

Track And Field

This Week's Meet

May 28-29 at NCAA West Regional
 Matador Track - Cal State Northridge
 (Northridge, Calif.) All Day



2004 OUTDOOR SCHEDULE

| Date | Meet | Result/Time |
|-------------------|--|-----------------|
| Mar. 13 | at SD City Championships | 2nd |
| Mar. 19-20 | Aztec Classic | NTS |
| Mar. 25-27 | at Florida Relays | NTS |
| Mar. 27 | at UCSD Spring Break | 8th |
| Apr. 3-4 | at Cal-Nevada Championships | 1st |
| Apr. 9-10 | at Sea Ray Relays | NTS |
| Apr. 14-18 | at Mt. SAC Relays | NTS |
| Apr. 17 | at Springco-Long Beach Invite | NTS |
| Apr. 22-24 | at Penn Relays | Did not compete |
| Apr. 23-24 | at UCSD Triton Invitational | NTS |
| May 2 | at Steve Scott Invitational | NTS |
| May 8 | at Oxy Invitational | NTS |
| May 12-15 | at MWC Championships (Las Vegas, Nev.) | 2nd |
| May 28-29 | at NCAA Regional Champs. (Northridge, Calif.) | All Day |
| June 9-12 | at NCAA Championships (Austin, Texas) | All Day |

Home meets in bold, held at the SDSU Sports Deck

2004 SDSU OUTDOOR ROSTER

| Athlete | Events | Yr. | Ht. |
|---------------------|-----------------|-----|------|
| Julie Amster | Distance | Sr. | 5-11 |
| Erin Asay | Pole Vault | Jr. | 5-6 |
| Alison Baker | Distance | Fr. | 5-5 |
| Shayla Balentine | Pole Vault | Jr. | 5-6 |
| Larnie Boyd | Sprints | So. | 5-6 |
| Nicole Carmier | Sprints/Jumps | So. | 5-10 |
| Sara Cates | Distance | Fr. | 5-5 |
| Christal Cuadra | Distance | So. | 5-7 |
| Jackie Duncan | Mid-Distance | So. | 5-6 |
| Tonette Dyer | Sprints | Sr. | 6-0 |
| Christian Fairing | Distance | So. | 5-6 |
| Angie Fitzpatrick | Distance | Sr. | 5-5 |
| Tina Fodor | Distance | Jr. | 5-5 |
| Vonnice Fulford | Sprints | Fr. | 5-6 |
| Hollann Givens | Sprints | Sr. | 5-7 |
| Jennifer Greene | Jumps | So. | 5-7 |
| Jillita Griffin | Sprints | Sr. | 5-4 |
| Heather Heron | Sprints/Hurdles | Jr. | 5-7 |
| Candace Hill | Throws | Sr. | 6-0 |
| Julie Hudlow | Pole Vault | Jr. | 5-7 |
| Nicole Ireland | Sprints/Hurdles | Sr. | 5-10 |
| Emily Joller | Distance | Jr. | 5-5 |
| Monica Kazlauskay | Pole Vault | Fr. | 5-8 |
| Bianca McNair | Sprints | So. | 5-10 |
| Aspen McPartland | Javelin | Sr. | 6-1 |
| Shanon Meyer | Multi-Events | So. | 5-8 |
| Marie Nilsson | Distance | Jr. | 5-9 |
| Janine Polischuk | Multi-Events | Fr. | 5-5 |
| Nicole Rothert | Sprints | Fr. | 5-6 |
| Megan Schauerermann | Jumps | Jr. | 6-0 |
| Leslie St. Pierre | Throws | Jr. | 5-10 |
| Jamillah Titus | Mid-Distance | So. | 5-8 |
| Celeste Tyson | Mid-Distance | Fr. | 5-1 |
| Cara Walker | Pole Vault | Fr. | 5-6 |

Head Coach: Rahn Sheffield, 13th season

Assistant Coaches: Jennifer Nanista, 11th season; Rich Fox, seventh season; John Lally, first season

NCAA Bids On The Line For SDSU At Regionals This Weekend

• Eleven San Diego State track and field members will head to Cal State Northridge this coming weekend for the NCAA West Regional at the Matador Track Facility in Northridge, Calif. This is the second season that the NCAA is holding regionals as the means of qualifying for the national championship meet, slated for June 9-12 in Austin, Texas.

