



LONG BEACH STATE TRACK & FIELD

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2010 Schedule

Date	Meet	Time/Result
Indoor Season		
Jan. 29-30	Pole Vault Summit <i>Reno, Nev.</i>	NTS
Jan. 29-30	Washington Invitational <i>Seattle, Wash.</i>	NTS
Feb. 6	NAU Team Challenge <i>Flagstaff, Ariz.</i>	All Day
Feb. 13	NAU Invitational <i>Flagstaff, Ariz.</i>	All Day
Feb. 13-14	Husky Classic <i>Seattle, Wash.</i>	All Day
Feb. 26-27	MPSF Indoor Championships <i>Seattle, Wash.</i>	All Day
March 12-13	NCAA Indoor Championships <i>Fayetteville, Ark.</i>	All Day
Outdoor Season		
Feb. 20	Riverside College Invitational <i>Riverside, Calif.</i>	All Day
March 18-19	Northridge Decathlon/Heptathlon <i>Northridge, Calif.</i>	All Day
March 19-20	USC Invitational <i>Los Angeles, Calif.</i>	All Day
March 26-27	Stanford Invitational <i>Stanford, Calif.</i>	All Day
March 27-28	Cal-Nevada Championships <i>Los Angeles, Calif.</i>	All Day
April 9	Big West Challenge <i>TBA</i>	All Day
April 14-15	Mt. SAC Decathlon-Heptathlon <i>Azusa, Calif.</i>	All Day
April 15-17	Mt. SAC Relays <i>Walnut, Calif.</i>	All Day
April 16-17	Beach Invitational Cerritos College	All Day
April 22-24	Drake Relays <i>Des Moines, Iowa</i>	All Day
April 23-24	UCSD Triton Invitational <i>La Jolla, Calif.</i>	All Day
May 1-2	UCI/Steve Scott Invitational <i>Irvine, Calif.</i>	All Day
May 2	Payton Jordan Cardinal Invite <i>Stanford, Calif.</i>	All Day
May 7-8	Big West Champ. (Multi-Events) <i>Northridge, Calif.</i>	All Day
May 8	Occidental Invitational <i>Los Angeles, Calif.</i>	All Day
May 14-15	Big West Championships <i>Northridge, Calif.</i>	All Day
May 28-29	NCAA West Regional Champ. <i>TBA</i>	All Day
June 9-12	NCAA Outdoor Championships <i>Eugene, Ore.</i>	All Day

MEDIA INFORMATION

To arrange interviews and/or photo shoots with coaches and/or student-athletes, please contact Andrea Ohta at (562) 985-8569 at least 24 hours in advance. Recaps, box scores and other information is available at www.longbeachstate.com, the official website of Long Beach State athletics.

49ERS HEAD TO GRAND CANYON STATE FOR NAU TEAM CHALLENGE

The Long Beach State track and field team continues the 2010 indoor season in Flagstaff, Ariz., this weekend as it takes part in the NAU Team Challenge on Saturday, Feb. 6.

ABOUT THE NAU TEAM CHALLENGE

Long Beach State will be sending 22 men and 24 women to the NAU Team Challenge, which will be held at J.L. Walkup Skydome on the campus of Northern Arizona.

The one-day event features a double-dual meet scoring format with UCLA, Southern Utah, Northern Arizona, Arizona State, Cal State Fullerton and Long Beach State competing on both the men's and women's side.

"This weekend we really want to focus on the development and progression of our team," said 49er head coach Andy Sythe. "The anticipation for this meet is high, not only because we have been training for such a long time, but also because it is a great facility and solid competition."

49ER WEEKEND PREVIEW

The Beach will be competing in every event group except for the distances at the NAU Team Challenge. The LBSU men have high expectations for their contingent of jumpers, led by Alex Black, who currently ranks ninth all-time in school history in the high jump (6-08).

