



Event	World	American	Collegiate	Mountain West	SDSU School
55m		6.56 Gwen Torrence Georgia, 1987	10.24 Unknown LSU, 1989	11.28 Ayanna Hutchinson UNLV, 2000	6.90 Darla Vaughn 1992
60m	6.92 Irina Privalova Russia, 1993, 95	6.95 Gail Devers/Marion Jones USA, 1993/1998	7.09 Angela Williams USC, 2001	7.28 Ayanna Hutchinson UNLV, 2000	7.33 Tonette Dyer 2004
200m	21.87 Merlene Ottey Jamaica, 1993	22.18 Michelle Collins USA, 2003	22.43 Veronica Campbell Arkansas, 2004	23.32 Michele Davis UNLV, 2002	23.75 Tonette Dyer 2004
400m	49:59 Jarmila Kratochvilova Czechoslovakia, 1982	50.64 Diane Dixon USA, 1991	50.82 Sanya Richards Texas, , 2004	51.79 Shauna Smith Wyoming, 2004	53.51 Tonette Dyer 2003
800m	1:55.82 Jolanda Ceplak Slovenia, 1993	1:58.71 Nicole Teter Farm Team, 2002	2:00.75 Nicole Cook Tennessee, 2005	2:05.93 Aneta Lemiesz BYU, 2004	2:11.26 Jamillah Titus 2003
1 Mile	4:17.14 Doina Melinte Mozambique, 1999	4:20.50 Mary Slaney Athletics West, 1982	4:28.31 Vicki Huber Villanova, 1988	4:40.13 Heidi Magill BYU, 2005	5:10.90 Marie Nilsson 2004
3,000m	8:29.15 Berhane Adere Ethiopia , 2002	8:39.14 Regina Jacobs USA, 1999	8:49.18 Kim Smith Providence, 2004	9:04.06 Michaela Mannova BYU, 2004	9:44.80 Marie Nilsson 2004
5,000m	14:47.35 Gabriela Szabo Romania, 1999	15:07.44 Marla Runyan Asics, 2001	15:14.18 Kim Smith Villanova, 2004	16:04.89 Laura Turner BYU, 2004	18:53.60 Marie Nilsson 2004
55m hurdles		7.37 Jackie Joyner-Kersey WC, 1989			7.64 Darla Vaughn 1992
60m hurdles	7.69 Lyudmila Engquist Russia, 1990	7.74 Gail Devers Nike, 2003	7.90 Perdita Felicien Illinois, 2002	8.13 Kristen Bolm BYU, 2000	8.24 Miesha McKelvy 1999
4x200m Relay	1:32.55 Germany 1999	1:33.24 Harris,Gaines,Dendy,Collins National Team, 1994	1:36.5 Tennessee St., 1979		
4x400m Relay	3:24.25 Russia, 1999	3:27.59 Hennegan, Collins, Porter, Alexander, Nat. Team, 1999	3:27.66 Texas, 2003	3:31.87 Wyoming, 2004	3:43.66 Boyd, Ireland, Dyer Smedley, 2004
4x800m Relay	8:18.71 Russia, 1994	8:25.50 Villanova, 1987	8:25.50 Villanova, 1987		9:31.14 Royal,Petersen,Wright Ritchie, 1991
Distance Medley Relay	10:54.34 Villanova, 1988	10:54.34 Villanova, 1988	10:54.34 Villanova, 1988	11:06.91 BYU, 2004	12:13.23 Naucler, Dudley, Carmier, Azulay, 2005
High Jump	6-9.50 (2.07m) Heike Henkel Germany, 1992	6-7.00 (2.01m) Tisha Waller Unattached, 1998	6-5.50 (1.97m) Ramos,Acuff,Aldrich,Gyorffy Stanford,UCLA,Texas,Harvard	6-0.25 (1.84m) Lindsey Metcalf BYU, 2004	5-8.00 (1.73m) Marla Runyan, 1992 Aja M. Frary, 1999
Pole Vault	15-9.00 (4.80m) Svetlana Feofanova Russia, 2003	15-5.00 (4.70m) Stacy Dragila Nike, 2001	14-10.25 (4.52m) Amy Linnen Arizona, 2002	14-0.00 (4.27m) Shayla Balentine SDSU, 2005	14-0.00 (4.27m) Shayla Balentine 2005
Long Jump	24-2.25 (7.37m) Heike Drechsler Germany, 1988	23-4.75 (7.13m) Jackie Joyner-Kersey Honda, 1994	22-4.50 (6.82m) Daphnie Saunders LSU, 1994	21-10.75 (6.67m) Amy Menlove BYU, 2005	19-10.25 (6.05m) Lisa Domico 1999
Triple Jump	49-9.00 (15.16m) Ashia Hansen Germany, 1998	46-8.25 (14.23m) Sheila Hudson Reebok, 1995	46-9.00 (14.25m) Suzette Lee LSU, 1997	44-2.50 (13.47m) Kamila Rywelska BYU, 2005	40-4.00 (12.29m) Nicole Ireland 2004
Weight Throw		79-03.75 (24.17m) Candice Scott Florida, 2005	79-03.75 (24.17m) Candice Scott Florida, 2005	74-3.75 (22.65m) Loree Smith CSU, 2005	53-1.50 (16.19m) Candace Hill 2003
Shot Put	73-10.00 (22.50m) Helena Fibingerova Czech Republic, 1977	65-00.75 (19.83m) Ramona Pagel Mazda TC, 1987	62-10.00 (19.15m) Laura Gerraughty North Carolina, 2004	56-2.75 (17.14m) Loree Smith CSU, 2005	48-8.75 (14.85m) Candace Hill 2004
Pentathlon	4,991pts Irina Belova Russia, 1992	4,753 pts Dedee Nathan USA, 1999	4,425 pts Austra Skujyte Kansas State, 2002	4,312 pts Amy Menlove BYU, 2005	3,902 pts Aja Makaila Frary 2000



