

# All-Time Aztec Outdoor Bests

## 100 Meters \*(11.75) (a = Altitude)

|        |                   |      |
|--------|-------------------|------|
| 11.20  | 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  | Daveetta Shepherd | 2001 |

## 200 Meters \*(23.96) (a = Altitude)

|        |                   |      |
|--------|-------------------|------|
| 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 |
| 23.97a | Sherraine Pencil  | 2006 |
| 24.01  | LaTanya Sheffield | 1986 |

## 400 Meters \*(54.61) (a = Altitude)

|        |                   |      |
|--------|-------------------|------|
| 51.15  | Tonette Dyer      | 2004 |
| 51.33  | Renee Ross        | 1985 |
| 52.91  | Nicole Ireland    | 2003 |
| 52.94a | Nicole Stone      | 2006 |
| 53.08a | Jini Hogg         | 2002 |
| 53.09  | LaTanya Sheffield | 1985 |
| 53.88  | Promise Mose      | 2000 |
| 53.96  | Malika Freeman    | 1995 |
| 54.01  | Larnie Boyd       | 2004 |
| 54.12  | Margaret Hemmans  | 1987 |

## 800 Meters \*(2:09.80)

|         |                 |      |
|---------|-----------------|------|
| 2:02.88 | Renee Ross      | 1985 |
| 2:05.57 | Monica Joyce    | 1982 |
| 2:07.39 | Kylie Edwards   | 2000 |
| 2:08.50 | Nicole Carmier  | 2005 |
| 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 |
| 2:10.32 | Lisa Naucier    | 2005 |

## 1,500 Meters \*(4:27.80)

|         |                |      |
|---------|----------------|------|
| 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 \*(16:52.00)

|          |                 |      |
|----------|-----------------|------|
| 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 |
| 17:15.94 | Lisa Crampton   | 2006 |
| 17:16.08 | Lital Azulay    | 2005 |

## 10,000 Meters (#33:55.00; \*35:00.00)

|          |                  |      |
|----------|------------------|------|
| 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 \*(13.92)

|       |                   |      |
|-------|-------------------|------|
| 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 |
| 13.25 | Heather Heron     | 2005 |
| 13.28 | Sue Kameli        | 1980 |
| 13.30 | Nicole Ireland    | 2004 |
| 13.44 | Lori Smith        | 1983 |
| 13:46 | LaTanya Sheffield | 1986 |

## 400-Meter Hurdles \*(1:00.82) (a = Altitude)

|        |                     |      |
|--------|---------------------|------|
| 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 |
| 59.06  | Heather Heron       | 2005 |
| 59.33a | Kristin Olafsdottir | 2006 |
| 59.82a | Ryan Peters         | 2003 |
| 59.86  | Aja Makaila Frary   | 2001 |

## High Jump \*(5-08.75)

|         |                   |      |
|---------|-------------------|------|
| 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 |
|         | Nicole Carmier    | 2005 |
| 5-08.00 | Lori Smith        | 1983 |
|         | Aja Makaila Frary | 2001 |
|         | Jamillah Titus    | 2004 |

## Long Jump \*(19-07.00)

|          |                   |      |
|----------|-------------------|------|
| 20-05.75 | Lisa Domico       | 1999 |
| 20-04.25 | Aja Makaila Frary | 2001 |
| 19-10.50 | Carrie McLaughlin | 1980 |
| 19-09.00 | Shana Watson      | 2006 |

|          |                      |      |
|----------|----------------------|------|
| 19-05.25 | Gaylen Ames          | 1990 |
|          | Tori Respass-Parsons | 2005 |
| 19-04.75 | Melinda Forest       | 1997 |
| 19-04.25 | Angela McKnight      | 1987 |
| 19-04.25 | Shanon Meyer         | 2003 |
| 19-03.75 | Lynn Page            | 1979 |

## Triple Jump \*(40-05.00)

|          |                    |      |
|----------|--------------------|------|
| 41-09.75 | Deontee Kaye       | 2006 |
|          | Gaylen Ames        | 1988 |
| 41-08.00 | Angela McKnight    | 1988 |
| 41-05.25 | Shana Watson       | 2006 |
| 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 |

