

SDSU TRACK & FIELD



This week: May 26-27, at NCAA West Regional Championships, Provo, Utah

2006 OUTDOOR SCHEDULE

DATE	EVENT	TIME/RESULT
March 11	SD City Champs (La Jolla, Calif.)	NTS
March 17-18	Aztec Track Classic (SDSU Sports Deck)	NTS
March 23-25	Jim Click Shootout (Tucson, Ariz.)	NTS
March 31-	Stanford Invitational (Palo Alto, Calif.)	NTS
Apr. 1		
Apr. 7-8	Duke Invitational (Durham, N.C.)	NTS
Apr. 12-15	Mt. SAC Relays (Walnut, Calif.)	NTS
Apr. 22	UCSD Invitational (La Jolla, Calif.)	NTS
Apr. 29	Steve Scott Invitational (Irvine, Calif.)	NTS
May 6	Claremont Classic (Claremont, Calif.)	NTS
May 10-13	MWC Championships (Provo, Utah)	4th of 9
May 26-27	NCAA West Regionals (Provo, Utah)	All Day
June 7-10	NCAA Championships (Sacramento, Calif.)	TBA

All times local to site

2006 OUTDOOR ROSTER

Athlete	Events	Yr.	Ht.
Katie Adams	Pole Vault	Fr.	5-8
Erin Asay	Pole Vault	Sr.	5-6
Lital Azulay	Distance	Jr.	5-6
Ali Baker	Distance	Jr.	5-5
Sarah Belger	Distance	Jr.	5-6
Larnie Boyd	Sprints/Hurdles	Sr.	5-6
Joanna Burley	Pole Vault	So.	5-7
Raquel Butler	Sprints	So.	5-7
Corri Campbell-Fell	Hurdles	Fr.	5-5
Nicole Carmier	Sprints/Jumps	Sr.	5-10
Lisa Crampton	Distance	Jr.	5-6
Christal Cuadra	Distance	Sr.	5-7
Michele Dannhausen	Throws	Fr.	5-7
Brittani Dudley	Sprints	So.	5-1
Dana Jensen	Pole Vault	Fr.	5-4
Kristin Karhio	Multi-Events	Jr.	5-9
Deontee Kaye	Jumps/Hurdles	Fr.	5-4
Brittany Lowe	Throws	Fr.	5-8
Amanda Maydeck	Distance	Fr.	5-5
Lisa Naucner	Mid-Distance	Jr.	5-7
Jenelle Nicholas	Mid-Distance	Fr.	5-1
Kristin Olafsdottir	Multi-Events	Fr.	5-8
Monica Pacas	Pole Vault	So.	5-3
Sherraine Pencil	Sprints	So.	5-6
Briana Powell	Mid-Distance	So.	5-4
Christin Shibley	Pole Vault	So.	5-8
Shana Solomon	Sprints	Fr.	5-7
Nicole Stone	Sprints/Hurdles	Fr.	5-6
Leanne Taylor	Throws	Fr.	5-11
Jamillah Titus	Mid-Dist./Jumps	Sr.	5-8
Celeste Tyson	Mid-Distance	Jr.	5-1
Mandy Upuu	Sprints	So.	5-4
Dana Van Wagner	Pole Vault	Jr.	5-6
Anne Vieira	Distance	So.	5-4
Shana Watson	Jumps	Fr.	5-6
Carrie Wick	Pole Vault	Fr.	5-5

Head Coach: Rahn Sheffield (San Diego State '80), 15th Season

Assistant Coaches: Jennifer Nanista (San Diego State '90), 13th season; Mike LoBue (Fresno State '01), second season; Richard Fox (San Diego State '92), ninth season.

NCAA Bids On The Line For SDSU At West Regionals This Weekend

● A total of 14 athletes from the San Diego State track and field squad will travel to Provo, Utah, this weekend to compete in the 2006 NCAA West Regional Championships, May 26-27, at Clarence F. Robison Track on the campus of Brigham Young University. This marks the fourth season that the NCAA is holding regionals as the means of qualifying for the national championships, slated for June 7-10, in Sacramento, Calif.