SDSU ALL-TIME OUTDOOR BESTS

100 Meters *(11.75)

11.20	Tonette Dyer	2004
11.50α	Miesha McKelvy	1999
11.50α	Melinda Smedley	2003
11.59α	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)

22.34	Tonette Dyer	2004
23.30	Nicole Ireland	2004
23.32α	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
24.01	LaTanya Sheffield	1986
24.09	Jini Hogg	2002



Tonette Dyer

400 Meters *(54.61) (α = Altitude)

51.15	Tonette Dyer	2004
51.33	Renee Ross	1985
52.91	Nicole Ireland	2003
53.08α	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
54.50	Janine Stewart	1992

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 Naucler	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
17:25.15	Michele Cox	1998
17:26.73	Chrystee Perkins	1990

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

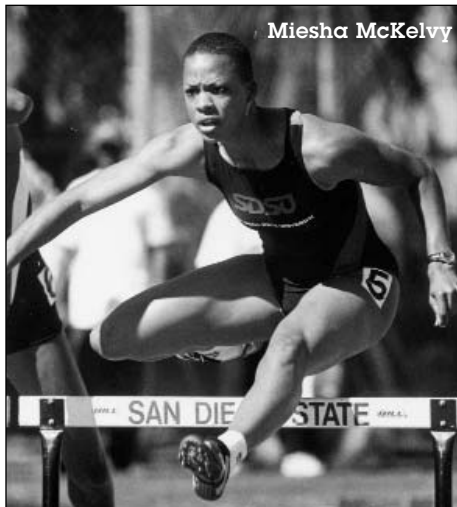
34:22.24	Lynn Kanuka	1981
34:44.44	Liz Baker	1982
34:55.24	Debra Chaddock	1982
36:01.00	Laurie Crisp	1983
36:31.44	Sherrie Torrains	1981
36:46.44	Maureen Bradley	1986
37:15.40	Monica Lopez	1987
38:02.32	Lisa Gross	1983
38:08.18	Michele Cox	1998
38:33.35	Kirsten Peterson	1989

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) (α = 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
59.82α	Ryan Peters	2003
59.86	Aja Makaila Frary	2001
59.92	Shanon Meyer	2003



Miesha McKelvy

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
5-07.75	Gaylen Ames	1990

Long Jump *(19-07.00)

