

SDSU OUTDOOR TRACK AND FIELD ALL-TIME TOP 10

100 Meters

1. Tonette Dyer.....	11.20...2004
2. Lawreta Ozoh.....	11.42...2011
3. Karoline Koehler.....	11.43...2009
4. Shana Solomon.....	11.49...2008
5. Melinda Smedley.....	11.50...2003
Meisha McKelvy.....	11.50...1999
7. LaQuisha Jackson.....	11.58...2013
8. Nicole Ireland.....	11.59...2003
9. Darla Vaughn.....	11.62...1992
10. Brigitte Moon.....	11.70...1984

200 Meters

1. Tonette Dyer.....	22.34...2004
2. LaQuisha Jackson.....	23.23...2013
3. Nicole Ireland.....	23.30...2004
4. Melinda Smedley.....	23.32...2002
5. Lawreta Ozoh.....	23.36...2011
6. Lori Smith.....	23.40...1983
7. Sherraine Pencil.....	23.53...2008
8. Renee Ross.....	23.74...1985
9. Shana Solomon.....	23.81...2008
10. Miesha McKelvy.....	23.83...1999

400 Meters

1. Tonette Dyer.....	51.15...2004
2. Renee Ross.....	51.33...1985
3. Nicole Stone.....	52.81...2009
4. Nicole Ireland.....	52.91...2003
5. Jini Hogg.....	53.08...2002
6. LaTanya Sheffield.....	53.09...1985
7. Sherraine Pencil.....	53.11...2008
8. Promise Rose.....	53.88...2000
9. Malika Freeman.....	53.96...1995
10. Larnie Boyd.....	54.01...2004

800 Meters

1. Renee Ross.....	2:02.88...1985
2. Monica Joyce.....	2:05.57...1982
3. Mandy Upuu.....	2:06.56...2007
4. Lisa Nacler.....	2:07.19...2007
5. Kylie Edwards.....	2:07.39...2000
6. Josefine Koskinen.....	2:07.86...2013
7. Nicole Carmier.....	2:08.50...2005
8. Jamillah Titus.....	2:08.90...2003
9. Jennifer Stakiw.....	2:08.96...2003
10. Kristy Matthews.....	2:09.03...1995

1,500 Meters

1. Monica Joyce.....	4:06.69...1982
2. Eva Ernstrom.....	4:16.89...1982
3. Lynn Kanuka.....	4:17.28...1982
4. Kylie Edwards.....	4:27.00...2001
5. Sharon Yaninek.....	4:29.41...1984
6. Jeanne Abare.....	4:30.64...1973
7. Marie Nilsson.....	4:32.03...2004
8. Wendy Peterson.....	4:32.14...1990
9. Lisa Nacler.....	4:33.13...2007
10. Renee Ross.....	4:33.18...1986

3,000 Meters

1. Monica Joyce.....	8:53.24...1982
2. Eva Ernstrom.....	8:58.44...1982
3. Lynn Kanuka.....	9:13.13...1982
4. Marie Nilsson.....	9:39.01...2004
5. Maureen Bradley.....	9:48.51...1987
6. Eliana Garcia.....	9:49.04...1983
7. Laurie Crisp.....	9:49.94...1983
8. Liz Baker.....	9:50.19...1981
9. Debra Chaddock.....	9:54.04...1983
10. Wendy Peterson.....	9:54.13...1989

5,000 Meters

1. Monica Joyce.....	15:45.26...1982
2. Eva Ernstrom.....	15:46.37...1982
3. Lynn Kanuka.....	15:59.34...1982
4. Rachel Williams.....	16:41.96...2009
5. Debra Chaddock.....	16:42.44...1982
6. Marie Nilsson.....	16:43.56...2004
7. Liz Baker.....	16:46.24...1982
8. Laurie Crisp.....	16:58.64...1983
9. Maureen Bradley.....	17:00.80...1987
10. Marianne Hogan.....	17:05.05...2011

10,000 Meters

1. Lynn Kanuka.....	34:22.24...1981
2. Liz Baker.....	34:44.44...1982
3. Debra Chaddock.....	34:55.24...1982
4. Marianne Hogan.....	35:19.90...2011
5. Laurie Crisp.....	36:01.00...1983
6. Rachel Williams.....	36:08.77...2009
7. Sherrie Torrants.....	36:31.44...1981
8. Alma Escobar.....	36:40.15...2009
9. Maureen Bradley.....	36:46.44...1986
10. Mona Lopez.....	37:15.40...1987