• Other regional meets are scheduled for Texas A&M (Midwest), LSU (Mid-East) and Florida (East). The west regional consists of 42 division I institutions from the states of Arizona, California, Hawaii, Idaho, Nevada, Oregon, Utah and Washington.

• The top-five finishers in each individual event and the top three relays will earn automatic entries to the NCAA meet, while the remaining berths will go to the highest ranking individuals and relays not to earn automatic bids.

The fields at the NCAA meet are expected to be a minimum of 20 for each individual event and 12 teams in each relay.

• The heptathlon (women) and decathlon (men), along with the 10,000 meters are the only events that directly qualify to the NCAA meet and will not be contested at the regional level. Aztec freshman **Janine Polischuk (Regina, Saskatchewan)** provisionally qualified for nationals with her MWC-winning 5,210 points. Polischuk, however, will not compete, choosing to undergo season-ending knee surgery last week.

• On day one of the regional meet, competition for the women begins at 8 a.m. (field events) and 3 p.m. (track events). The women's high jump kicks off Saturday at 10:30 a.m., while the final event, the 4x400 relay, starts at 6:30 p.m.

• Admission to the regional championship is \$15 (adults) and \$8 (student/senior). Two-day passes are also available for \$25 and \$15.

And The Line-Up Is ...

• SDSU will send 11 student-athletes to the meet. The following is an alphabetical list with events:

- **Erin Asay (San Diego, Calif.)** - Pole vault
- **Shayla Balentine (Los Osos, Calif.)** - Pole vault
- **Larnie Boyd (Vallejo, Calif.)** - 400 M, 4x100, 4x400
- **Tonette Dyer (Shreveport, La.)** - 200, 400, 4x100, 4x400
- **Hollann Givens (San Diego, Calif.)** - 4x100/400 (alt.)
- **Heather Heron (Yakima, Wash.)** - 100H, 4x100, 4x400
- **Candace Hill (San Diego, Calif.)** - Shot put, discus
- **Nicole Ireland (Las Vegas, Nev.)** - 400H, 4x100, 4x400
- **Marie Nilsson (Kil, Sweden)** - Steeplechase
- **Jamillah Titus (American Canyon, Calif.)** - High jump
- **Cara Walker (Huntington Beach, Calif.)** - Pole vault

2003 NCAA Regionals: A Look Back

• SDSU automatically qualified two individuals and one relay for national championship meet at the first-ever NCAA West Regional at Stanford. As a team, the Aztecs placed eighth overall with 39 points at the Cobb Track and Angell Field.

• Nicole Ireland and Tonette Dyer both garnered trips individually, before running legs on the Aztecs' 4x400 relay, which placed third to also earn an invitation to the NCAA championships.

• Dyer was the big winner for the Aztecs, finishing second in the 200 and 400 meters to make her second consecutive trip to the NCAA meet. Ireland, competing in five events on the day, was the runner-

up in her specialty, the 400-meter hurdles. The junior transfer improved her own Mountain West Conference record in the event, finishing in 56.60.

• Then sophomore Shayla Balentine tied the school pole vault record by clearing 13-02.25 to finish eighth. Balentine's mark was an inch higher than her previous career best of 13-01.25 set in 2002.

SDSU Second At 2004 MWC Meet

• No. 22 SDSU logged its second consecutive top-two finish at the Mountain West Conference Championships on May 15, placing second overall with 160 points in Las Vegas, Nev.

• SDSU earned all three non-coaching awards for the second straight season. Senior Nicole Ireland repeated as the meet's high point award-winner (36.50 pts.), while classmate Tonette Dyer received most outstanding performance honors for her record time of 51.15 in the 400 meters. Heptathlon champion Janine Polischuk was named the conference's freshman in the year, the second consecutive season in which an Aztec has earned the award.

• Ireland claimed her fourth and fifth individual MWC career titles (most in conference history) winning the 100 (13.35) and 400 (58.94) hurdles for the second consecutive season.

• Dyer tallied her first two individual MWC titles, winning the 200 meters in 22.95 and breaking the school and conference record in the 400 meters in 51.15. Dyer's time in the 400 beat the previous SDSU best of 51.33, set by Renee Ross in 1985.