20-05.75	Lisa Domico	1999
20-04.25	Aja Makaila Frary	2001
19-10.50	Carrie McLaughlin	1980
19-05.25	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
19-00.50	Janine Polischuk	2004

Triple Jump *(40-05.00)

41-09.75	Gaylen Ames	1988
41-08.00	Angela McKnight	1988
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
39-09.75	Lisa Smith	2003
39-00.25	Hollann Givens	2003



SDSU ALL-TIME OUTDOOR BESTS



Shayla
Balentine

Pole Vault *(12-5.50)

14-01.25	Shayla Balentine	2005
13-02.25	Aimee Crabtree	2001
13-00.25	Erin Asay	2004
12-09.00	Patricia Gutierrez	2001
12-08.25	Jesika Englebreton	2002-03
12-06.25	Kristi Draher	2000
	Monica Pacas	2005
12-03.50	Cara Walker	2004
12-02.00	Christin Shibley	2005
11-11.75	Julie Hudlow	2004

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
46-09.00	Kartsi 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
43-06.50	Louise Joubert	1990



1985 Record-Setting
4x400 Relay Team

Discus *(155-02.00)

196-04.00	Laura DeSnoo	1984
186-06.00	Ramona Pagel	1984
162-09.00	Candace Hill	2003
161-03.00	Rhonda Loshonkohl	1986
151-10.00	Julie Dejarlais	1993
147-01.00	Laura Standing	1986
146-08.00	Carolyn Peters	1990
145-02.00	Katrina Crouch	1999
144-02.00	Bonnie Dasse	1981
142-03.00	Mirna Hernandez	1999

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

Hammer *(177-08.00)

168-08.00	Kellie Scott	1998
164-06.00	Candace Hill	2003

4x100 Relay *(45.70) (α = Altitude)

44.24	Givens, Dyer, Hogg, Smedley	2002
44.45	Boyd, Dyer, Heron, Ireland	2003
44.75α	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
1:33.31	Dyer, Ireland, McNair, Boyd	2004
1:34.97	Dyer, Hogg, Ireland, Smedley	2003
1:35.74	Clemons, Brewer, Moon, Ross	1984
1:35.98	Boyd, McNair, Dyer, Givens	2004
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, Nilson, Ross	1985
1:40.10	Clemons, Brewer, Moon, Ross	1984
1:42.04	Hegerle, Charles, Bullard, Collins	1981

4x400 Relay *(3:42.00)

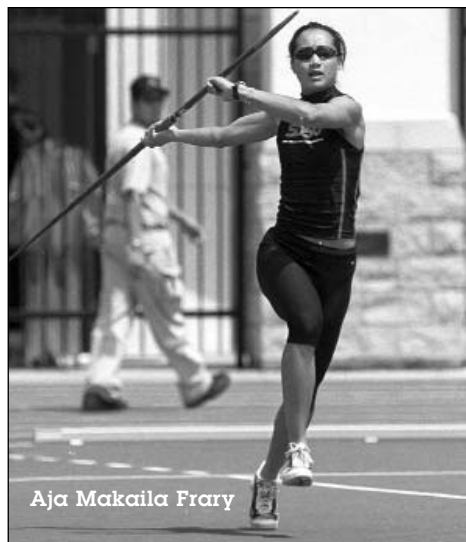
3:30.57	Nilsson, Ross, Robinson, Sheffield	1985
3:33.84	Boyd, Ireland, Dyer, Heron	2004
3:34.47	Hogg, Ireland, Dyer, Givens	2003
3:34.77	McNair, Ireland, Dyer, Givens	2003
3:35.19	Dyer, Ireland, Hogg, McNair	2003
3:35.50	Smith, Ross, Hemmans, Sheffield	1986
3:35.89	Boyd, Heron, Ireland, Givens	2004
3:36.67	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, Yaminek	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
11:37.77	Boyd, Givens, Carmier, Nilsson	2004
11:45.80	Titus, McNair, Boyd, Nilsson	2004



Aja Makaila Frary

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
5,210	Janine Polischuk	2004
5,176	Gaylen Ames	1990
5,169	Marla Runyan	1991
5,127	Deanne Johnson	1984
4,970	Lori Clark	1984
4,758	Stasia Allen	1982

