

SAN DIEGO STATE WOMENS TRACK AND FIELD

Outdoor Conference Champions

<u>100 Meters</u>	<u>5</u>	<u>Outdoor 10,000 Meters</u>	<u>3</u>
Meritzer Williams	2014	Maureen Bradley	1987
LaQuisha Jackson	2013	Maureen Bradley	1986
Melinda Smedley	2003	Debra Chaddock	1983
Darla Vaughn	1991		
Lori Smith	1983	<u>3000 Meter Steeplechase</u>	<u>0</u>
<u>Outdoor 200 Meters</u>	<u>6</u>	<u>100 Meter Hurdles</u>	<u>12</u>
LaQuisha Jackson	2013	Kristin Brown	2014
Tonette Dyer	2004	Allison Reaser	2013
Melinda Smedley	2003	Heather Heron	2005
Darla Vaughn	1992	Nicole Ireland	2004
Darla Vaughn	1991	Nicole Ireland	2003
Darla Vaughn	1990	Miesha McKelvy	1999
		Miesha McKelvy	1998
<u>Outdoor 400 Meters</u>	<u>6</u>	Darla Vaughn	1992
Nicole Stone	2009	LaTanya Sheffield	1986
Tonette Dyer	2004	Linda Bourn	1982
Shani Freeman	1995	Deby LaPlante	1980
Janine Stewart	1992	Deby LaPlante	1979
Renee Chambers-Ross	1986		
Janice Pope	1979	<u>400 Meter Hurdles</u>	<u>11</u>
<u>Outdoor 800 Meters</u>	<u>6</u>	Deyna Roberson	2013
Kristy Mathews	1995	Kristin Oladfsdottir	2006
Christine Royal	1990	Nicole Ireland	2004
Monica Joyce	1982	Nicole Ireland	2003
Monica Joyce	1981	Sharifa Cox	1996
Chris Smallwood	1979	Sharifa Cox	1994
Peggy Callahan	1978	Erica Prodanovich	1991
		Margaret Hemmans	1987
		Margaret Hemmans	1986
<u>Outdoor 1500 Meters</u>	<u>2</u>	LaTanya Sheffield	1983
Monica Joyce	1982	Sue Kameli	1980
Monica Joyce	1981		
<u>Outdoor 3,000 Meters</u>	<u>3</u>		
Monica Joyce	1982		
Lynn Kanuka	1980		
Valinda Hoaland	1979		
<u>Outdoor 5,000 Meters</u>	<u>2</u>		
Eva Ernstrom	1982		
Lynn Kanuka	1980		

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Total Outdoor Conference Champions	110
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4x800 Meter Relay

	1
Missy Collins	1981
Eliana Garcia	
Nancy O'Connell	
Monica Joyce	

Outdoor High Jump

	2
Patti Stafford	1981
Cami Conly	1974

Outdoor Long Jump

	3
Shanieka Thomas	2013
Karoline Koehler	2009
Shanon Meyer	2003

Outdoor Triple Jump

	7
Shanieka Thomas	2014
Shanieka Thomas	2013
Shanieka Thomas	2012
Decontee Kaye	2008
Decontee Kaye	2007
Nicole Ireland	2003
Gaylen Ames	1988

Outdoor Pole Vault

	9
Kristin Brown	2014
Kristin Brown	2013
Holly Waseloff	2012
Kelsy Hintz	2011
Stephanie Bagan James	2008
Erin Asay	2006
Shayla Balentine	2005
Shayla Balentine	2002
Aimee Crabtree	2001

Outdoor Shot Put

	3
Whitney Ashley	2012
Whitney Ashley	2011
Carolyn Peters	1990

Discus Throw

	5
Jasmine Burrell	2013
Whitney Ashley	2012
Whitney Ashley	2011
Laura DeSnoo	1986
Donna Dietrich	1979

Javelin Throw

	2
Donna Dietrich	1979
Janeen Dell'Acqua	1977

Hammer Throw

	0
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Heptathlon

	12
Nicole Oudenaarden	2014
Allison Reaser	2013
Allison Reaser	2012
Allison Reaser	2011
Janine Polischuk	2004
Leslie Miller	2003
Leslie Miller	2002
Aja Frary	2001
Aja Frary	1999
Gaylen Ames	1990
Marian Nowak	1986
Carrie McLaughlin	1983

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Outdoor 4x100 Meter Relay 4

Larnie Boyd	2004
Tonette Dyer	
Heather Heron	
Nicole Ireland	
Melinda Smedley	2003
Ryan Peters	
Tonette Dyer	
Nicole Ireland	
Aja Frary	2001
Unknown	
Unknown	
Unknown	
Unknown Team	1991

Outdoor 4x400 Meter Relay 8

Shanieka Thomas	2013
Maderia Toatley	
Deyna Roberson	
LaQuisha Jackson	
Jini Hogg	2003
Nicole Ireland	
Tonette Dyer	
Melinda Smedley	
Hollann Givens	2002
Tonette Dyer	
Jini Hogg	
Melinda Smedley	
Aja Frary	2001
Unknown	
Unknown	
Unknown	
Unknown Team	1991
Dionne Garner	1986
Margaret Hemmans	
LaTanya Sheffield	
Renee Chambers-Ross	
Donna Charles	1983
Renee Chambers-Ross	
Pam Hatley	
LaTanya Sheffield	
Chris Smallwood	1979
Jeanne Abare	

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Chemise Smith

Janice Pope