2004: So Far So Good

• SDSU is ranked 22nd in the latest Trackwire 25 national poll, released May 18 ... The Aztecs are 11th in the UTCA Team Power Rankings.

• Tonette Dyer owns the world's fastest time in 2004 in the 200 meters of 22.34. She also has the world's seventh-fastest 400-meter time (51.15) and is 21st in the 100 (11.29).

Dyer was named athlete of the week by USA Track & Field on May 4, and has received the same honor by the MWC four times in 2004.

• SDSU has already broken five school records. Dyer set the 100, 200 and 400 records, while newcomer Marie Nilsson ran the fastest 3,000-meter steeplechase in Aztec history of 10:23.34. Junior Shayla Balentine broke her own school record in the pole vault, clearing 13-03.50 at the Cal-Nevada meet.

SDSU In The NCAA Event Rankings

• Tonette Dyer is first in the collegiate rankings in the 200 meters, fourth in the 400 and sixth in the 100.

Senior Nicole Ireland is 18th in the 200 (23.30) and 11th in the 400 hurdles (57.40), junior Marie Nilsson is 21st in the 3,000-meter steeplechase (10:23.34), junior Shayla Balentine is tied for 15th in the pole vault (13-3.50), and junior Heather Heron is 22nd in the 100 hurdles (13.26).

The team's MWC-winning 4x100 has the 17th-best time of 2004 (44.45).

**2004 SDSU Women's Track and Field Outdoor Season
Bests (Top 3) - As of May 17, 2004**

| | | | |
|---|-------------------|-------|-------|
| 100 meters (Regional: 11.78) | | | |
| 11.29sr [#] | Tonette Dyer | (10) | 1st |
| 11.61 [^] | Nicole Ireland | (12) | 2nd |
| 11.82w (12.08) | Jillita Griffin | (5) | p/5th |
| 100-meter hurdles (Regional: 13.95) | | | |
| 13.26w [^] (13.44 [^]) | Heather Heron | (7) | 3rd |
| 13.30 [^] | Nicole Ireland | (12) | p/2nd |
| 14.33 | Janine Polischuk | (12) | hp |
| 200 meters (Regional: 23.96) | | | |
| 22.34sr [^] ! | Tonette Dyer | (10) | 1st |
| 23.30 [^] | Nicole Ireland | (10) | t3rd |
| 24.24 | Larnie Boyd | (10) | 8th |
| 400 meters (Regional: 54.61) | | | |
| 51.15sr [^] ! | Tonette Dyer | (12) | 1st |
| 54.11 [^] | Larnie Boyd | (12) | 3rd |
| 54.42 [^] | Nicole Ireland | (6) | 7th |
| 400-meter hurdles (Regional: 1:00.82) | | | |
| 57.40 [#] | Nicole Ireland | (9) | 1st |
| 59.32 [^] | Heather Heron | (7) | 12th |
| 1:00.72 [^] | Janine Polischuk | (12) | p/5th |
| 800 meters (Regional: 2:10.29) | | | |
| 2:10.96 | Jamillah Titus | (6) | 11th |
| 2:11.81 | Nicole Carmier | (3) | 8th |
| 2:12.1h | Larnie Boyd | (2) | 3rd |
| 1,500 meters (Regional: 4:29.12) | | | |
| 4:32.03 | Marie Nilsson | (5) | p/1st |
| 4:42.87 | Jamillah Titus | (3) | 5th |
| 4:45.78 | Celeste Tyson | (10) | 14th |
| 3,000-meter steeplechase (Regional: 10:57.18) | | | |
| 10:23.34sr [^] | Marie Nilsson | (5) | 1st |
| 11:42.09 | Tina Fodor | (11) | 4th |
| 12:11.28 | Christal Cuadra | (10) | 7th |
| 3,000 meters (N/A) | | | |
| 9:39.01 | Marie Nilsson | (6) | 5th |
| 10:20.55 | Christal Cuadra | (6) | 22nd |
| 10:43.39 | Tina Fodor | (9) | 6th |
| 5,000 meters (Regional: 16:56.43) | | | |
| 16:43.56 [^] | Marie Nilsson | (3) | 2nd |
| 17:47.38 | Christal Cuadra | (3) | 6th |
| 18:42.40 | Tina Fodor | (4) | 6th |
| 10,000 meters (Auto: 34:10.00, Prov.: 35:15.00) | | | |
| 39:57.22 | Christal Cuadra | (12) | 10th |
| High Jump (Regional: 5-08.00) | | | |
| 5-08.00 [^] | Jamillah Titus | (12) | 5th |
| 5-06.00 | Nicole Carmier | (7) | 11th |
| 5-00.25 | Jennifer Greene | (11) | 9th |
| Long Jump (Regional: 19-05.50) | | | |
| 19-00.50 | Janine Polischuk | (2) | 3rd |
| 18-05.75 | Megan Schauermann | (5) | 8th |
| 17-02.25 | Hollann Givens | (1) | 5th |
| Triple Jump (Regional: 40-02.75) | | | |
| 39-09.75 | Nicole Ireland | (12) | 5th |
| 39-04.50 | Hollann Givens | (12) | 7th |
| 39-04.00 | Megan Schauermann | (10) | 3rd |
| Pole Vault (Regional: 12-3.50) | | | |
| 13-03.50sr [^] | Shayla Balentine | (5) | 1st |
| 13-00.25 [^] | Erin Asay | (6.5) | 1st |
| 12-03.50 [^] | Cara Walker | (10) | 7th |