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

10:23.34	Marie Nilsson	2004
11:21.72	Alicia Stewart	2003
11:22.68	Jennifer Stakiw	2001

*2006 NCAA Outdoor Regional Qualifying Standards
= 2006 NCAA Championship Qualifying Standard
Bold indicates current athlete (outdoor competition only)



OUTDOOR RECORDS

Event	World	American	Collegiate	Mountain West	SDSU School
100m	10.49 Florence Griffith-Joyner United States, 1988	10.49 Florence Griffith-Joyner World Class A.C., 1988	10.78 Dawn Sowell LSU, 1989	11.20 Tonette Dyer SDSU, 2004	11.20 Tonette Dyer 2004
200m	21.34 Florence Griffith-Joyner United States, 1988	21.34 Florence Griffith-Joyner World Class A.C., 1988	22.04 Dawn Sowell LSU, 1989	22.34 Tonette Dyer SDSU, 2004	22.34 Tonette Dyer 2004
400m	47.60 Marita Koch East Germany, 1985	48.83 Valerie Brisco World Class A.C., 1984	49.91 Marita Payne Florida State, 1984	51.15 Tonette Dyer SDSU, 2004	51.15 Tonette Dyer 2004
800m	1:53.28 Jarmila Kratochvilova Czechoslovakia, 1983	1:56.40 Jearl Miles-Clark Mizuno, 1999	1:58.33 Claudette Groenendaal Oregon, 1985	2:03.40 Melanie Steere Brigham Young, 2000	2:02.88 Renee Ross 1985
1,500m	3:50.46 Qu Yunxia China, 1993	3:57.12 Mary Slaney Athletics West, 1983	4:05.81 Sonja O'Sullivan Villanova, 1991	4:06.22 Sharolyn Shields Brigham Young, 2001	4:06.69 Monica Joyce 1982
Mile	4:12.56 Svetlana Masterkova Russia, 1996	4:16.71 Mary Slaney Athletics West, 1983	4:29.04 Angela Chalmers Northern Arizona, 1987		
3,000m	8:06.11 Wang Junxia China, 1993	8:25.83 Mary Slaney Athletics West, 1983	8:37.25 Vicki Huber Villanova, 1988		8:53.24 Monica Joyce 1982
5,000m	14:24.68 Elvan Abeylegesse Turkey, 2004	14:45.38 Regina Jacobs Nike, 2000	15:07.56 Cathy Easker Wisconsin, 1985	15:49.79 Micheala Mannova Brigham Young, 2004	15:45.26 Monica Joyce 1982
10,000m	29:31.78 Wang Junxia China, 1993	30:50.32 Deena Drossin Asics T.C., 2002	32:19.97 Alicia Craig Stanford, 2004	33:21.52 Marty Hernandez Brigham Young, 2000	34:22.24 Lynn Kanuka 1981
3,000m Steeplechase	9:08.33 Galnara Samitova Russia, 2003	9:39.35 Ann Gaffigan Nebraska, 2004	9:43.25 Ida Nilsson Northern Arizona, 2004	9:43.36 Elizabeth Jackson Brigham Young, 2001	10:23.34 Marie Nilsson 2004
100m Hurdles	12.21 Yordanka Donkova Bulgaria, 1988	12.33 Gail Devers Nike, 2000	12.61 Gails Devers UCLA, 1988	13.02 Kirsten Bolm Brigham Young, 2000	12.82 Miesha McKelvy 1999
400m Hurdles	52.34 Yuliya Pechonkina Russia, 2003	52.61 Kim Batten Reebok, 1995	53.43 Lashinda Demus South Carolina, 2004	54.37 Shauna Smith Wyoming, 2005	54.64 LaTanya Sheffield 1985