## Pole Vault \*(12-5.50)

|          |                    |         |
|----------|--------------------|---------|
| 14-01.25 | Shayla Balentine   | 2005    |
| 13-09.25 | Erin Asay          | 2006    |
| 13-02.25 | Aimee Crabtree     | 2001    |
| 12-11.75 | Monica Pacas       | 2006    |
| 12-09.00 | Patricia Gutierrez | 2001    |
| 12-08.25 | Jesika Englebreton | 2002-03 |
| 12-06.25 | Kristi Draher      | 2000    |
| 12-06.00 | Dana Van Wagner    | 2006    |
| 12-03.50 | Cara Walker        | 2004    |
| 12-02.00 | Christin Shibley   | 2005    |

## Shot Put \*(46-11)

|          |                    |      |
|----------|--------------------|------|
| 58-03.75 | Ramona Pagel       | 1984 |
| 51-03.00 | Laura DeSnoo       | 1984 |
| 49-08.50 | Candace Hill       | 2004 |
| 48-09.00 | Cheryl Kennedy     | 1982 |
| 47-07.00 | Leanne Taylor      | 2006 |
| 46-09.00 | Katsi Leppaluoto   | 1988 |
| 46-02.75 | Bonnie Dasse       | 1981 |
| 45-03.50 | Carolyn Peters     | 1990 |
| 45-02.00 | Monica Stoltenburg | 1979 |
| 43-10.00 | Julie Dejarlais    | 1992 |

## Discus \*(155-02.00)

|           |                   |      |
|-----------|-------------------|------|
| 196-04.00 | Laura DeSnoo      | 1984 |
| 186-06.00 | Ramona Pagel      | 1984 |
| 164-00.00 | Leanne Taylor     | 2006 |
| 162-09.00 | Candace Hill      | 2003 |
| 161-03.00 | Rhonda Loshonkohl | 1986 |
| 151-10.00 | Julie Dejarlais   | 1993 |
| 147-01.00 | Laura Standring   | 1986 |
| 146-08.00 | Carolyn Peters    | 1990 |
| 145-02.00 | Katrina Crouch    | 1999 |
| 144-02.00 | Bonnie Dasse      | 1981 |

## Javelin \*(142-06.00)

|           |                    |      |
|-----------|--------------------|------|
| 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 | Monica Stoltenburg | 1979 |
| 153-06.00 | Louise Joubert     | 1990 |
| 152-00.00 | Leslie Miller      | 2003 |

# All-Time Aztec Outdoor Bests

## Hammer \*(177-08.00)

|                  |                      |             |
|------------------|----------------------|-------------|
| 168-08.00        | Kellie Scott         | 1998        |
| 164-06.00        | Candace Hill         | 2003        |
| <b>156-07.00</b> | <b>Brittany Lowe</b> | <b>2006</b> |

## 4x100 Relay \*(45.70) (a = Altitude)

|              |                                   |             |
|--------------|-----------------------------------|-------------|
| 44.24        | Givens, Dyer, Hogg, Smedley       | 2002        |
| <b>44.45</b> | <b>Boyd, Dyer, Heron, Ireland</b> | <b>2003</b> |
| 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        | Givens, Dyer, Heron, Ireland      | 2004        |
| 45.22        | Bourne, Sheffield, Charles, Smith | 1982        |

## 4x200 Relay

|                |                                    |             |
|----------------|------------------------------------|-------------|
| 1:32.99        | Smedley, Dyer, McNair, Ireland     | 2003        |
| <b>1:33.31</b> | <b>Dyer, Ireland, McNair, Boyd</b> | <b>2004</b> |
| 1:34.97        | Dyer, Hogg, Ireland, Smedley       | 2003        |
| 1:35.74        | Clemons, Brewer, Moon, Ross        | 1984        |
| <b>1:35.98</b> | <b>Boyd, McNair, Dyer, Givens</b>  | <b>2004</b> |
| 1:37.48        | Frery, Mose, Smedley, Hogg         | 2001        |
| 1:39.39        | Clemons, Ross, Moon, Russell       | 1984        |

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

|         |                                    |      |
|---------|------------------------------------|------|
| 1:39.19 | Moon, Robinson, Nilsson, Ross      | 1985 |
| 1:40.10 | Clemons, Brewer, Moon, Ross        | 1984 |
| 1:42.04 | Hegerle, Charles, Bullard, Collins | 1981 |