Seniors Alex Goldberg (200m, 400m) and Kenneth Medwood (400m) will lead a strong sprint group that also includes freshman Nathan Alade, who is set to make his debut for the 49ers in the short sprints. Christopher Lawson and Nimrod Piggee look to guide the hurdlers, while Colin Dunbar, Rajan Baines, Peter Fourtounis and Cesar Puga will all compete in the shot put and weight throw.

On the women's side, senior Miia Mobley, who redshirted the 2009 outdoor season, will compete in both the triple and long jump. Mobley is the 49ers' indoor and outdoor school-record holder in the triple jump. She will be joined by Gabrielle Broomfield, while Taylor O'Conner, Janelle Coulter and Katrina Graves-Johnson will take on the high jump duties.

Kristen Kiefer also returns from a redshirt season, competing in the 60m hurdles and the long jump, while Destanie Yarbrough, Rachel Hammar, Shari Harris and Alexandra Cervantes make up LBSU's contingent of throwers.

REWIND: UW INVITATIONAL & POLE VAULT SUMMIT RECAP

The Beach distance runners opened the indoor season last weekend at the UW Invitational in Seattle. Senior Alex Freitas led the men as he finished 10th overall in the 800m with a time of 1:51.37. Both the men's and women's distance medley relay teams also notched the third-fastest times in school history.

The 49ers sent six vaulters to the Pole Vault Summit in Reno, Nev., Jan. 29-30. Brandon Dawes was the lone 49er on the men's side, clearing 4.50 meters, while Kayla Kamaka and Katelyn Beighton led the women with a height of 3.30 meters.

UP NEXT

Long Beach State will have a split squad next weekend with one group returning to Flagstaff, Ariz., for the NAU Invitational (Feb. 13) and a second group heading to Seattle, Wash., for the Husky Classic (Feb. 13-14).

2010 MEN'S INDOOR BESTS

800 Meters

Athlete	Time	Date	Place	Meet	Site
Alex Freitas	1:51.37	Jan. 30	10th	UW Invitational	Seattle, Wash.
Mario Granville	1:56.44	Jan. 30	22nd	UW Invitational	Seattle, Wash.
Jonathan Evans	1:58.68	Jan. 30	29th	UW Invitational	Seattle, Wash.

1 Mile Run

Athlete	Time	Date	Place	Meet	Site
Matt Maldonado	4:10.46	Jan. 30	14th	UW Invitational	Seattle, Wash.

Distance Medley Relay

Athlete	Time	Date	Place	Meet	Site
Evans, Medwood, Granville, Freitas	10:01.87	Jan. 29	4th	UW Invitational	Seattle, Wash.

Pole Vault

Athlete	Mark	Date	Place	Meet	Site
Brandon Dawes	14-09	Jan. 30	7th	Pole Vault Summit	Reno, Nev.

2010 WOMEN'S INDOOR BESTS

800 Meters

Athlete	Time	Date	Place	Meet	Site
Denise Nunez	2:26.45	Jan. 30	42nd	UW Invitational	Seattle, Wash.

1 Mile Run

Athlete	Time	Date	Place	Meet	Site
Jessica Barnard	5:09.74	Jan. 30	26th	UW Invitational	Seattle, Wash.

3000 Meters

Athlete	Time	Date	Place	Meet	Site
Annie Randall	10:08.16	Jan. 30	33rd	UW Invitational	Seattle, Wash.
Alisia Barajas	10:11.56	Jan. 30	37th	UW Invitational	Seattle, Wash.

Distance Medley Relay

Athlete	Time	Date	Place	Meet	Site
Barnard, Nunez, Randall, Barajas	12:13.16	Jan. 29	8th	UW Invitational	Seattle, Wash.

Pole Vault

Athlete	Mark	Date	Place	Meet	Site
Kayla Kamaka	10-09	Jan. 30	T9th	Pole Vault Summit	Reno, Nev.
Kate Beighton	10-09	Jan. 30	12th	Pole Vault Summit	Reno, Nev.
Amanda Klinchuch	10-02	Jan. 30	T14th	Pole Vault Summit	Reno, Nev.