| | | | |
|---|-------------------|------|------|
| Shot Put (Regional: 46-8.75) | | | |
| 49-08.50 [^] | Candace Hill | (2) | 2nd |
| 36-09.75 | Janine Polischuk | (12) | hp |
| 35-09.00 | Leslie St. Pierre | (2) | 11th |
| Discus (Regional: 152-10) | | | |
| 159-08 [^] | Candace Hill | (12) | 3rd |
| 150-00 | Leslie St. Pierre | (7) | 9th |
| Javelin (Regional: 139-9) | | | |
| 135-05 | Janine Polischuk | (10) | t5th |
| 116-11 | Aspen McPartland | (12) | 13th |
| 91-11 | Jennifer Greene | (11) | 15th |
| Hammer (Regional: 173-4) | | | |
| 152-03 | Leslie St. Pierre | (10) | 15th |
| 151-10 | Candace Hill | (12) | 15th |
| Heptathlon (Auto: 5,500 pts., Prov: 5,000 pts.) | | | |
| 5,210* | Janine Polischuk | (12) | 1st |
| 4,321 | Jamillah Titus | (12) | 9th |
| 3,964 | Nicole Carmier | (12) | 14th |

| | | | |
|---------------------------------------|------------------------------|------|-----|
| 4x100-Meter Relay (Regional: 45.80) | | | |
| 44.45 [^] | Boyd/Dyer/Heron/Ireland | (12) | 1st |
| 45.22 [^] | Givens/Dyer/Heron/Ireland | (6) | 6th |
| 45.30 [^] | Givens/Dyer/Heron/Ireland | (5) | 1st |
| 4x200-Meter Relay (N/A) | | | |
| 1:33.31 | | (6) | 1st |
| 1:35.98 | Boyd/McNair/Dyer/Givens | (3) | 4th |
| 4x400-Meter Relay (Regional: 3:43.03) | | | |
| 3:38.39 [^] | Boyd/Dyer/McNair/Givens | (3) | 4th |
| 3:38.75 [^] | Boyd/Dyer/Ireland/Givens | (7) | 6th |
| 3:49.64 | Rothert/Givens/Carmier/Titus | (12) | 6th |
| Distance Medley Relay (N/A) | | | |
| 11:37.77 | Boyd/Givens/Carmier/Nilsson | (3) | 1st |
| 11:45.80 | Titus/McNair/Boyd/Nilsson | (6) | 4th |