## 4x400 Relay \*(3:42.00)

|                |                                     |             |
|----------------|-------------------------------------|-------------|
| 3:30.57        | Nilsson, Ross, Robinson, Sheffield  | 1985        |
| <b>3:33.84</b> | <b>Boyd, Ireland, Dyer, Heron</b>   | <b>2004</b> |
| 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        |
| <b>3:35.89</b> | <b>Boyd, Heron, Ireland, Givens</b> | <b>2004</b> |
| 3:36.67        | Dyer, Hogg, McNair, Ireland         | 2003        |
| 3:36.77        | Dyer, Ireland, Hogg, Givens         | 2003        |
| 3:36.80        | Smedley, Dyer, Ireland, McNair      | 2003        |

## 4x800 Relay

|         |                                   |      |
|---------|-----------------------------------|------|
| 8:48.13 | Hemond, Ernstrom, 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        |
| <b>11:37.77</b> | <b>Boyd, Givens, Carmier, Nilsson</b> | <b>2004</b> |
| <b>11:45.80</b> | <b>Titus, McNair, Boyd, Nilsson</b>   | <b>2004</b> |

## Heptathlon (#5,500; \*5,000)

|              |                            |             |
|--------------|----------------------------|-------------|
| 5,751        | Aja Makaila Frary          | 2001        |
| 5,620        | Carrie McLaughlin          | 1983        |
| 5,602        | Leslie Miller              | 2003        |
| 5,481        | Shanon Meyer               | 2003        |
| 5,435        | Lori Smith                 | 1983        |
| <b>5,402</b> | <b>Kristin Olafsdottir</b> | <b>2006</b> |
| 5,210        | Janine Polischuk           | 2004        |
| 5,176        | Gaylen Ames                | 1990        |
| 5,169        | Marla Runyan               | 1991        |
| 5,127        | Deanne Johnson             | 1984        |

## 3,000-Meter Steeplechase \*(10:50.25)

|                 |                      |             |
|-----------------|----------------------|-------------|
| 10:23.34        | Marie Nilsson        | 2004        |
| <b>10:42.11</b> | <b>Lisa Crampton</b> | <b>2006</b> |
| <b>10:48.32</b> | <b>Celeste Tyson</b> | <b>2006</b> |
| 11:21.72        | Alicia Stewart       | 2003        |
| 11:22.68        | Jennifer Stakiw      | 2001        |

## AZTEC OUTDOOR RECORDS

|              |                                   |                |             |
|--------------|-----------------------------------|----------------|-------------|
| 100          | Tonette Dyer                      | 11.20          | 2004        |
| 200          | Tonette Dyer                      | 22.34          | 2004        |
| 400          | Tonette Dyer                      | 51.15          | 2004        |
| 800          | Renee Ross                        | 2:02.88        | 1985        |
| 1,500        | Monica Joyce                      | 4:06.69        | 1982        |
| 3,000        | Monica Joyce                      | 8:53.24        | 1982        |
| 5,000        | Monica Joyce                      | 15:45.26       | 1982        |
| 10,000       | Lynn Kanuka                       | 34:22.24       | 1981        |
| Steeplechase | Marie Nilsson                     | 10:23.34       | 2004        |
| 100 Hurdles  | Miesha McKelvy                    | 12.82          | 1999        |
| 400 Hurdles  | LaTanya Sheffield                 | 54.64          | 1985        |
| 4x100        | Givens, Dyer, Hogg, Smedley       | 44.24          | 2002        |
| 4x400        | Nilsson, Ross Robinson, Sheffield | 3:30.57        | 1985        |
| High Jump    | Lori Clark                        | 5-11.5         | 1984        |
| Pole Vault   | Shayla Balentine                  | 14-1.25        | 2005        |
| Long Jump    | Lisa Domico                       | 20-5.75        | 1999        |
| Triple Jump  | <b>Deontee Kaye</b>               | <b>41-9.75</b> | <b>2006</b> |
|              | Gaylen Ames                       | 41-9.75        | 1988        |
| Shot Put     | Ramona Pagel                      | 58-3.75        | 1984        |
| Discus       | Laura DeSnoo                      | 196-4          | 1984        |
| Hammer       | Kellie Scott                      | 168-8          | 1998        |
| Javelin      | Liz Mueller                       | 178-3          | 1983        |
| Heptathlon   | Aja Makaila Frary                 | 5,751 pts.     | 2001        |

\*2006 NCAA Outdoor Regional Qualifying Standards

# = 2006 NCAA Championship Qualifying Standard

**Bold** indicates current athlete (outdoor competition only)