, click [HERE](#).



ROBERT LUSITANA

Assistant Coach/Head Cross Country Coach

San Diego State alum, Robert Lusitana, is in his eighth year as a member of the San Diego State track and field/cross country program coaching staff as the distance and head cross country coach.

In his seven completed years, Lusitana's distance runners have posted four NCAA Regional qualifying marks and four all-conference performances. The Aztecs had totaled five qualifiers and two all-conference performers in the 17 years prior to his arrival.

The cross country team has also enjoyed a tremendous turnaround over the last two years highlighted by their highest placement at an NCAA West Regional meet since 2005 and second-best finish since the race became a 6K. Since 2017, the Aztecs have recorded their seven fastest team times, and 11 of their top 12. In 2024, they also recorded the program's first ever 6K team victory.

For Lusitana's full bio, click [HERE](#).



RICHARD FOX

Assistant Coach

Richard Fox enters his 30th season as an assistant coach at San Diego State. In 1996, Fox became a member of the Aztec staff as a volunteer coach knowing the NCAA was going to implement the pole vault for women in 1998. Since then, Fox has brought SDSU to the forefront in collegiate pole-vaulting as one of the nation's premier programs.

In his tenure, Fox has mentored 21 All-American honorees earned by seven different vaulters, including four NCAA runner-ups. His vaulters have totaled 23 appearances in the NCAA finals and 75 provisional qualifiers. Further, between indoor and outdoor seasons, he has coached 30 Mountain West champions, 22 MW runner-ups and 128 all-conference performers.

Fox has served as the coach of all 22 of SDSU's top indoor pole vault marks and all 20 of its top outdoor pole vault marks.

For Fox's full bio, click [HERE](#).