MEET KEY

- (1) San Diego City Championships, La Jolla, CA, Mar. 13: UCSD 217, SDSU 204, CSSM 69, PLNU 60, AIU 9, USD 7
- (2) Aztec Classic, San Diego, CA, Mar. 19-20: NTS
- (3) Florida Relays, Gainesville, FL, Mar. 26-27: NTS
- (4) UCSD Spring Break, La Jolla, CA, Mar. 27: 8th, 21 pts.
- (5) Cal-Nevada Championships, SLO, CA, April 3-4: SDSU 167, CSN 119, NEV 113, CPSLO 90, CAL 86
- (6) Sea Ray Relays, Knoxville, TN, April 9-10: NTS
- (6.5) Boston Moon T&F Classic, Nashville, TN, April 10: NTS
- (7) Mt. SAC Relays, Walnut, CA, Apr. 15-18: NTS
- (8) Sprinco Long Beach Invite, Long Beach, CA, Apr. 17: NTS
- (9) UCSD Invitational, La Jolla, CA, Apr. 23-24: NTS
- (10) Steve Scott Invitational, Irvine, CA, May 2: NTS
- (11) Oxy Invitational, Los Angeles, CA, May 8: NTS
- (12) MWC Championships, Las Vegas, NV, May 12-15: BYU 228, SDSU 160, CSU 117, WYO 96, Utah 62, UNLV 58, AFA 50, UNM 46
- (13) NCAA Regionals, Northridge, CA, May 28-29: All Day
- (14) NCAA Championships, Austin, TX, June 10-12: All Day

KEY

- + NCAA Automatic Standard
- * NCAA Provisional Standard
- ^ NCAA Regional Qualifying Standard
- ! U.S. Olympic Trials "A" Standard
- # U.S. Olympic Trials "B" Standard
- h Hand Time
- t Tie
- m Meet Record
- sr School Record
- p Preliminaries
- @ Run At Altitude
- Hp Heptathlon
- w Wind reading +2.0

AZTEC ALL-TIME BESTS

100 Meters *(11.78)

| |
|--|
| 11.29 Tonette Dyer 2004 |
| 11.50A Miesha McKelvy 1999 |
| 11.50A Melinda Smedley 2003 |
| 11.59A Nicole Ireland 2003 |
| 11.62 Darla Vaughn 1992 |
| 11.70 Brigitte Moon 1984 |
| 11.72 Lori Smith 1982 |
| 11.76 LaTanya Sheffield 1983 |
| 11.79 Promise Mose 2000 |
| 11.91 Daveeta Shepherd 2001 |

200 Meters *(23.96)

| |
|--|
| 22.34 Tonette Dyer 2004 |
| 23.30 Nicole Ireland 2004 |
| 23.32A Melinda Smedley 2002 |
| 23.40 Lori Smith 1983 |
| 23.74 Renee Ross 1985 |
| 23.83 Miesha McKelvy 1999 |
| 23.86 Darla Vaughn 1991 |
| 23.91 Promise Mose 2001 |
| 24.01 LaTanya Sheffield 1986 |
| 24.09 Jini Hogg 2002 |

400 Meters *(54.61)

| |
|--|
| 51.15 Tonette Dyer 2004 |
| 51.33 Renee Ross 1985 |
| 52.91 Nicole Ireland 2003 |
| 53.08A Jini Hogg 2002 |
| 53.09 LaTanya Sheffield 1985 |
| 53.88 Promise Mose 2000 |
| 53.96 Malika Freeman 1995 |
| 54.11 Larnie Boyd 2004 |
| 54.12 Margaret Hemmans 1987 |
| 54.50 Janine Stewart 1992 |

800 Meters *(2:10.29)

| |
|--|
| 2:02.88 Renee Ross 1985 |
| 2:05.57 Monica Joyce 1982 |
| 2:07.39 Kylie Edwards 2000 |
| 2:08.90 Jamillah Titus 2003 |
| 2:08.96 Jennifer Stakiw 2003 |
| 2:09.03 Kristy Matthews 1995 |
| 2:09.69 Sharon Yaninek 1984 |
| 2:09.95 Sue Hemond 1982 |
| 2:10.82 Meriah Earle 1998 |
| 2:11.34 Lynn Kanuka 1980 |

1,500 Meters *(4:29.12)

| |
|---|
| 4:06.69 Monica Joyce 1982 |
| 4:16.89 Eva Ernstrom 1982 |
| 4:17.28 Lynn Kanuka 1982 |
| 4:27.00 Kylie Edwards 2001 |
| 4:29.41 Sharon Yaninek 1984 |
| 4:30.64 Jeanne Abare 1978 |
| 4:32.03 Marie Nilsson 2004 |
| 4:32.14 Wendy Peterson 1990 |
| 4:33.18 Renee Ross 1986 |
| 4:34.16 Jamillah Titus 2003 |

