

USF Track and Field 2007 Season Preview

Dons Look to Continue to Make Strides

Feb. 16, 2007

USF eagerly anticipates the 2007 track and field season under the direction of [Helen Lehman-Winters](#). Women's track enters its third season overall on the Hilltop and looks for its most successful season to date after making continued strides last season. The Dons will also field a men's squad, the first time the Green and Gold will be represented since 1956.

While the hallmarks of both the men's and the women's squads will continue to be the middle to long distance events, USF enters the season with athletes ready to compete in sprints and field events in 2007. Towards this end, the Dons welcome Bay Area coaching veteran [Al Berrin](#) to the Hilltop to work with the sprints, jumps and throws.

"Our middle and long distance corps will lead our team this spring. However, we look forward to the development in our sprints, jumps and throws," Lehman-Winters said.

WOMEN'S PREVIEW

Middle Distance: USF welcomes established, experienced depth back in the middle distances this season. A two-time Independent Conference Championship (ICC) finalist in the 800, senior [Renee Stribling](#) boasts personal bests of 4:36 (1500) and 2:14.21 (800), good for the school record. USF's record holder in the 800, Stribling looks to close out her career on a high note. Sophomore [Michelle Born](#) enjoyed a solid freshman campaign and figures to be one of the Dons most improved runners after a strong cross country season. Born ran 4:49.47 in the 1500 finals at the 2006 ICC meet. Freshman [Christine Jowaiszas](#) turned in impressive marks as an Oregon prep standout with personal bests of 2:19.23 (800) and 4:55.0 (1500).

Distances: Juniors [Jennifer Hartford](#) and [Lucy Miller](#) headline a strong group of distance runners and both earned 2006 All-West Coast Conference First Team honors. Hartford won the 5000 at the 2006 Aggie Invitational and owns a PR of 17:44.09. Coming off her best cross country season, Miller looks for continued success on the track where she owns the top steeplechase mark. Junior Liz Noey enjoyed a strong track season in 2006, establishing PR's in the 3000 (10:32.13) and the 5000 (18:09) and looks for continued development in her third season. Freshman [Laurel Kleiber](#) owns personal bests of 5:12 (1600) and 11:09 (3200) and looks to make an immediate impact.

Sprints and Jumps: USF has a young but developmental group of sprinters and jumpers, headlined by freshmen [Melissa Jones](#) (Oakland), [Briana Junior](#) (Bellevue, WA) and [Christina Kang](#) (Los Angeles). A three-time state finalist in the triple jump, Junior owns a top distance of 38' 8", while Kang owns a top triple-jump mark of 36'.

MEN'S PREVIEW

Middle Distance: USF welcomes a dynamic, experienced middle distance group this season. Sophomore [Alex Nelson](#) enters 2007 healthy and ready to compete after a successful cross country season. Nelson turned in times of 3:56.89 (1500) and 1:54.73 (800) last spring and figures to challenge for conference honors. Junior College All-American [Kenny Sparks](#) came on strong at the end of the cross country season earning All-WCC First Team honors as the Dons top finisher. Sparks owns PR's of 1:56.36 (800), 3:58.11 (1500) and 15:18.36 (5000). One of the country's top milers as a prep junior, freshman [Byron Williams](#) looks for a strong Green and Gold debut. The five-time prep All-American owns PR's of 1:54.7 (800) and 4:12.71 (1600). Freshman [Micael Smith](#) is another prep star with a PR of 1:56 (800) and looks ready to contribute immediately.

Distances: USF boasts plenty of proven experience here as juniors [Ryan Courtwright](#) and [Cheyne Inman](#) have re-written much of the Dons Cross Country and track record books. Courtwright turned in his best season on the course as a junior and posted marks of 3:58.46 (1500) and 14:52 (5000) as a sophomore. A three-time All-WCC First Team performer, Inman ran top times in the 1500 (3:56.65) and 14:36.89 (5000) on the track in 2006.

Sprints: USF's sprint program is still in its embryo stage, but freshman [Matthew Domenech](#) looks to make strides in his first season on the Hilltop.

Throws: San Francisco welcomes a freshman-fueled youth movement in the throwing events. [A.J. Fabrizio](#) (West Potomac, WV) turned in some impressive prep marks at 48'8" (shot put) and 145' (discus). Local product [Alex Irani](#) (Laguna Niguel, CA) owns PR's of 51' (shot) and 158'9" (discus). Both may make a runs at the Dons school record in both categories before their careers are done. A three-time All-Sac Juaquin section finalist, [Alex McIntosh](#) (Sacramento) boasts a top height of 14' in the pole vault and should he clear that as a collegian will set a new Dons mark, eclipsing Bob Breedlove's standard of 12' set in 1954.