Friday's competition gets underway for the women at noon with the field events, while the running events are set to begin at 2 p.m. Saturday's action for SDSU commences with the pole vault at 2 p.m. and concludes with the running of the 4x400 relay at 5:10 p.m. All times are MDT. Live scoring will be available at www.byutrack.com.

The top five finishers in each individual event and the top three relays will earn automatic entries to the NCAA Championships, while the remaining berths will go to the highest ranking individuals and relays not to earn automatic bids.

The fields at the NCAA meet are expected to include approximately 25 athletes for each individual event and 18 teams in each relay.

The heptathlon (women) and decathlon (men) along with the 10,000 meters are the only events that directly qualify to the NCAA Championships and will not be contested at the regional level. Aztec freshman Kristin Olafsdottir provisionally qualified for the nationals in the heptathlon with her second-place finish of 5,402 points at the MWC meet. Despite her No. 14 national ranking in the event, the Reykjavik, Iceland, native will miss the remainder of the season with a nagging foot injury.

The West Regional consists of 42 Division I institutions from the states of Arizona, California, Hawaii, Idaho, Nevada, Oregon and Washington. Other regional sites are scheduled for Texas (Midwest), Tennessee (Mideast) and North Carolina A&T (East).

Packing Their Bags For Provo

● The Aztecs have qualified a program-best 15 student-athletes for this weekend's regional meet. The total eclipses the previous high of 12 qualifiers in 2003. The following is an alphabetical list of the SDSU contingent:

- Erin Asay (San Diego, Calif.) - Pole vault
 - Larnie Boyd (Vallejo, Calif.) - 400 Meters, 4x400 relay
 - Corri Campbell-Fell (Vancouver, Canada) - 400 hurdles
 - Lisa Crampton (Livermore, Calif.) - Steeplechase
 - Brittani Dudley (Oakland, Calif.) - 4x400 relay
 - Deontee Kaye (Hayward, Calif.) - Triple jump
 - Monica Pacas (Atascadero, Calif.) - Pole vault
 - Sherraine Pencil (Toronto, Canada) - 4x400 relay
 - Nicole Stone (Ontario, Calif.) - 400, 400H, 4x400 relay
 - Leanne Taylor (Porterville, Calif.) - Discus, shot put
 - Celeste Tyson (Austin, Texas) - Steeplechase
 - Mandy Upuu (Courtenay, Canada) - 4x400 relay alternate
 - Dana Van Wagner (Sparr, Fla.) - Pole vault
 - Shana Watson (Oakland, Calif.) - Long jump, triple jump
- Kristin Olafsdottir also qualified to compete in the 400 hurdles, but will not participate due to injury.

SDSU Prominent In Regional Rankings

● Heading into regional competition, Erin Asay is the most notable Aztec performer with her 13-9.25 clearance in the pole vault, set at the UCSD Triton Invitational on April 22. The height is ranked seventh in the nation and third in the West Region.

In addition to Asay, SDSU boasts four other competitors who rank among the region's top 10, including Nicole Stone (sixth, 400 meters), Corri Campbell-Fell (ninth, 400

hurdles), Deontee Kaye (ninth, triple jump) and Leanne Taylor (ninth, discus).

The Aztecs' 4x400 relay team of Stone, Larnie Boyd, Sherraine Pencil and Brittani Dudley is also in contention for a national bid, sporting a No. 15 regional ranking.

Aztecs Finish Fourth At MWC Meet

● Freshman Kristin Olafsdottir capped off an impressive weekend on May 13 with a victory in 400-meter hurdles, leading the San Diego State track and field squad to a fourth-place finish at the 2006 Mountain West Conference Outdoor Championships. Senior Erin Asay also captured the pole vault title as the Aztecs registered 121 team points, finishing behind champion BYU (183 pts.), Colorado State (150.50 pts.) and TCU (144 pts.).

Olafsdottir won the meet's high point award with 26 points, which included a first-place finish in the 400 hurdles with a personal-best time of 59.33 seconds. She also placed second in the heptathlon (5,402 pts.), fourth in the 100 hurdles (14.08) and sixth in the long jump (18-2.25). For her efforts, Olafsdottir was named the MWC Freshman of the Year, becoming the first female athlete in league history to garner both high point and freshman accolades in the same season.

