

SDSU Outdoor Track and Field All-Time Top 10

100 Meters

1. Tonette Dyer	11.20	2004
2. Ashley Henderson	11.21	2016
3. Lawreta Ozoh	11.42	2011
4. Karoline Koehler	11.43	2009
5. Shana Solomon	11.49	2008
6. Melinda Smedley	11.50	2003
Meisha McKelvy	11.50	1999
8. Meritzer Williams	11.51	2014
9. LaQuisha Jackson	11.58	2013
10. Micha Auzenne	11.59	2015
Nicole Ireland	11.59	2003

200 Meters

1. Tonette Dyer	22.34	2004
2. Ashley Henderson	22.64	2016
3. LaQuisha Jackson	23.23	2013
4. Nicole Ireland	23.30	2004
5. Melinda Smedley	23.32	2002
6. Lawreta Ozoh	23.36	2011
7. Lori Smith	23.40	1983
8. Simone Glenn	23.48	2015
9. Sherraine Pencil	23.53	2008
10. Meritzer Williams	23.62	2014

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 Upvu	2:06.56	2007
4. Lisa Nacler	2:07.19	2007
5. Kylie Edwards	2:07.39	2000
6. Ellison Grove	2:07.74	2016
7. Josefina Koskinen	2:07.86	2013
8. Nicole Carmier	2:08.50	2005
9. Jamillah Titus	2:08.90	2003
10. Jennifer Stakiw	2:08.96	2003

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. Elana 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 Torrans	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. Micha Auzenne	13.27	2016
7. Sue Kameli	13.28	1980
8. Allison Reaser	13.30	2013
Nicole Ireland	13.30	2004
Daveeta Shepherd	13.30	2001

400-Meter Hurdles

1. LaTanya Sheffield	54.64	1985
2. Nicole Ireland	56.10	2003
3. Allison Reaser	57.80	2014
4. Madison Gipson	58.01	2016
5. Deyna Roberson	58.36	2013
6. Sharifa Cox	58.51	1994
7. Margaret Hemmans	58.53	1987
8. Kristin Olafsdottir	58.82	2008
9. Gaylen Ames	58.90	1988
10. Erica Prodanovich	59.03	1992

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. Elaine Ribeiro	11:02.76	2016
5. Sara Beyers	11:10.58	2011
6. Kristin Glen	11:13.37	2009
7. Alicia Stewart	11:21.72	2003
8. Jennifer Stakiw	11:22.68	2001
9. Jackie Duncan	11:23.42	2007
10. Lindsay Baraja	11:35.43	2008

4x100-Meter Relay

1. Singleton, Glenn, Auzenne, Henderson	43.55	2016
2. Givens, Dyer, Hogg, Smedley	44.24	2002
3. Boyd, Dyer, Heron, Ireland	44.45	2004
4. King, Koehler, Hornsby, Stone	44.74	2009
5. Smedley, Dyer, Peters, Ireland	44.75	2003
6. Peters, Dyer, Hogg, Smedley	44.77	2002
7. Smedley, Dyer, Givens, Ireland	44.84	2003
8. Pencil, Solomon, Lowery, Kaye	44.88	2008
9. Bunch, Henderson, Auzenne, Glenn	44.91	2015
10. Sheffield, Robinson, Moon, Ross	45.02	1985

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 2016

* Updated on July 19, 2016

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Pole Vault

1. Stephanie James	14-03.50	2008
2. Shayla Balentine	14-01.25	2005
3. Bonnie Draxler	14-00.75	2016
4. Kristen Brown	14-00.50	2014
5. Kelsy Hintz	13-10.00	2012
6. Erin Asay	13-09.25	2006
7. Kortney Ross	13-07.25	2015
Katie Morgan	13-07.25	2010
9. Karen Snapper	13-06.25	2016
10. Holly Waseloff	13-03.75	2015