3,000 Meters (no longer an NCAA event)

| |
|---|
| 8:53.24 Monica Joyce 1982 |
| 8:58.44 Eva Ernstrom 1982 |
| 9:13.13 Lynn Kanuka 1982 |
| 9:39.01 Marie Nilsson 2004 |
| 9:48.51 Maureen Bradley 1987 |
| 9:49.04 Eliana Garcia 1983 |
| 9:49.94 Laurie Crisp 1983 |
| 9:50.19 Liz Baker 1981 |

| |
|---|
| 9:54.04 Debra Chaddock 1983 |
| 9:54.13 Wendy Peterson 1989 |

5,000 Meters *(16:56.43)

| |
|--|
| 15:45.26 Monica Joyce 1982 |
| 15:46.37 Eva Ernstrom 1982 |
| 15:59.34 Lynn Kanuka 1982 |
| 16:42.44 Debra Chaddock 1982 |
| 16:43.56 Marie Nilsson 2004 |
| 16:46.24 Liz Baker 1982 |
| 16:58.64 Laurie Crisp 1983 |
| 17:00.80 Maureen Bradley 1987 |
| 17:25.15 Michele Cox 1998 |
| 17:26.73 Chrystee Perkins 1990 |

10,000 Meters & (34:10.00, 35:15.00)

| |
|--|
| 34:22.24 Lynn Kanuka 1981 |
| 34:44.44 Liz Baker 1982 |
| 34:55.24 Debra Chaddock 1982 |
| 36:01.00 Laurie Crisp 1983 |
| 36:31.44 Sherrie Torrans 1981 |
| 36:46.44 Maureen Bradley 1986 |
| 37:15.40 Mona Lopez 1987 |
| 38:02.32 Lisa Gross 1983 |
| 38:08.18 Michele Cox 1998 |
| 38:33.35 Kirsten Peterson 1989 |

100-Meter Hurdles *(13.95)

| |
|--|
| 12.82 Miesha McKelvy 1999 |
| 12.86 Deby LaPlante 1979 |
| 13.00 Darla Vaughn 1992 |
| 13.13 Daveetta Shepherd 2001 |
| 13.21 Felicia Stone 2000 |
| 13.28 Sue Kameli 1980 |
| 13.30 Nicole Ireland 2004 |
| 13.44 Heather Heron 2004 |
| 13.44 Lori Smith 1983 |
| 13.46 LaTanya Sheffield 1986 |

400-Meter Hurdles *(1:00.82)

| |
|---|
| 54.64 LaTanya Sheffield 1985 |
| 56.10 Nicole Ireland 2003 |
| 58.51 Sharifa Cox 1994 |
| 58.53 Margaret Hemmans 1987 |
| 58.90 Gaylen Ames 1988 |
| 59.03 Erica Prodanovich 1992 |
| 59.32 Heather Heron 2004 |
| 59.82A Ryan Peters 2003 |
| 59.86 Aja Frary 2001 |
| 59.92 Shanon Meyer 2003 |

High Jump *(5-8.00)

| |
|--|
| 5-11.50 Lori Clark 1984 |
| 5-11.00 Patti Stafford 1981 |
| 5-10.00 Marla Runyan 1989 |
| 5-09.50 Carrie McLaughlin 1982 |
| 5-09.00 Veronica Wuerful 1988 |
| 5-08.75 Deanne Johnson 1984 |
| 5-08.00 Lori Smith 1983 |
| Aja Frary 2001 |
| Jamillah Titus 2004 |
| 5-07.75 Gaylen Ames 1990 |

Long Jump *(19-5.50)

| |
|---|
| 20-05.75 Lisa Domico 1999 |
| 20-04.25 Aja Frary 2001 |
| 19-10.50 Carrie McLaughlin 1980 |
| 19-05.25 Gaylen Ames 1990 |
| 19-04.75 Melinda Forest 1997 |

| |
|---|
| 19-04.25 Angela McKnight 1987 |
| 19-04.25 Shanon Meyer 2003 |
| 19-03.75 Lynn Page 1979 |
| 19-00.50 Janine Polischuk 2004 |
| 19-00.25 Nedra Dillon 1994 |

Triple Jump *(40-2.75)

| |
|---|
| 41-09.75 Gaylen Ames 1988 |
| 41-08.00 Angela McKnight 1988 |
| 40-06.75 Sharie Green 1989 |
| 40-04.25 Lisa Domico 1999 |
| 40-03.25 Nicole Ireland 2003 |
| 40-01.25 Melinda Forest 1998 |
| 40-00.50 Marisa Taylor 2001 |
| 39-10.00 Megan Schaueremann 2003 |
| 39-09.75 Lisa Smith 2003 |
| 39-04.50 Hollann Givens 2004 |