4x100m Relay	41.37 East Germany 1985	41.47 Miller, Gaines, Jones Devers, U.S., 1997	42.50 Stanley, Sowell, Sheffield, Jones, LSU, 1989	44.24 Givens, Dyer, Hogg, Smedley, SDSU, 2002	44.24 Givens, Dyer, Hogg, Smedley, 2002
4x400m Relay	3:15.17 Soviet Union 1988	3:15.51 Howard, Dixon, Brisco Griffith-Joyner, U.S., 1998	3:23.75 Jones, McIntosh, Chapple Richards, Texas, 2004	3:31.29 Smith, Larrier, Hopper, Fox, Wyoming, 2005	3:30.57 Nilson, Ross, Robinson Sheffield, 1985
High Jump	6-10.25 (2.09m) Stefka Kostadinova Bulgaria, 1987	6-8.00 (2.03m) Louise Ritter Mazda T.C., 1988	6-6.75 (1.98m) Amy Acuff/Dora Gyorfy UCLA/Harvard, 1997/2001	6-0.75 (1.85m) Christine Spence UNLV, 2004	5-11.50 (1.82m) Lori Clark 1984
Pole Vault	16-5.25 (5.01m) Yelena Isinbayeva Russia, 2005	15-9.25 (4.81m) Stacy Dragila Reebok, 2001	15-00 (4.57m) Chelsea Johnson UCLA, 2004	14-01.25 (4.30m) Shayla Balentine SDSU, 2005	14-01.25 (4.30m) Shayla Balentine 2005
Long Jump	24-8.25 (7.52m) Galina Christykovna Soviet Union, 1988	24-7.00 (7.49m) Jackie Joyner-Kersey World Class A.C., 1994	23-9.00 (7.24m) Jackie Joyner UCLA, 1985	21-7.50 (6.59m) Nikki Hughes Brigham Young, 2002	20-5.75 (6.24m) Lisa Domico 1999
Triple Jump	50-10.25 (15.50m) Inessa Kravets Ukraine, 1995	47-3.50 (14.41m) Sheila Hudson-Strudwick Reebok, 1996	46-8.00 (14.22m) Trecia Smith Pittsburgh, 1997	44-8.25 (13.62m) Kamila Rywelska Brigham Young, 2005	41-9.75 (12.74m) Gaylen Ames 1988
Shot Put	74-3.00 (22.63) Natalya Lisovskaya Soviet Union, 1987	66-2.50 (20.18m) Ramona Pagel Mazda T.C., 1988	62-3.75 (18.99m) Meg Ritchie Arizona, 1983	54-9.50 (16.70m) Loree Smith CSU, 2005	58-3.75 (17.77m) Ramona Pagel 1984
Discus	252-0.00 (76.80m) Gabriele Reinsch East Germany, 1988	227-10.00 (69.44m) Suzy Powell Asics T.C., 2002	229-5.00 (67.48m) Meg Ritchie Arizona, 1981	187-3.5 (57.09m) Loree Smith CSU, 2004	196-4.00 (59.84m) Laura DeSnoo 1984
Hammer	252-9.75 (77.06m) Tatyana Lysenko Russia, 2005	236-3.00 (72.01) Anna Norgen-Mahon SoBe T.C., 2002	229-9.00 (70.03m) Loree Smith CSU, 2005	229-9.00 (70.03m) Loree Smith CSU, 2005	168-8.00 (51.40m) Kellie Scott 1998
Javelin	235-2.75 (71.70m) Osleidys Menéndez Cuba, 2005	199-8.00 (60.86m) Kim Kreiner Nike T.C., 2003	202-10.00 (61.82m) Irina Kharun Indiana, 2003	188-8.50 (57.52m) Dana Pounds AFA, 2005	178-3.00 (54.33m) Liz Mueller 1983
Heptathlon	7,291 points Jackie Joyner-Kersey United States, 1988	7,291 points Jackie Joyner-Kersey United States, 1988	6,718 points Jackie Joyner UCLA, 1985	5,751 points Aja Makaila Frary SDSU, 2001	5,751 points Aja Makaila Frary 2001



