



Outdoor Track & Field

May 29, 2008

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This Week in Tulane Track and Field

Green Wave travels to NCAA Mideast Regional Championships

The women's track and field team will compete at the NCAA Mideast Regional Championships Friday and Saturday at John McDonnell Outdoor Track in Fayetteville, Ark.

Competing for the Green Wave will be senior **Shanon Beelendorf** (Sterling, Ill.) in the 400-meter hurdles, sophomore **Valencia Wilson** (Las Vegas, Nev.) in the 400-meter dash and sophomore **Nicolette Taku** (Baton Rouge, La.) in the triple jump. Also, the 4x400-meter relay team will attempt a run at the NCAA Championships, and consists of Beelendorf, junior **Vanessa Kienast** (Houston, Texas), sophomore **Jasmine Momoh** (Houston, Texas) and Wilson, with freshman **Aieshia Brooks** (Lithia Springs, Ga.) serving as an alternate.

This season marks the sixth consecutive year the Green Wave has qualified at least one runner for the NCAA Regional, which began in 2003, and coincides with every season that head coach Heather Van Norman has been with the program.

In 2007, Tulane sprinter Gloria Asumnu ran at the NCAA Championships in the 100-meter dash and the 200-meter dash, as did the 4x100-relay team, which qualified as an at-large selection.

Live results of the Mideast Regional can be found at <http://www.flashresults.com/index.htm>.

Wilson qualified for the regional during the preliminary heats of the Conference USA Championships on May 16 and the 4x400 relay team qualified during competition at the conference championships on May 17 as well.

Beelendorf qualified with a personal-best time of 1:00.12, which is the third best time in school history, on April 19 at the LSU Alumni Gold Invitational.

Taku qualified for the regional in the triple jump for the second year in a row, with a personal-best mark of 12.40m (40-08.25), on April 12 at the Ole Miss Invitational.

Kienast has run with the 4x400 relay team all year, and Momoh and Brooks have interchanged in the role of the fourth member.

The top five finishers of each event and the top three finishers of the relay events automatically advance to the NCAA Championships on June 11-14. The top 12 finishers are eligible for at-large selection that will be determined after all of the automatic qualifiers are entered, and will fill out the heats of each event.

All Green Wave track and field news, interviews and results are available on the web at www.TulaneGreenWave.com.

2008 Outdoor Track & Field Schedule

Date	Event	Site
March 15	Southern Miss Invitational	Hattiesburg, Miss.
March 28-29	Yellow Jacket Relays	Atlanta, Ga.
April 3-5	Texas Relays	Austin, Texas
	Stanford Invitational	Stanford, Calif.
April 10-12	LSU Combined Events	Baton Rouge, La.
	Ole Miss Invitational	Oxford, Miss.
April 19	LSU Alumni Gold	Baton Rouge, La.
April 24	Rice Twilight	Houston, Texas
April 24-26	Drake Relays	Des Moines, Iowa
May 3	Mississippi Open	Oxford, Miss.
May 15-17	Conference USA Championship	El Paso, Texas
May 30-31	NCAA Mideast Regional	Fayetteville, Ark.
June 11-14	NCAA Championships	Des Moines, Iowa

Last Time on the Track

The Green Wave placed 10th as a team at the 2008 C-USA Championships, which were held May 15-17 at Kidd Field in El Paso, Texas. The highlights included athletes in two events qualifying for the NCAA Mideast Regional - the 400-meter dash and the 4x400-meter relay.

Sophomore Valencia Wilson qualified for the regional during the preliminary heats of the 400m with a time of 54.41, and finished sixth overall in the event. The 4x400 relay team qualified at the final meet before the regional, running a time of 4:40.76 to place third overall.

Other top performances included senior Shanon Beelendorf, who will run the 400-meter hurdles at the NCAA Regional, placing fourth in the finals of the 400m hurdles, and junior Katarina Busljeta setting a school record in the hammer throw with a mark of 50.24 meters (164 feet, 10 inches) to place fifth.

Sophomore Arielle Minor placed fourth in the heptathlon, scoring a personal best 4,451 points to move into third place all-time in Tulane history in the event. Senior Aubrey Phillips placed third in the 10,000-meter run and sixth in the 5,000-meter run.