Asay recorded an NCAA regional qualifying height in the pole vault for the eighth time in nine meets this season with a first-place clearance of 13-5.25. With her performance, the Sweetwater High alumna becomes SDSU's fourth MWC pole vault champion, joining Shayla Balentine (2002, 2005) and Aimee Crabtree (2001).

In the triple jump, freshman Shana Watson qualified for her second NCAA regional event of the season, placing second with a personal-best leap of 40-10.50, which now ranks fourth on the school's all-time list. The Oakland, Calif., native also logged a third-place effort in the long jump with a season-best mark of 19-7.50.

The Aztecs also received all-conference performances from junior Lisa Crampton in the steeplechase (third, 11:03.10), freshman Corri Campbell-Fell in the 400 hurdles (third, 1:00.10) and freshman Nicole Stone in the 400 (third, 52.94).

Meanwhile in relay competition, SDSU's 4x400 team improved on its regional qualifying time as Stone combined with senior Larnie Boyd and sophomores Sherraine Pencil and Brittani Dudley for a runner-up finish with a season-best 3:40.65. Dudley, Stone and Pencil were also joined by freshman Shana Solomon on the Aztecs' second-place 4x100 relay (45.85), which posted a season-best clocking as well.

Flashback: 2005 West Regionals

● Senior Shayla Balentine finished second in the pole vault to lead the San Diego State track and field team at the 2005 NCAA West Regional in Eugene, Ore. The Aztecs finished in 16th place with 11 team points at the University of Oregon's Hayward Field.

Balentine cleared 13-3.75, earning a trip to the NCAA championships for the third time in her Aztec career. Fellow teammate Monica Pacas placed 19th in the event with a vault of 12-0.

Senior Heather Heron missed out on an automatic berth in the 100-meter hurdles, finishing in sixth place with a time of 13.40, just .09 seconds behind the fifth-place finisher Ashley Lodree of Washington. Heron's disappointment was short-lived, however, as she received an at-large bid in the event the following week.

Rounding the Aztecs' contingent was Nicole Carmier, who placed 12th of 19 runners in the 800 meters with a time of 2:09.63. She also competed in the high jump, but failed to clear a height.

2006 San Diego State Women's Track & Field

Outdoor Bests

(As of May 22, 2006)

100 METERS (REGIONAL: 11.75)

SDSU RECORD: 11.20, TONETTE DYER-2004

TIME/MARK

1. Shana Solomon	Mt. SAC Relays (u/o)	11.72
2. Sherraine Pencil	MWC Championships	11.80@
3. Shana Watson	MWC Championships (p)	12.15@
4. Brittani Dudley	Aztec Track Classic (o)	12.41
5. Deontee Kaye	Aztec Track Classic (o)	12.57

200 METERS (REGIONAL: 23.96)

SDSU RECORD: 22.34, TONETTE DYER-2004

TIME/MARK

1. Sherraine Pencil	MWC Championships	23.97@
2. Shana Solomon	MWC Championships (p)	24.36@
3. Larnie Boyd	MWC Championships (p)	24.46@
4. Brittani Dudley	MWC Championships (p)	24.54@
5. Nicole Stone	Steve Scott Invitational	24.72
6. Kristin Olafsdottir	Mt. SAC Relays (hp)	25.12
7. Shana Watson	UCSD Triton Invitational	25.25
8. Corri Campbell-Fell	MWC Championships (hp)	25.64@
9. Mandy Upuu	Jim Click Shootout	26.14
10. Raquel Butler	Aztec Track Classic (o)	26.36
11. Kristin Karhio	MWC Championships (hp)	26.81@

400 METERS (REGIONAL: 54.61)

SDSU RECORD: 54.61, TONETTE DYER-2004

TIME/MARK

1. Nicole Stone	MWC Championships	52.94@+
2. Larnie Boyd	MWC Championships (p)	54.18@+
3. Sherraine Pencil	Mt. SAC Relays (u/o)	55.61
4. Brittani Dudley	MWC Championships (p)	55.62@
5. Mandy Upuu	Jim Click Shootout	56.18
6. Corri Campbell-Fell	UCSD Triton Invitational	57.04
7. Raquel Butler	Aztec Track Classic (o)	58.76
8. Nicole Carmier	Aztec Track Classic (o)	59.13