NCAA CHAMPS/ALL-AMERICANS

NCAA CHAMPIONS

1984	Ramona Pagel (Shot Put)	56-08.00
1985	LaTanya Sheffield (400H)	54.64
	Laura DeSnoo (Discus)	190-06.00

ALL-AMERICANS

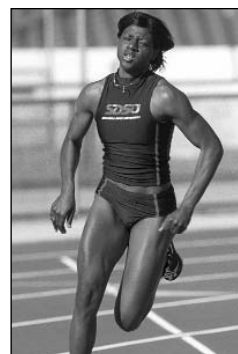
1979	Deby LaPlante	100 Hurdles
1980	Deby LaPlante	100 Hurdles
1981	Monica Joyce	1,500 Meters
	Carrie McLaughlin	Heptathlon
1982	Monica Joyce	1,500 Meters
	Carrie McLaughlin	Heptathlon
	Eva Ernstrom	5,000 Meters
	Laura DeSnoo	Discus
1983	Carrie McLaughlin	Heptathlon
1984	Laura DeSnoo	Shot Put, Discus
	Ramona Pagel	Shot Put
1985	Renee Ross	400 Meters
	LaTanya Sheffield	400 Hurdles
	Laura DeSnoo	Discus
1986	LaTanya Sheffield	400 Hurdles
	Laura DeSnoo	Discus
1997	Miesha McKelvy	100 Hurdles
1998	Miesha McKelvy	100 Hurdles
1999	Aimee Crabtree	Pole Vault
2001	Aja Makaila Frary	Heptathlon
	Daveetta Shepherd	100 Hurdles
2002	Tonette Dyer	400 Meters
2003	Nicole Ireland	400 Hurdles, 4x400
	Leslie Miller	Heptathlon
	Tonette Dyer	4x400 Relay
	Jini Hogg	4x400 Relay
	Hollann Givens	4x400 Relay
	Bianca McNair	4x400 Relay
2004	Tonette Dyer	100, 200
2005	Shayla Balentine	Pole Vault
	Heather Heron	100 Hurdles



▲ Aimee Crabtree



▲ Laura DeSnoo



▲ Tonette Dyer



▲ Eva Ernstrom



▲ Aja M. Frary



▲ Jini Hogg



▲ Nicole Ireland



▲ Monica Joyce



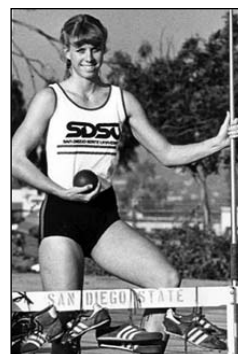
◀ Shayla Balentine



▲ Deby LaPlante



▲ Miesha McKelvy



▲ Carrie McLaughlin



▲ Leslie Miller



▶ Heather Heron



▲ Ramona Pagel



▲ Renee Ross



▲ LaTanya Sheffield



▲ Daveetta Shepherd



OLYMPIANS

OLYMPIANS

1976	Deby LaPlante (United States) Patrice Shmock (United States) Sue Kameli (Canada)
1980	Sue Kameli (Canada) Sharon Lane (Canada)
1984	Laura DeSnoo (United States) Ramona Pagel (United States) Lynn Kanuka (Canada) Monica Joyce (Ireland) Eva Ernstrom (Sweden) Sue Kameli (Canada)
1988	Ramona Pagel (United States) LaTanya Sheffield (United States) Bonnie Dasse (United States) Lynn Kanuka (Canada)
1992	Ramona Pagel (United States)
1996	Ramona Pagel (United States)
2000	Marla Runyan (United States)
2004	Marla Runyan (United States)

