

SDSU Indoor Track and Field All-Time Top 10

55 Meters

1.	Darla Vaughn	6.90	1992
2.	Promise Mose	7.06	2001
3.	Melinda Smedley	7.23	2002
4.	Tonette Dyer	7.25	2002
5.	Elaine Harwell	7.27	1999
6.	Meisha McKelvy	7.28	1999
7.	Jillita Griffin	7.32	2001

60 Meters

1.	Tonette Dayer	7.33	2004
2.	Shanae Roach	7.37	2011
3.	Karoline Koehler	7.38	2010
4.	Meritzer Williams	7.45	2014
5.	Promise Mose	7.48	2000
6.	Lawreta Ozoh	7.51	2011
	Melinda Smedley	7.51	2004
8.	Nicole Ireland	7.59	2004
9.	Sherraine Pencil	7.60	2008
10.	Alicia King	7.62	2008
	Tori Respass-Parsons	7.62	2005
	Felicia Stone	7.62	2000

200 Meters

1.	Shanae Roach	23.45	2011
2.	Tonette Dyer	23.75	2004
3.	Nicole Ireland	23.84	2004
4.	Darla Vaughn	23.89	1992
5.	Melinda Smedley	23.99	2004
6.	Lawreta Ozoh	24.04	2011
7.	Karoline Koehler	24.07	2010
8.	Nicole Stone	24.17	2010
9.	Allison Reaser	24.19	2014
10.	Larnie Boyd	24.31	2004

400 Meters

1.	Tonette Dyer	53.51	2003
2.	Nicole Stone	53.69	2010
3.	Nicole Ireland	54.15	2003
4.	Jini Hogg	54.79	2003
5.	Promise Mose	54.99	2000
6.	Larnie Boyd	55.02	2004
7.	Sherraine Pencil	55.35	2008
8.	Shanieka Thomas	55.67	2013
9.	Brittani Dudley	55.86	2006
10.	LaQuisha Jackson	55.92	2013

800 Meters

1.	Mandy Upuu	2:10.45	2008
2.	Jamillah Titus	2:11.26	2003
3.	Josefine Koskinen	2:11.90	2011
4.	Nicole Carmier	2:13.95	2005
5.	Kylie Edwards	2:15.00	2000
6.	Corri Campbell-Fell	2:15.07	2008
7.	Lisa Naucier	2:15.85	2005
8.	Amy Brown	2:16.09	2011
9.	Kristin Olafsdottir	2:16.38	2007
10.	Jennifer Stakiw	2:16.91	2002

Mile

1.	Chelsea Kruthers	5:01.00	2014
2.	Lisa Crampton	5:04.40	2006
3.	Rachel Roesgen	5:08.10	2014
4.	Marie Nilsson	5:10.90	2004
5.	Alicia Stewart	5:12.82	2003
6.	Lisa Naucier	5:13.41	2007
7.	Darien Buc	5:13.65	2008
8.	Celeste Tyson	5:13.99	2007
9.	Kylie Edwards	5:16.14	2000
10.	Meriah Earle	5:17.14	2000

3,000 Meters

1.	Marie Nilsson	9:44.80	2004
2.	Lital Azulay	10:07.23	2005
3.	Lisa Crampton	10:20.41	2006
4.	Rachel Williams	10:26.70	2009
5.	Christal Cuadra	10:32.40	2003
6.	Marianne Hogan	10:32.79	2011
7.	Sophia Hawker	10:35.48	2000
8.	Sarah Belger	10:49.85	2006
9.	Alicia Stewart	10:53.70	2003

5,000 Meters

1.	Marianne Hogan	17:55.31	2011
2.	Rachel Williams	18:28.29	2010
3.	Kristin Glen	18:42.37	2008
4.	Marie Nilsson	18:53.60(ht)	2004
5.	Sophia Hawker	19:14.90	1999
6.	Jordan Davis	19:23.87	2010
7.	Michelle Martinez	19:43.36	2010
8.	Sara Beyers	19:46.07	2010
9.	Alma Escobar	20:14.52	2009
10.	Christal Cuadra	20:21.00(ht)	2004

55-Meter Hurdles

1.	Darla Vaughn	7.64	1992
2.	Felicia Stone	7.74	2000
3.	Miesha McKelvy	7.77	1999
4.	Aja Makaila Frary	8.23	2000
5.	Marisa Robinson	8.28	2000
6.	Erica Prodanovich	8.32	1991
7.	Daveeta Shepherd	8.42	2001

60-Meter Hurdles

1.	Miesha McKelvy	8.24	1999
2.	Kristen Brown	8.28	2014
3.	Felicia Stone	8.29	2000
4.	Allison Reaser	8.30	2014
5.	Marisa Robinson	8.39	2000
6.	Nicole Ireland	8.43	2004
7.	Briana Johnson	8.51	2010
8.	Heather Heron	8.53	2004
9.	Alex Evans	8.56	2013
10.	Animari Korte	8.59	2010