Pole Vault *(12-3.50)

| |
|---|
| 13-03.50 Shayla Balentine 2004 |
| 13-02.25 Aimee Crabtree 2001 |
| 13-00.25 Erin Asay 2004 |
| 12-09.00 Patricia Gutierrez 2001 |
| 12-08.25 Jesika Englebretson 2002-03 |
| 12-06.25 Kristi Draher 2000 |
| 12-03.50 Cara Walker 2004 |
| 11-08.00 Shanon Meyer 2003 |
| 11-07.75 Stephanie Heup 1999 |
| 11-07.25 Julie Hudlow 2004 |

Shot Put *(46-8.75)

| |
|---|
| 58-03.75 Ramona Pagel 1984 |
| 51-03.00 Laura DeSnoo 1984 |
| 49-08.50 Candace Hill 2004 |
| 48-09.00 Cheryl Kennedy 1982 |
| 46-09.00 Kartsi Leppaluoto 1988 |
| 46-02.75 Bonnie Dasse 1981 |
| 45-03.50 Carolyn Peters 1990 |
| 45-02.00 M. Stottenberg 1979 |
| 43-10.00 Julie Dejarlais 1992 |
| 43-06.50 Louise Joubert 1990 |

Discus *(152-10.00)

| |
|--|
| 196-04.00 Laura DeSnoo 1984 |
| 186-06.00 Ramona Pagel 1984 |
| 162-09.00 Candace Hill 2003 |
| 161-03.00 Rhonda Loshonkohl 1986 |
| 151-10.00 Julie Dejarlais 1993 |
| 147-01.00 Laura Standing 1986 |
| 146-08.00 Carolyn Peters 1990 |
| 145-02.00 Katrina Crouch 1999 |
| 144-02.00 Bonnie Dasse 1981 |
| 142-03.00 Mirna Hernandez 1999 |

Javelin *(139-9.00)

| |
|---|
| 178-03.00 Liz Mueller 1983 |
| 169-10.00 Donna Dietrich 1978 |
| 163-02.00 Lynn Dunton 1979 |
| 160-07.00 Debbie Dibb 1982 |
| 160-01.00 Angela Rock 1984 |
| 158-09.00 L.Hallman 1974 |
| 155-10.00 Diane Collier 1989 |
| 154-06.50 M. Stottenberg 1979 |
| 153-06.00 Louise Joubert 1990 |
| 152-00.00 Leslie Miller 2003 |

Hammer *(173-4.00)

| |
|--|
| 168-08.00 Kellie Scott 1998 |
| 164-06.00 Candace Hill 2003 |

AZTEC ALL-TIME BESTS

4x100 Relay *(45.80)

44.24. . Givens, Dyer, Hogg, Smedley . 2002
44.45. . Boyd, Dyer, Heron, Ireland . . . 2004
 44.75A Smedley, Dyer, Peters, Ireland. 2003
 44.77. . Peters, Dyer, Hogg, Smedley . . 2002
 44.84. . Smedley, Dyer, Givens, Ireland 2003
 45.02. . Sheffield, Robinson, Moon, Ross. 1985
 45.14. . Sheffield, Smith, Moon, Ross . . . 1986
 45.20. . Smedley, Dyer, McNair, Ireland 2003
 45.22. . Bourne, Sheffield, Charles, Smith 1982
 Givens, Dyer, Heron, Ireland . . 2004

4x200 Relay

1:32.99. . Smedley, Dyer, McNair, Ireland 2003
1:33.31 2004
 1:34.97. . Dyer, Hogg, Ireland, Smedley 2003
 1:35.74. . Clemons, Brewer, Moon, Ross 1984
1:35.98. . Boyd, McNair, Dyer, Givens . 2004
 1:37.48. . Frary, Mose, Smedley, Hogg. 2001

Sprint Medley (1-1-2-4)

1:39.19. . Moon, Robinson, Nilson, Ross 1985
 1:40.10. . Clemons, Brewer, Moon, Ross 1984
 1:42.04. . Hegerle, Charles, Bullard, Collins 1981