800 METERS (REGIONAL: 2:09.80)

SDSU RECORD: 2:08.88, RENEE ROSS-1985

TIME/MARK

1. Mandy Upuu	MWC Championships	2:11.93@
2. Nicole Carmier	Stanford Invitational (sT)	2:12.78
3. Lisa Naucler	Mt. SAC Relays (u/o)	2:13.06
4. Kristin Olafsdottir	Mt. SAC Relays (hp)	2:13.75
5. Celeste Tyson	Aztec Track Classic (o)	2:17.25
6. Briana Powell	Aztec Track Classic (o)	2:17.68
7. Jamillah Titus	Aztec Track Classic (o)	2:25.30
8. Kristin Karhio	MWC Championships (hp)	2:26.35@

1,500 METERS (REGIONAL: 4:27.80)

SDSU RECORD: 4:06.69, MONICA JOYCE-1982

TIME/MARK

1. Lisa Crampton	UCSD Triton Invitational	4:35.08
2. Celeste Tyson	Duke Invitational	4:36.93
3. Lisa Naucler	Jim Click Shootout	4:37.25
4. Sarah Belger	UCSD Triton Invitational	4:49.24
5. Christal Cuadra	Jim Click Shootout	4:59.32

3,000 METERS (REGIONAL: N/A)

SDSU RECORD: 8:53.24, MONICA JOYCE-1982

TIME/MARK

1. Lisa Crampton	San Diego City Championships	10:08.22
2. Celeste Tyson	San Diego City Championships	10:14.59
3. Christal Cuadra	UCSD Triton Invitational	10:35.54
4. Sarah Belger	Aztec Track Classic	10:39.89
5. Anne Vieira	Claremont Classic	11:38.23
6. Amanda Maydeck	San Diego City Championships	11:47.85

2006 SDSU Track and Field Outdoor Bests (As of May 22, 2006)

5,000 METERS (REGIONAL: 16:52.00)

SDSU RECORD: 15:45.26, MONICA JOYCE-1982 **TIME/MARK**

1. Lisa Crampton	Mt. SAC Relays (u/o)	17:15.94
2. Christal Cuadra	Stanford Invitational (s4)	18:08.59
3. Sarah Belger	Mt. SAC Relays (u/o)	18:11.79
4. Anne Vieira	Aztec Track Classic (o)	19:41.79
5. Amanda Maydeck	Aztec Track Classic (o)	20:50.02

10,000 METERS (AUTO: 33:55.00, PROV.:35:00.00)

SDSU RECORD: 34:22.24, LYNN KANUKA-1981 **TIME/MARK**

1. Sarah Belger	MWC Championships	40:48.29@
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100-METER HURDLES (REGIONAL: 13.92)

SDSU RECORD: 12.82, MIESHA MCKELVEY-1999 **TIME/MARK**

1. Kristin Olafsdottir	MWC Championships (p)	13.94@
2. Decontee Kaye	Jim Click Shootout	14.41
3. Corri Campbell-Fell	MWC Championships (p)	14.55@
4. Shana Solomon	Aztec Track Classic (o)	15.19
5. Kristin Karhio	MWC Championships (hp)	15.26@

400-METER HURDLES (REGIONAL: 1:00.82)

SDSU RECORD: 54.64, LATANYA SHEFFIELD-1985 **TIME/MARK**

1. Kristin Olafsdottir	MWC Championships	59.33@+
2. Corri Campbell-Fell	MWC Championships	1:00.10@+
3. Nicole Stone	Mt. SAC Relays (u/o)	1:00.72+
4. Brittani Dudley	Mt. SAC Relays (u/o)	1:03.41

3000-METER STEEPLECHASE (REGIONAL: 10:50.25)

SDSU RECORD: 10:23.34, MARIE NILSSON-2004 **TIME/MARK**

1. Lisa Crampton	Duke Invitational	10:42.11+
2. Celeste Tyson	UCSD Triton Invitational	10:48.32+

4x100-METER RELAY (REGIONAL: 45.70)

