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"I think I did so well last year that I expected a lot from myself this year," said Wagner, from Goleta. "I've learned a lot."

As they seek new heights, Day and Wagner remain supportive of each other. "It's awesome having someone at the same level with the same hopes and desires," Wagner said.

Said Day, "There's always someone to push you higher, so it's really good for us."

And really good for Cal Poly. "We're very fortunate to have them," said Terry Crawford, Cal Poly's head track coach. "These are two outstanding young ladies."

Both kinesiology majors fit their track workouts around their class schedules. When not studying or working out, Wagner enjoys outdoor recreation; Day likes to shop, dance and hang out with friends.

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