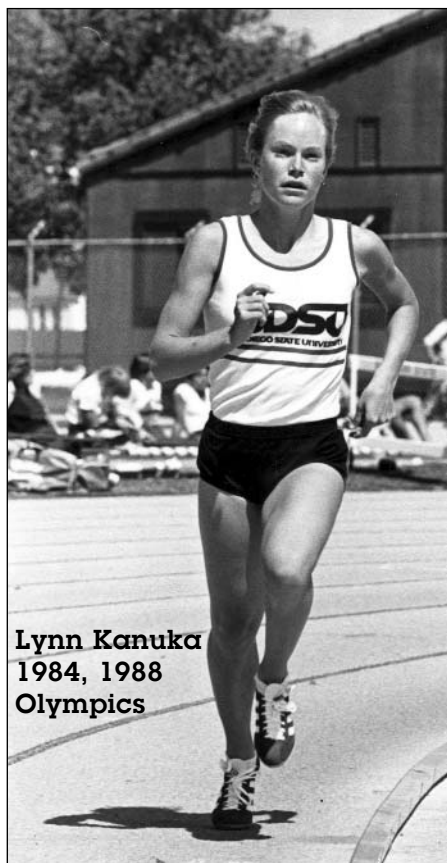
PARALYMPIANS

1992	Marla Runyan (United States)
1996	Marla Runyan (United States)

Marla Runyan
2000, 2004
Olympics



Eva Ernstrom
1984 Olympics



Lynn Kanuka
1984, 1988
Olympics



Sue Kameli
1976, 1980, 1984 Olympics



LaTanya Sheffield
1988 Olympics



HALL OF FAME



AZTEC HALL OF FAME

Seven members of the Aztec track and field program have their names enshrined in San Diego State's Wise Foundation Hall of Fame. The hall is located in the lobby of the new Aztec Athletics Center. The honorees are listed here in chronological order of their induction class.

Deby LaPlante Sweezy

● 1979-80

(Hall of Fame Class of 1992)

Was an All-American selection in 1979 and 1980 in the 100-meter hurdles... She was a member of the 1976 and 1980 U.S. Olympic teams... A former USA record holder in the 100-meter hurdles with a time of 12.86... Was second in the 100 meters at the collegiate national championships.



▲ Deby LaPlante



▲ LaTanya Sheffield



▲ Ramona Pagel

LaTanya Sheffield

● 1983-86

(Hall of Fame Class of 1993)

The 1985 NCAA champion in the 400-meter hurdles... A two-time All-American... Former American record holder in the 400-meter hurdles with a time of 54.64... A bronze medalist in the 1987 Pan American Games... A member of the 1988 Olympic team and qualified for the 400-meter hurdles finals in Seoul... Sister of long-time SDSU track and field coach Rahn Sheffield.

Ramona Pagel

● 1983-84

(Hall of Fame Class of 1996)

A four-time Olympian in the shot put... Best finish was ninth at the Atlanta games in 1996... A three-time All-American... Set an American record with a throw of 66-2.5... Was San Diego State's first female track and field national champion... Overcame a hip and joint problem that forced her to wear leg braces as a child.

Laura DeSnoo

● 1983-86

(Hall of Fame Class of 1999)

Placed second in the 1984 U.S. Olympic trials, earning a spot on the 1984 Olympic squad... NCAA discus champion in 1985... Won conference titles in the discus in both the Western Athletic Conference and the Pacific Coast Athletic Association... Recorded the top throw in the country for high school student-athletes in 1982.

Marla Runyan

● 1988-91

(Hall of Fame Class of 2003)

First legally blind athlete to participate in the Olympics, finishing eighth in the 1,500 meters in Sydney in 2000... an international household name, her career has evolved from high jumping to distances to the heptathlon and now is one of America's best marathoners... three-time USA Outdoor champion in the 5,000 meters... American record holder in the indoor 5,000 meters... U.S. Paralympics in 1992 and 1996.



▲ Laura DeSnoo



▲ Carrie McLaughlin

Carrie McLaughlin Stathas

● 1980-83

(Hall of Fame Class of 2004)

A three-time All-American (1981-83) in the heptathlon... first SDSU athlete to win three straight All-American awards... held SDSU heptathlon record for 18 years... currently ranked second (5,620 points) in the heptathlon, third (19-10.5) in the long jump and fourth (5-9.5) in the high jump on the SDSU all-time list.

Lynn Kanuka

● 1979-82

(Hall of Fame Class of 2005)

One of SDSU's best-ever distance runners... Holds the Aztec record in the 10,000 meters... Ranks in the school's top 10 in six events and claimed a pair of conference titles during her career... Posted two of the school's top 10 times in 5K races as a member of the SDSU cross country squad... Represented Canada in both the 1984 and 1988 Olympic Games, winning a bronze medal in the 3,000 meters in 1984... From 1983 to 1989, she set 11 Canadian national records.



▲ Marla Runyan



▲ Lynn Kanuka