

SAN DIEGO STATE WOMENS TRACK AND FIELD

Outdoor Conference Champions

<u>100 Meters</u>	<u>8</u>	<u>Outdoor 3,000 Meters</u>	<u>3</u>	<u>3,000 Meter Steeple Chase</u>	<u>0</u>
Ashley Henderson	2018	Monica Joyce	1982		
Ashley Henderson	2017	Lynn Kanuka	1980	<u>Outdoor 4x100 Meter Relay</u>	<u>6</u>
Ashley Henderson	2016	Valinda Hoagland	1979	Rochene Smith	2018
Meritzer Williams	2014			Simon Glenn	
LaQuisha Jackson	2013	<u>Outdoor 5,000 Meters</u>	<u>2</u>	Callista Fletcher	
Melinda Smedley	2003	Eva Ernstrom	1982	Ashley Henderson	
Darla Vaughn	1991	Lynn Kanuka	1980	Micha Auzenne	2017
Lori Smith	1983			Simon Glenn	
		<u>Outdoor 10,000 Meters</u>	<u>3</u>	Rochene Smith	
<u>Outdoor 200 Meters</u>	<u>9</u>	Maureen Bradley	1987	Ashley Henderson	
Ashley Henderson	2018	Maureen Bradley	1986	Starlynn Singleton	2016
Ashley Henderson	2017	Debra Chaddock	1983	Simon Glenn	
Ashley Henderson	2016			Micha Auzenne	
LaQuisha Jackson	2013	<u>100 Meter Hurdles</u>	<u>14</u>	Ashley Henderson	
Tonette Dyer	2004	Micha Auzenne	2016	Larnie Boyd	2004
Melinda Smedley	2003	Micha Auzenne	2015	Tonette Dyer	
Darla Vaughn	1992	Kristin Brown	2014	Heather Heron	
Darla Vaughn	1991	Allison Reaser	2013	Nicole Ireland	
Darla Vaughn	1990	Heather Heron	2005	Melinda Smedley	2003
		Nicole Ireland	2004	Ryan Peters	
<u>Outdoor 400 Meters</u>	<u>8</u>	Nicole Ireland	2003	Tonette Dyer	
Lisa-Anne Barrow	2018	Miesha McKelvy	1999	Nicole Ireland	
Nicole Stone	2009	Miesha McKelvy	1998	Aja Frary	2001
Tonette Dyer	2004	Darla Vaughn	1992	Promise Mose	
Shani Freeman	1995	LaTanya Sheffield	1986	Melinda Smedley	
Janine Stewart	1992	Linda Bourn	1982	Daveetta Shepherd	
Renee Chambers-Ross	1986	Deby LaPlante	1980		
LaTanya Sheffield	1985	Deby LaPlante	1979	<u>Outdoor 4x400 Meter Relay</u>	<u>10</u>
Janice Pope	1979			Lakin Hatcher	2018
		<u>400 Meter Hurdles</u>	<u>11</u>	Tyra Lea	
<u>Outdoor 800 Meters</u>	<u>7</u>	Andrenette Knight	2017	Jalyn Harris	
Kristy Mathews	1995	Madison Gipson	2016	Lisa-Anne Barrow	
Christine Royal	1990	Deyna Roberson	2013	Tyra Lea	2017
Renee Chambers-Ross	1985	Kristin Olafsdottir	2006	Lisa-Anne Barrow	
Monica Joyce	1982	Nicole Ireland	2004	Andrenette Knight	
Monica Joyce	1981	Nicole Ireland	2003	Monique McPherson	
Chris Smallwood	1979	Sharifa Cox	1996	Shanieka Thomas	2013
Peggy Callahan	1978	Sharifa Cox	1994	Maderia Toatley	
		Erica Prodanovich	1991	Deyna Roberson	
<u>Outdoor 1500 Meters</u>	<u>2</u>	Margaret Hemmans	1987	LaQuisha Jackson	
Monica Joyce	1982	Margaret Hemmans	1986	(continued on next page)	
Monica Joyce	1981	LaTanya Sheffield	1983		
		Sue Kameli	1980		

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<u>Outdoor 4x400 Meter Relay</u>	<u>10</u>	<u>4x800 Meter Relay</u>	<u>1</u>	<u>Outdoor Shot Put</u>	<u>3</u>
(continued)		Missy Collins	1981	Whitney Ashley	2012
Jini Hogg	2003	Eliana Garcia		Whitney Ashley	2011
Nicole Ireland		Nancy O'Connell		Carolyn Peters	1990
Tonette Dyer		Monica Joyce			
Melinda Smedley				<u>Discus Throw</u>	<u>6</u>
Hollann Givens	2002	<u>Outdoor High Jump</u>	<u>2</u>	Jasmine Burrell	2013
Tonette Dyer		Patti Stafford	1981	Whitney Ashley	2012
Jini Hogg		Cami Conly	1974	Whitney Ashley	2011
Melinda Smedley				Laura DeSnoo	1986
Promise Mose	2001	<u>Outdoor Long Jump</u>	<u>3</u>	Laura DeSnoo	1985
Aja Frary		Shanieka Thomas	2013	Donna Dietrich	1979
Melinda Smedley		Karoline Koehler	2009		
Jini Hogg		Shanon Meyer	2003	<u>Javelin Throw</u>	<u>3</u>
Darla Vaughn	1991			Liz Mueller	1985
Erica Prodanovich		<u>Outdoor Triple Jump</u>	<u>7</u>	Donna Dietrich	1979
Christine Royal		Shanieka Thomas	2014	Janeen Dell'Acqua	1977
Marla Runyan		Shanieka Thomas	2013		
Dionne Garner	1986	Shanieka Thomas	2012	<u>Hammer Throw</u>	<u>0</u>
Margaret Hemmans		Deontee Kaye	2008		
LaTanya Sheffield		Deontee Kaye	2007	<u>Heptathlon</u>	<u>12</u>
Renee Chambers-Ross		Nicole Ireland	2003	Nicole Oudenaarden	2014
Donna Charles	1983	Gaylen Ames	1988	Allison Reaser	2013
Renee Chambers-Ross				Allison Reaser	2012
Pam Hatley		<u>Outdoor Pole Vault</u>	<u>11</u>	Allison Reaser	2011
LaTanya Sheffield		Bonnie Draxler	2017	Janine Polischuk	2004
Chris Smallwood	1979	Kristin Brown	2015	Leslie Miller	2003
Jeanne Abare		Kristin Brown	2014	Leslie Miller	2002
Chemise Smith		Kristin Brown	2013	Aja Frary	2001
Janice Pope		Holly Waseloff	2012	Aja Frary	1999
		Kelsy Hintz	2011	Gaylen Ames	1990
		Stephanie Bagan James	2008	Marian Nowak	1986
		Erin Asay	2006	Carrie McLaughlin	1983
		Shayla Balentine	2005		
		Shayla Balentine	2002		
		Aimee Crabtree	2001		

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