Sophomore Jasmine Momoh, who will run with the 4x400 relay team, placed ninth in the prelims of the 100m and 12th in the prelims of the 200m. She did run with the 4x400 relay team at the C-USA Championships.



visit: www.TulaneGreenWave.com



2008 TOP PERFORMANCES BY EVENT

only top time for each athlete listed

100-meter dash

Jasmine Momoh, 12.12	4/12/08
Taneekwa Ross, 12.14	4/12/08
Andrea Rosemond, 12.21	4/12/08

200-meter dash

Jasmine Momoh, 24.70	5/16/08
Andrea Rosemond, 24.78	5/16/08
Valencia Wilson, 24.98	3/15/08
Kyra Lobbins, 25.06	4/12/08
Olivia Kizzee, 25.38	3/15/08

400-meter dash

Valencia Wilson, 54.41	5/16/08
Olivia Kizzee, 56.61	4/19/08
Kyra Lobbins, 57.21	3/29/08
Aieshia Brooks, 57.26	3/29/08

800-meter run

Rebecca Coady, 2:15.00	5/3/08
Vanessa Kienast, 2:20.74	3/15/08

1,500-meter run

Aubrey Phillips, 4:47.44	3/15/08
Rebecca Coady, 4:45.34	5/16/08
Laurie Dalrymple, 4:56.14	5/3/08

3,000-meter Steeplechase

Rebecca Coady, 11:29.68	3/29/08
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5,000-meter run

Aubrey Phillips, 17:15.54	4/19/08
Laurie Dalrymple, 17:29.92	4/24/08
Keriann Langley, 18:24.09	4/12/08

10,000-meter run

Aubrey Phillips, 34:53.01	14/4/08
Laurie Dalrymple, 38:19.05	5/17/08

400-meter hurdles

Shanon Beelendorf, 1:00.12	4/19/08
Zandria Debowles, 1:03.99	4/19/08
Vanessa Kienast, 1:05.19	5/3/08

4x100-meter relay

Tulane, 46.19	4/12/08
Ross, Momoh, Lobbins, Kizzee	

4x400-meter relay

Tulane, 3:40.76	5/17/08
Beelendorf, Momoh, Kienast, Wilson	

High Jump

Zandria Debowles, 1.60m (5-03.00)	3/15/08
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Pole Vault

Peggy Keplinger, 3.25m (10-08.00)	5/16/08
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Long Jump

Nicolette Taku, 5.53m (18-01.75)	4/19/08
Arielle Minor, 5.08m (16-08.00)	4/24/08
Brree Carter, 5.02m (16-05.75)	4/19/08

Triple Jump

Nicolette Taku, 12.40m (40-08.25)	4/12/08
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Discus

Katarina Busljeta, 44.51m (145-08)	5/3/08
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Hammer Throw

Katarina Busljeta, 47.06m (154-04.75)	3/15/08
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Shot Put

Arielle Minor, 11.47m (37-07.75)	4/11/08
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Javelin

Arielle Minor, 25.85m (84-09.75)	3/15/08
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Heptathlon

Arielle Minor, 4,451 points	5/16/08
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Making a Difference on and off the Track

Senior Shanon Beelendorf's regional qualifying time of 1:00.12 is a personal record and ranks third in Tulane history. She also runs with the 4x400-meter relay team.

For her career, Beelendorf ranks in the top ten in school history in five events, including the indoor 400-meter dash (55.83, set in 2007), 800-meter run (2:14.94, set in 2007), high jump (1.64m, set in 2005), and 4x400-meter relay (3:45.23, set in 2007); and outdoor high jump (1.60m; set in 2006) and 4x400-meter relay (1:39.45, set in 2005).

Off the track, Beelendorf volunteers for Ripples, a summer day camp based out of Tulane's Reily Student Recreation Center, and the Poydras Home, a local elderly assistance facility.

Beelendorf also recently graduated in exercise sports science, the principles of which she uses on the track, and plans to use her degree toward becoming a physical therapist. She is also known to reach out to her teammates with some advice on nutrition and running technique to help maximize their performance on the track and in the classroom.

Experience Counts

Sophomore Valencia Wilson will run the 400-meter dash and anchor the 4x400-meter relay at the NCAA Mideast Regional. She competed in the 400m at the 2006 regional as a freshman and red-shirted the 2006-07 season, but has come back with a vengeance this season. She had a taste of the regional experience as a freshman, and made a late season push in the last few weeks to return to that stage. Wilson qualified for both events at the C-USA Championships on May 15-17.

In 2006, Wilson placed 22nd overall in the 400m and ran a time of 55.89.

The Kienast Runner

Junior Vanessa Kienast will run the 4x400-meter relay at the NCAA Mideast Regional, but during the season, she also competed in the 400-meter dash and the 800-meter run.

Kienast sat out most of the 2006-07 season with an injury, but came back in 2007-08 stronger than before the injury occurred, making her mark on the relay team and the Tulane program.