4x400-Meter Relay

1.	Stone, Pencil, Chapu, Upuu	3:41.55	2007
2.	Al. Reaser, Toatley, Roberson, Thomas	3:42.11	2013
3.	Stone, Upuu, Olafsdottir, Dudley	3:43.63	2006
4.	Boyd, Ireland, Dyer, Smedley	3:43.66	1999
5.	Hogg, Dyer, Carmier, Ireland	3:43.88	2003
6.	Pencil, Stone, Olafsdottir, Chapu	3:45.20	2007
7.	Pencil, Thomas, Hornsby, Upuu	3:45.92	2008
8.	McNair, Smedley, Ireland, Dyer	3:47.29	2004
9.	Stone, Boyd, Pencil, Duncan	3:47.39	2006
10.	Oudenaarden, Toatley, Al. Reaser, George	3:48.39	2014

4x800-Meter Relay

1.	Royal, Petersen, Wright, Ritchie	9:31.14	1991
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Distance Medley Relay

1.	Gammage, Toatley, Kruthers, Roesgen	12:05.71	2014
2.	Naucier, Dudley, Carmier, Azulay	12:13.23	2005
3.	Titus, Ireland, Edwards, Cuadra	12:13.80	2003
4.	Brown, Kirkland, Novak, Koskinen	12:21.81	2011
5.	Koskinen, Devine, Brown, Martinez	12:26.39	2010
6.	Crampton, Upuu, Carmier, Belger	12:27.56	2006
7.	Tyson, Chapu, Upuu, Naucier	12:32.62	2007
8.	Kruthers, Oudenaarden, Gammage, Roesgen	12:48.63	2014
9.	Unknown	12:51.93	2000
10.	Am. Reaser, Toatley, Koskinen, Hogan	12:52.23	2012

High Jump

1.	Aja Makaila Frary	5-08.00	1999
	Marla Runyan	5-08.00	1992
3.	Shanieka Thomas	5-07.00	2011
4.	Nicole Carmier	5-06.50	2006
5.	Carrington Mahr	5-06.00	2013
6.	Alisha Laswell	5-05.75	2002
7.	Leslie Miller	5-05.25	2004
8.	Karsen Sper	5-05.00	2013
	Sheehan Mitchell	5-05.00	2009
	Karoline Koehler	5-05.00	2008
	Kristin Olafsdottir	5-05.00	2006
	Jamillah Titus	5-05.00	2005

Pole Vault

1.	Stephanie James	14-01.25	2010
2.	Erin Asay	14-00.50	2006
3.	Kelsy Hintz	14-00.00	2012
	Shayla Balentine	14-00.00	2005
5.	Kristen Brown	13-10.00	2013
6.	Holly Waseloff	13-02.25	2014
7.	Karen Snapper	12-10.25	2013
	Holly Waseloff	12-10.25	2013
9.	Tricia Gutierrez	12-09.50	2002
10.	Dana Jensen	12-08.75	2008
	Monica Pacas	12-08.75	2007

Long Jump

1.	Karoline Koehler	21-07.50	2010
2.	Allison Reaser	20-05.00	2014
3.	Deontee Kaye	20-02.25	2008
4.	Shana Watson	19-10.75	2008
5.	Lisa Domico	19-10.25	1999
6.	Shanieka Thomas	19-09.75	2012
7.	Nicole Oudenaarden	19-07.50	2013
8.	Kai Wheeler	19-04.75	2010
9.	Brittany Bozeman	19-00.50	2013
10.	Alex Evans	19-00.00	2012

Triple Jump

1.	Shanieka Thomas	46-02.50	2013
2.	Karoline Koehler	44-10.75	2010
3.	Deontee Kaye	43-08.50	2009
4.	Shana Watson	41-05.75	2008
5.	Alex Evans	41-03.75	2012
6.	Nicole Ireland	40-04.00	2004
7.	Kai Wheeler	39-08.50	2010
8.	Lisa Domico	38-08.25	1999
9.	Marisa Taylor	38-02.00	2000
10.	Hollan Givens	38-01.25	2004

Shot Put

1.	Whitney Ashley	55-07.50	2012
2.	Jasmine Burrell	51-10.50	2013
3.	Brittany Gonter	48-10.00	2014
4.	Candace Hill	48-08.75	2004
5.	Nicole Oudenaarden	47-07.25	2013
6.	Jeanette McConnell	45-10.75	2011
7.	Lima Lefti	43-07.75	2011
8.	Ariel Oliver	42-08.75	2014
9.	Laura Boggeln	42-08.00	2009
10.	Maria Rodriguez	42-04.00	2009

Weight Throw

1.	Jasmine Burrell	68-01.00	2014
2.	Whitney Ashley	62-22.50	2012
3.	Ellie Fanaika	59-01.50	2012
4.	Tamara McMillan	56-07.50	2009
5.	Mikayla Howden	56-02.50	2014
6.	Andrea Martinez	54-08.25	2008
7.	Candace Hill	53-01.50	2003
8.	Maria Rodriguez	51-03.75	2010
9.	Ariel Oliver	49-08.50	2014
10.	Jeanette McConnell	49-01.00	2010

Pentathlon

1.	Allison Reaser	4,145	2014
2.	Nicole Oudenaarden	3,969	2013
3.	Aja Makaila Frary	3,902	2000
4.	Leslie Miller	3,858	2004
5.	Kristin Olafsdottir	3,843	2006
6.	Shana Watson	3,595	2008
7.	Karsen Sper	3,564	2013
8.	Shanon Meyer	3,546	2003
9.	Brittany Bozeman	3,440	2013
10.	Julianne Alarcio	3,284	2012

* Happened in 2014

* Updated March 24, 2014