100-Meter Hurdles

1. Meisha McKelvy.....	12.82...1999
2. Deby LaPlante.....	12.86...1979
3. Darla Vaughn.....	13.00...1992
4. Felicia Stone.....	13.21...2000
5. Heather Heron.....	13.25...2005
6. Sue Kameli.....	13.28...1980
7. Allison Reaser.....	13.30...2013
Nicole Ireland.....	13.30...2004
Daveeta Shepherd.....	13.30...2001
10. Lori Smith.....	13.44...1983

400-Meter Hurdles

1. LaTanya Sheffield.....	54.64...1985
2. Nicole Ireland.....	56.10...2003
3. Deyna Roberson.....	58.36...2013
4. Allison Reaser.....	58.37...2012
5. Sharifa Cox.....	58.51...1994
6. Margaret Hemmans.....	58.53...1987
7. Kristin Olafsdottir.....	58.82...2008
8. Gaylen Ames.....	58.90...1988
9. Erica Prodanovich.....	59.03...1992
10. Heather Heron.....	59.06...2005

3,000-Meter Steeplechase

1. Marie Nilsson.....	10:23.34...2004
2. Lisa Crampton.....	10:42.11...2006
3. Celeste Tyson.....	10:48.32...2006
4. Sara Beyers.....	11:10.58...2011
5. Kristin Glen.....	11:13.37...2009
6. Alicia Stewart.....	11:21.72...2003
7. Jennifer Stakiw.....	11:22.68...2001
8. Jackie Duncan.....	11:23.42...2007
9. Lindsay Baraja.....	11:35.43...2008
10. Hillery Gemmill.....	11:36.27...2002

4x100-Meter Relay

1. Givens, Dyer, Hogg, Smedley.....	44.24...2002
2. Boyd, Dyer, Heron, Ireland.....	44.45...2004
3. King, Koehler, Hornsby, Stone.....	44.74...2009
4. Smedley, Dyer, Peters, Ireland.....	44.75...2003
5. Peters, Dyer, Hogg, Smedley.....	44.77...2002
6. Smedley, Dyer, Givens, Ireland.....	44.84...2003
7. Pencil, Solomon, Lowery, Kaye.....	44.88...2008
8. Sheffield, Robinson, Moon, Ross.....	45.02...1985
9. Sheffield, Smith, Moon, Ross.....	45.14...1986
10. Smedley, Dyer, McNair, Ireland.....	45.20...2003

4x200-Meter Relay

1. Smedley, Dyer, McNair, Ireland.....	1:32.99...2003
2. Dyer, Ireland, McNair, Boyd.....	1:33.31...2004
3. Dyer, Hogg, Ireland, Smedley.....	1:34.97...2003
4. Clemons, Brewer, Moon, Ross.....	1:35.74...1984
5. Boyd, McNair, Dyer, Givens.....	1:35.98...2004
6. Al. Reaser, Toatley, Campbell, Jackson.....	1:37.06...2013
7. Frary, Mose, Smedley, Hogg.....	1:37.48...2001
8. Clemons, Ross, Moon, Russell.....	1:39.39...1984

Sprint Medley Relay (100-100-200-400)

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

4x400-Meter Relay

1. Nilson, Ross, Robinson, Sheffield.....	3:30.57...1985
2. Boyd, Ireland, Dyer, Heron.....	3:33.84...2004
3. Hogg, Ireland, Dyer, Givens.....	3:34.47...2003
4. McNair, Ireland, Dyer, Givens.....	3:34.77...2003
5. Dyer, Ireland, Hogg, McNair.....	3:35.19...2003
6. Thomas, Toatley, Roberson, Jackson.....	3:35.41...2013
7. Thomas, Toatley, Roberson, James.....	3:35.42...2013
8. Smith, Ross, Hemmans, Sheffield.....	3:35.50...1986
9. Boyd, Heron, Ireland, Givens.....	3:35.89...2004
10. Dyer, Hogg, McNair, Ireland.....	3:36.67...2003

4x800-Meter Relay

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

Distance Medley Relay (1200-400-800-1600)

1. Hemond, Sheffield, Joyce, Kanuka.....	11:07.64...1982
2. Boyd, Givens, Carmier, Nilsson.....	11:37.77...2004
3. Titus, McNair, Boyd, Nilsson.....	11:45.80...2004