Long Jump

1. Karoline Koehler	21-09.50	2009
2. Lisa Domico	20-05.75	1999
3. Allison Reaser	20-04.50	2014
4. Deontee Kaye	20-04.25	2007
Aja Makaila Frary	20-04.25	2001
6. Brittany Bozeman	20-01.50	2014
Shana Watson	20-01.50	2008
8. Shanika Thomas	19-10.75	2014
9. Carrie McLaughlin	19-10.50	1980
10. Nicole Oudenaarden	19-09.75	2014

Triple Jump

1. Shanika Thomas	46-05.25	2013
2. Karoline Koehler	44-09.00	2009
3. Deontee Kaye	44-04.25	2007
4. Alex Evans	42-09.00	2013
5. Gaylen Ames	41-09.75	1988
6. Angela McKnight	41-08.00	1988
7. Shana Watson	41-07.25	2008
8. Je'Neal Ainsworth	41-04.50	2016
9. Kai Wheeler	40-11.50	2009
10. Sharie Green	40-06.75	1989

Shot Put

1. Ramona Pagel	58-03.75	1984
2. Whitney Ashley	55-05.00	2012
3. Jasmine Burrell	52-08.00	2015
4. Laura DeSnoo	51-03.00	1984
5. Rachel Alesi	49-09.25	2016
6. Candace Hill	49-08.50	2004
7. Cheryl Kennedy	48-09.00	1982
8. Ariel Oliver	47-09.25	2015
9. Leanne Taylor	47-07.00	2006
10. Alexa Evans	47-00.25	2015

Discus Throw

1. Whitney Ashley	196-10	2012
2. Laura DeSnoo	196-04	1984
3. Ramona Pagel	186-06	1984
4. Alexa Evans	185-03	2016
5. Jasmine Burrell	181-05	2014
6. Rachel Alesi	180-04	2016
7. Leanne Taylor	167-08	2009
8. Ariel Oliver	162-11	2014
9. Candace Hill	162-09	2003
10. Jeanette McConnell	162-08	2010

Hammer Throw

1. Freja Liljedahl	187-11	2016
2. Whitney Ashley	187-06	2011
3. Jasmine Burrell	186-11	2013
4. Ellie Fanaika	184-04	2012
5. Victoria Dickerson	181-03	2016
6. Maria Rodriguez	170-07	2010
7. Kellie Scott	168-08	1998
8. Andrea Martinez	166-05	2008
9. Candace Hill	164-06	2003
10. Mikayla Howden	164-00	2013

Javelin Throw (New)

1. Nicole Oudenaarden	160-05	2014
2. Leslie Miller	151-11	2003
3. Michele Dannhausen	143-09	2009
4. Brittany Bozeman	143-06	2013
5. Shanon Meyer	139-03	2003
6. Janine Polischuk	135-04	2004
7. Allison Reaser	132-00	2012
8. Rachel Alesi	127-00	2014
9. Odalmis Moreira	126-07	2010
10. Moriah Roberge	126-04	2010

Javelin Throw (Old)

1. Liz Mueller	178-03	1983
2. Donna Dietrich	169-09	1978
3. Linn Dunton	163-02	1979
4. Debbie Dibb	160-06	1982
5. Angela Rock	160-01	1984
6. Vicki Hallman	158-08	1974
7. Diana Collier	155-10	1989
8. Monica Stoltenburg	154-06	1979
9. Louise Joubert	153-05	1990
10. Ramona Pagel	150-02	1984

Heptathlon

1. Allison Reaser	5,917	2014
2. Nicole Oudenaarden	5,774	2013
3. Aja Makaila Frary	5,751	2001
4. Carrie McLaughlin	5,620	1983
5. Leslie Miller	5,602	2003
6. Shanon Meyer	5,481	2003
7. Lori Smith	5,435	1983
8. Kristin Olafsdottir	5,402	2006
9. Cassidy Ellis	5,238	2016
10. Brittany Bozeman	5,221	2013

* Happened in 2016

* Updated on July 19, 2016