SDSU RECORD: 44.24, GIVENS, DYER, HOGG, SMEDLEY-2002 **TIME/MARK**

1. Dudley, Solomon, Stone, Pencil	MWC Championships	45.85@
2. Boyd, Pencil, Olafsdottir, Solomon	Jim Click Shootout	46.08
3. Boyd, Solomon, Stone, Watson	Steve Scott Invitational	46.26
4. Pencil, Solomon, Olafsdottir, Dudley	Stanford Invitational	46.49
5. Dudley, Solomon, Stone, Boyd	UCSD Triton Invitational	46.85
6. Pencil, Solomon, Kaye, Dudley	San Diego City Championships	48.92

4x400-METER RELAY (REGIONAL: 3:42.00)

SDSU RECORD: 3:30.57, NILSSON, ROSS, ROBINSON, SHEFFIELD-1985 **TIME/MARK**

1. Stone, Boyd, Pencil, Dudley	MWC Championships	3:40.65@+
2. Stone, Boyd, Olafsdottir, Upuu	Jim Click Shootout	3:41.22+
3. Stone, Boyd, Pencil, Upuu	Mt. SAC Relays (u/o)	3:41.42+
4. Stone, Olafsdottir, Upuu, Dudley	Aztec Track Classic	3:46.70
5. Carmier, Pencil, Campbell-Fell, Titus	Aztec Track Classic	3:54.82
6. Carmier, Powell, Campbell-Fell, Titus	San Diego City Championships	3:57.86

HIGH JUMP (REGIONAL: 5-8.75)

SDSU RECORD: 5-11.50, LORI CLARK-1984 **TIME/MARK**

1. Kristin Karhio	Steve Scott Invitational	5-5.00
Jamillah Titus	UCSD Triton Invitational	5-5.00
Kristin Olafsdottir	Mt. SAC Relays (hp)	5-5.00
4. Nicole Carmier	Stanford Invitational (sB)	5-3.75
5. Katie Adams	UCSD Triton Invitational	4-9.00

LONG JUMP (REGIONAL: 19-7.00)

SDSU RECORD: 20-5.75, LISA DOMICO-1999 **TIME/MARK**

1. Shana Watson	MWC Championships	19-7.50+
2. Kristin Olafsdottir	Mt. SAC Relays (hp)	19-1.50

2006 SDSU Track and Field Outdoor Bests (As of May 22, 2006)

3. Deontee Kaye	UCSD Triton Invitational	18-5.00
4. Kristin Karhio	MWC Championships (hp)	17-6.25
5. Corri Campbell-Fell	MWC Championships (hp)	16-8.50
6. Brittani Dudley	UCSD Triton Invitational	16-0.25

TRIPLE JUMP (REGIONAL: 40-5.00)

SDSU RECORD: 41-9.75, DECONTEE KAYE-2006, **TIME/MARK**

GAYLEN AMES-1988

1. Deontee Kaye	Duke Invitational	41-9.75sr+
2. Shana Watson	MWC Championships	40-10.50+

POLE VAULT (REGIONAL: 12-5.75)

SDSU RECORD: 14-1.25, SHAYLA BALENTINE-2005 **TIME/MARK**

1. Erin Asay	UCSD Triton Invitational	13-9.25+
2. Dana Van Wagner	MWC Championships	12-5.50+
Monica Pacas	MWC Championships	12-5.50+
4. Joanna Burley	Aztec Track Classic	12-0.00
5. Katie Adams	Aztec Track Classic	11-7.25
6. Christin Shibley	Claremont Classic	11-5.75
Carrie Wick	UCSD Triton Invitational	11-5.75

SHOT PUT (REGIONAL: 46-11.00)

SDSU RECORD: 58-3.75, RAMONA PAGEL-1984) **TIME/MARK**

1. Leanne Taylor	UCSD Triton Invitational	47-7.00+
2. Brittany Lowe	MWC Championships	42-0.00
3. Michele Dannhausen	Steve Scott Invitational	36-9.75
4. Kristin Olafsdottir	MWC Championships (hp)	36-0.75
5. Kristin Karhio	MWC Championships (hp)	34-3.00
6. Corri Campbell-Fell	MWC Championships (hp)	33-4.75

DISCUS (REGIONAL: 155-2.00)

SDSU RECORD: 196-4.00, LAURA DESNOO-1984) **TIME/MARK**

1. Leanne Taylor	UCSD Triton Invitational	164-0+
2. Brittany Lowe	Duke Invitational	139-4
3. Michele Dannhausen	Jim Click Shootout	134-4