4x400 Relay *(3:43.03)

3:30.57. . Nilson, Ross, Robinson, Sheffield. 1985
 3:34.47. . Hogg, Ireland, Dyer, Givens . 2003
 3:34.77. . McNair, Ireland, Dyer, Givens 2003
 3:35.19. . Dyer, Ireland, Hogg, McNair. 2003
 3:35.50. . Smith, Ross, Hemmans, Sheffield 1986
 3:36.67. . Dyer, Hogg, McNair, Ireland. 2003
 3:36.77. . Dyer, Ireland, Hogg, Givens . 2003
 3:36.80. . Smedley, Dyer, Ireland, McNair . 2003
 3:36.82. . Dyer, Peters, Hogg, Givens . . 2002
 3:37.05A Hogg, Ireland, Dyer, Smedley 2003

4x800 Relay

8:48.13. . Hemond, Erstrom, Kanuka, Joyce 1982
 8:59.05. . Spencer, Ross, Garcia, Yaninek. 1984
 9:09.04. . Garcia, Collins, O'Connell, Joyce 1981

Distance Medley Relay (12-4-8-16)

11:07.64. . Hemond, Sheffield, Joyce, Kanuka 1982
11:37.77. Boyd, Givens, Carmier, Nilsson 2004
11:45.80. Titus, McNair, Boyd, Nilsson . 2004
 11:53.59. . Titus, Givens, Edwards, Stewart . 2003

Heptathlon *(5,500, 5,000)

5,751 Aja Frary 2001
 5,620 Carrie McLaughlin 1983
 5,602 Leslie Miller 2003
 5,481 Shanon Meyer 2003
 5,435 Lori Smith 1983
5,210 Janine Polischuk 2004
 5,176 Gaylen Ames 1990
 5,169 Marla Runyan 1991
 5,127 Deanne Johnson 1984
 4,970 Lori Clark 1984

3,000-Meter Steeplechase^ *(10:57.18)

10:23.34 Marie Nilsson 2004
 11:21.72 Alicia Stewart 2003
 11:22.68 Jennifer Stakiw 2001

Aztec Outdoor Records

| | | |
|-----------------------|---|-------------|
| 100 meters | 11.29, Tonette Dyer | 2004 |
| 200 meters | 22.34, Tonette Dyer | 2004 |
| 400 meters | 51.15, Tonette Dyer | 2004 |
| 800 meters | 2:02.88, Renee Ross | 1985 |
| 1,500 meters | 4:06.69, Monica Joyce | 1982 |
| 3,000 meters | 8:53.24, Monica Joyce | 1982 |
| 5,000 meters | 15:45.26, Monica Joyce | 1982 |
| 10,000 meters | 34:22.24, Lynn Kanuka | 1981 |
| 3,000 SC | 10:23.34, Marie Nilsson | 2004 |
| 100 hurdles | 12.82, Miesha McKelvy | 1999 |
| 400 hurdles | 54.64, LaTanya Sheffield | 1985 |
| High Jump | 5-11.50, Lori Clark | 1984 |
| Long Jump | 20-05.75, Lisa Domico | 1999 |
| Triple Jump | 41-09.75, Gaylen Ames | 1988 |
| Pole Vault | 13-03.50, Shayla Balentine | 2004 |
| Shot Put | 58-03.75, Ramona Pagel | 1984 |
| Discus | 196-4.00, Laura DeSnoo | 1984 |
| Hammer | 168-8.00, Kellie Scott | 1998 |
| Javelin | 178-3.00, Liz Mueller | 1983 |
| Heptathlon | 5,751 pts., Aja Frary | 2001 |
| 4x100 Relay | 44.24 Givens, Dyer, Hogg, Smedley | 2002 |
| 4x200 Relay | 1:32.99 Smedley, Dyer, McNair, Ireland | 2003 |
| 4x400 Relay | 3:30.57 Nilson, Ross, Robinson, Sheffield | 1985 |
| Distance Medley Relay | 11:06.64 Hemond, Sheffield, Joyce, Kanuka | 1982 |

(Records non-wind aided, not converted for altitude)

*2004 NCAA Outdoor Regional Qualifying Standards
 & = 2004 NCAA Championship Qualifying Standard
Bold indicates current athlete (outdoor competition only)
 ^New event in 2000 A = Run at altitude