A Blooming Jasmine

Sophomore Jasmine Momoh qualified for the NCAA Mideast Regional with the 4x400-meter relay team at the C-USA Championships. She also runs the 100- and 200-meter dashes.

After redshirting her freshman year, Momoh made waves with the relays teams in 2007, while also competing in the 100m and 200m. She set personal bests in 2008 in both events.

During the summer before her senior year in high school in 2004, Momoh ran with the Junior Olympic Champion 4x400 relay team.

A Look into the Green Wave's Magic 8-Ball?

On the subject of a potentially bright future for the Tulane track and field program...

Freshman Aieshia Brooks will serve as an alternate on the 4x400-meter relay team at the regional. In her first year with the Green Wave, she has competed in the 200- and 400-meter dashes and 4x400 relay.

The biggest air of excitement around the program, though, is the young athletes. Brooks, along with fellow freshmen **Brree Carter** (Odessa, Texas), **Rebecca Coady** (Annapolis Royal, Nova Scotia), **Laurie Dalrymple** (Elmhurst, Ill.) **Zandria Debowles** (Marietta, Ga.), **Peggy Keplinger** (Glen Ellyn, Ill.) and sophomores Momoh and Wilson, **Olivia Kizzee** (Houston, Texas), **Arielle Minor** (Hammond, La.) and **Nicolette Taku** (Baton Rouge, La.), should team up for some true excitement in the very near future for the Tulane track and field program.



2008 TOP PERFORMANCES BY ATHLETE

Shanon Beelendorf	400m Hurdles: 1:00.12 \$.....	4/19/08 LSU Alumni Gold Invitational
	400m Relay: 3:40.76 \$.....	5/17/08 C-USA Championships
Aieshia Brooks	200m: 25.76.....	4/12/08 Ole Miss Invitational
	400m: 57.26.....	3/29/08 Yellow Jacket Invitational
Katarina Bušljeta	Discus: 44.51m (145-08).....	5/3/08 Mississippi Open
	Hammer: 50.24m (164-10)*.....	3/15/08 Southern Miss Invitational
Bree Carter	Long Jump: 5.02m (16-05.75).....	4/19/08 LSU Alumni Gold Invitational
Rebecca Coady	800m: 2:15.00.....	5/3/08 Mississippi Open
	1,500m: 4:45.34.....	5/16/08 C-USA Championships
	3,000m Steeplechase: 11:29.68*.....	3/29/08 Yellow Jacket Invitational
Laurie Dalrymple	1,500m: 4:56.14.....	5/3/08 Mississippi Open
	5,000m: 17:29.92.....	4/24/08 Drake Relays
	10,000m: 38:19.05.....	5/15/08 C-USA Championships
Zandria Debowles	High Jump: 1.60m (5-03.00).....	3/15/08 Southern Miss Invitational
	400m Hurdles: 1:03.99.....	4/19/08 LSU Alumni Gold Invitational
Caitlin Hornbeck	1,500m: 5:30.82.....	4/19/08 LSU Alumni Gold Invitational
Peggy Keplinger	Pole Vault: 3.25m (10-08.00).....	5/16/08 C-USA Championships
Vanessa Kienast	400m: 57.58.....	3/29/08 Yellow Jacket Invitational
	800m: 2:20.74.....	3/15/08 Southern Miss Invitational
	400m Hurdles: 1:02.70.....	5/16/08 C-USA Championships
	4x400m Relay: 3:40.76 \$.....	5/16/08 C-USA Championships
Olivia Kizzee	200m: 25.38.....	3/15/08 Southern Miss Invitational
	400m: 56.68.....	5/16/08 C-USA Championships
	4x100m Relay: 46.19.....	4/12/08 Ole Miss Invitational
Keriann Langley	5,000m: 18:24.09.....	4/12/08 Ole Miss Invitational
Kyra Lobbins	200m: 25.06.....	4/12/08 Ole Miss Invitational
	400m: 57.21.....	3/29/08 Yellow Jacket Invitational
	4x100m Relay: 46.19.....	4/12/08 Ole Miss Invitational
Arielle Minor	200m: 26.53.....	4/10/08 LSU Combined Events
	800m: 2:43.62.....	4/10/08 LSU Combined Events
	100m Hurdles: 15.42.....	4/10/08 LSU Combined Events
	High Jump: 1.57m (5-01.75).....	4/10/08 LSU Combined Events
	Long Jump: 5.08m (16-08.00).....	4/24/08 Rice Twilight
	Shot Put: 11.76m (38-07).....	5/16/08 C-USA Championships
	Javelin: 27.92m (91-07).....	5/16/08 C-USA Championships
	Heptathlon: 4,451 points.....	5/16/08 C-USA Championships
Jasmine Momoh	100m: 12.12.....	4/12/08 Ole Miss Invitational
	4x100m Relay: 46.19.....	4/12/08 Ole Miss Invitational
	4x400m Relay: 3:40.76 \$.....	5/16/08 C-USA Championships
Aubrey Phillips	1,500m: 4:47.44.....	3/15/08 Southern Miss Invitational
	5,000m: 17:15.54.....	4/19/08 LSU Alumni Gold Invitational
	10,000m: 34:53.01'p'.....	4/4/08 Stanford Invitational
Andrea Rosemond	100m: 12.21.....	4/21/08 Ole Miss Invitational
	200m: 24.78.....	5/16/08 C-USA Championships
Taneekwa Ross	100m: 12.14.....	4/12/08 Ole Miss Invitational
Nicolette Taku	Long Jump: 5.53m (18-01.75).....	4/19/08 LSU Alumni Gold Invitational
	Triple Jump: 12.40m (40-08.25) \$.....	4/12/08 Ole Miss Invitational
Valencia Wilson	200m: 24.98.....	3/15/08 Southern Miss Invitational
	400m: 54.41 \$.....	5/16/08 C-USA Championships
	4x400m Relay: 3:40.76 \$.....	5/17/08 C-USA Championships