Shuttle Hurdles Relay

1. Brown, Evans, Sper, Al. Reaser.....	1:00.45...2013
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High Jump

1. Lori Clark.....	5-11.50...1984
2. Patti Stafford.....	5-11.00...1981
3. Marla Runyan.....	5-10.00...1989
4. Carrie McLaughlin.....	5-09.50...1982
5. Veronica Wuerful.....	5-09.00...1982
6. Nicole Carmier.....	5-08.75...2005
Deanne Johnson.....	5-08.75...1984
8. Jamillah Titus.....	5-08.00...2004
Aja Makaila Frary.....	5-08.00...2001
Lori Smith.....	5-08.00...1983

* Happened in 2013

* Updated after 2013 season

SDSU OUTDOOR TRACK AND FIELD ALL-TIME TOP 10

Pole Vault

1. Stephanie James.....14-03.50...2008
2. Shayla Balentine.....14-01.25...2005
- 3. Kristen Brown14-00.00...2013**
4. Kelsy Hintz.....13-10.00...2012
5. Erin Asay13-09.25...2006
6. Katie Morgan13-07.25...2010
7. Monica Pacas13-03.50...2008
8. Aimee Crabtree13-02.25...2001
9. Dana VanWagner13-01.75...2007
10. Holly Waseloff.....13-00.25...2012

Long Jump

1. Karoline Koehler21-09.50...2009
2. Lisa Domico20-05.75...1999
3. Deontee Kaye20-04.25...2007
- Aja Makaila Frary.....20-04.25...2001
5. Shana Watson20-01.50...2008
6. Carrie McLaughlin19-10.50...1980
- 7. Shanika Thomas19-10.25...2013**
8. Allison Reaser19-09.75...2011
- 9. Nicole Oudenaarden.19-08.00...2013**
10. Tori Respass-Parsons..19-05.25...2005
- Gaylen Ames19-05.25...1990

Triple Jump

- 1. Shanika Thomas ...46-05.25...2013**
2. Karoline Koehler44-09.00...2009
3. Deontee Kaye44-04.25...2007
- 4. Alex Evans42-09.00...2013**
5. Gaylen Ames41-09.75...1988
6. Angela McKnight41-08.00...1988
7. Shana Watson41-07.25...2008
8. Kai Wheeler41-05.75...2009
9. Sharie Green40-06.75...1989
10. Lisa Domico40-04.25...1999

Shot Put

1. Ramona Pagel.....58-03.75...1984
2. Whitney Ashley55-05.00...2012
3. Laura DeSnoo51-03.00...1984
4. Candace Hill49-08.50...2004
5. Jasmine Burrell.....49-06.25...2012
6. Cheryl Kennedy48-09.00...1982
7. Leanne Taylor47-07.00...2006
8. Jeanette McConnell..46-10.75...2011
9. Katsi Leppaluoto.....46-09.00...1988
10. Bonnie Dasse46-02.75...1981

Discus Throw

1. Whitney Ashley196-10...2012
2. Laura DeSnoo196-04...1984
3. Ramona Pagel.....186-06...1984
- 4. Jasmine Burrell.....181-05...2013**
5. Leanne Taylor167-08...2009
6. Candace Hill162-09...2003
7. Jeanette McConnell.....162-08...2010
8. Rhonda Loshonkohl.....161-03...1986
- 9. Alexa Evans159-02...2013**
10. Michele Dannhausen....153-01...2009

Hammer Throw

1. Whitney Ashley187-06...2011
- 2. Jasmine Burrell.....186-11...2013**
3. Ellie Fanaika184-04...2012
4. Maria Rodriguez170-07...2010
5. Kellie Scott.....168-08...1998
6. Andrea Martinez166-05...2008
7. Candace Hill164-06...2003
- 8. Mikayla Howden.....164-00...2013**
9. Tamara McMillan163-06...2009
10. Jeanette McConnell.....161-06...2009

Javelin Throw

1. Liz Mueller178-03...1983
2. Donna Dietrich.....169-10...1978
3. Linn Dunton163-02...1979
4. Debbie Dibb160-07...1982
5. Angela Rock160-01...1984
6. Vicki Hallman158-09...1974
7. Diana Collier155-10...1989
8. Monica Stoltenburg.....154-06...1979
9. Louise Joubert.....153-06...1990
10. Leslie Miller.....152-00...2003

Heptathlon

- 1. Allison Reaser5,813...2013**
- 2. Nicole Oudenaarden5,774...2013**
3. Aja Makaila Frary.....5,751...2001
4. Carrie McLaughlin.....5,620...1983
5. Leslie Miller5,602...2003
6. Shanon Meyer5,481...2003
7. Lori Smith.....5,435...1983
8. Kristin Olafsdottir5,402...2006
- 9. Brittany Bozeman5,221...2013**
10. Janine Polischuk.....5,210...2004

* Happened in 2013

* Updated after 2013 season