'p' = provisional qualifying mark for NCAA Championships

\$ = qualifying mark for NCAA Regional Championships

* = school record



NAME	EVENTS	HT	CL/EXP	HOMETOWN	HIGH SCHOOL (COLLEGE)
Beelendorf, Shanon	Sprints	5-5	SR-3L	Sterling, Ill.	Sterling HS
Brooks, Aieshia	Sprints	5-2	FR-HS	Lithia Springs, Ga.	Marietta HS
Bruns, Brooke	Sprints	5-6	FR-HS	Metairie, La.	St. Mary's Dominican
Bryan, Rachel	Distance	5-6	RS JR-2L	Elk Grove, Calif.	Laguna Creek HS
Bušljeta, Katarina	Throws	5-11	JR-2L-TR	Zagreb, Croatia	Skola Primijenjene Unjetnosti (McNeese St.)
Carter, Bree	Jumps	5-6	FR-HS	Odessa, Texas	Odessa HS
Coady, Rebecca	Middle Distance	5-9	FR-HS	Annapolis Royal, Nova Scotia	Annapolis West Edmonton Center
Dalrymple, Laurie	Distance	5-5	FR-HS	Elmhurst, Ill.	York HS
Debowles, Zandria	Sprints/Jumps	5-8	FR-HS	Marietta, Ga.	Pope HS
Hornbeck, Caitlin	Middle Distance	5-8	FR-HS	Pensacola, Fla.	Booker T. Washington HS
Keplinger, Peggy	Pole Vault	5-4	FR-HS	Glen Ellyn, Ill.	Glenbard South HS
Kienast, Vanessa	Middle Distance	5-8	JR-2L	Houston, Texas	Westside HS
Kizzee, Olivia	Sprints	5-7	SO-1L	Houston, Texas	Hightower HS
Langley, Keriann	Distance	5-8	JR-3L	New Orleans, La.	Mount Carmel Academy
Lobbins, Kyra	Sprints	5-4	SR-2L-TR	Chicago, Ill.	Whitney Young HS (Eastern Illinois)
Minor, Arielle	Multi-Event	5-8	SO-1L	Hammond, La.	Hammond HS
Momoh, Jasmine	Sprints	5-8	RS SO-1L	Houston, Texas	Westside HS
Pelham, Shaina	Sprints	5-5	JR-1L	Orlando, Fla.	Edgewater HS
Phillips, Aubrey	Distance	5-4	SR-3L	Baton Rouge, La.	Woodlawn HS
Rosemond, Andrea	Sprints	5-1	SR-3L-TR	Missouri City, Texas	Hightower HS
Ross, Taneekwa	Sprints	5-5	SR-3L	Midland, Texas	Midland HS
Taku, Nicolette	Multi-Event	5-10	SO-1L	Baton Rouge, La.	Baton Rouge Magnet HS
Wilson, Valencia	Sprints	5-7	RS SO-1L	Las Vegas, Nev.	Cheyenne HS

Head Coach: Heather Van Norman (LSU '94)

Assistant Coaches: Chris Neal (Eastern Kentucky '03)
Glenn Smith (Calgary '02)

Volunteer Coach: Derek Mills (Georgia Tech '95)