JAVELIN (REGIONAL: 142-6.00)

SDSU RECORD: 178-3, LIZ MUELLER-1983) **TIME/MARK**

1. Michele Dannhausen	Claremont Classic	122-10
2. Kristin Olafsdottir	Steve Scott Invitational	115-4
3. Brittany Lowe	San Diego City Championships	100-9
4. Kristin Karhio	California Invitational (hp)	91-10
5. Monica Pacas	San Diego City Championships	91-2
6. Corri Campbell-Fell	MWC Championships (hp)	89-5

HAMMER THROW (REGIONAL: 177-8.00)

SDSU RECORD: 168-8.00, KELLY SCOTT-1998) **TIME/MARK**

1. Brittany Lowe	MWC Championships	156-7
2. Leanne Taylor	San Diego City Championships	103-10
3. Michele Dannhausen	San Diego City Championships	96-00

HEPTATHLON (AUTO: 5,500 PTS., PROV.: 5,000 PTS.)

SDSU RECORD: 5,751 PTS., AJA MAKAILA FRARY-2001 **POINTS**

1. Kristin Olafsdottir	MWC Championships	5,402*
2. Kristin Karhio	MWC Championships	4,608

KEY			
+	NCAA Regional Qualifying Standard	o	open
*	NCAA Provisional Qualifying Mark	p	preliminaries
@	run at altitude	s	section number
hp	heptathlon	sr	school record
i	invitational	u/o	University/Open section

All-Time Aztec Outdoor Bests

100 Meters *(11.75) (a = Altitude)

11.20	Tonette Dyer	2004
11.50a	Miesha McKelvy	1999
11.50a	Melinda Smedley	2003
11.59a	Nicole Ireland	2003
11.62	Darla Vaughn	1992
11.70	Brigitte Moon	1984
11.72	Shana Solomon	2006
11.72	Lori Smith	1982
11.76	LaTanya Sheffield	1983
11.79	Promise Mose	2000

200 Meters *(23.96) (a = Altitude)

22.34	Tonette Dyer	2004
23.30	Nicole Ireland	2004
23.32a	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
23.97a	Sherraine Pencil	2006
24.01	LaTanya Sheffield	1986

400 Meters *(54.61) (a = Altitude)

51.15	Tonette Dyer	2004
51.33	Renee Ross	1985
52.91	Nicole Ireland	2003
52.94a	Nicole Stone	2006
53.08a	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

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 Naucner	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
17:15.94	Lisa Crampton	2006
17:16.08	Lital Azulay	2005

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 Torrans	1981
36:46.44	Maureen Bradley	1986
37:15.40	Mona 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) (a = 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
59.33a	Kristin Olafsdottir	2006
59.82a	Ryan Peters	2003
59.86	Aja Makaila Frary	2001

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
	Jamillah Titus	2004

Long Jump *(19-07.00)

20-05.75	Lisa Domico	1999
20-04.25	Aja Makaila Frary	2001
19-10.50	Carrie McLaughlin	1980
19-07.50	Shana Watson	2006

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

Triple Jump *(40-05.00)

41-09.75	Decontee Kaye	2006
	Gaylen Ames	1988
41-08.00	Angela McKnight	1988
40-10.50	Shana Watson	2006
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

Pole Vault *(12-5.50)

14-01.25	Shayla Balentine	2005
13-09.25	Erin Asay	2006
13-02.25	Aimee Crabtree	2001
12-09.00	Patricia Gutierrez	2001
12-08.25	Jesika Englebretson	2002-03
12-06.25	Kristi Draher	2000
	Monica Pacas	2005
12-05.50	Dana Van Wagner	2006
12-03.50	Cara Walker	2004
12-02.00	Christin Shibley	2005

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
47-07.00	Leanne Taylor	2006
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

Discus *(155-02.00)

196-04.00	Laura DeSnoo	1984
186-06.00	Ramona Pagel	1984
164-00.00	Leanne Taylor	2006
162-09.00	Candace Hill	2003
161-03.00	Rhonda Loshonkohl	1986
151-10.00	Julie Dejarlais	1993
147-01.00	Laura Standring	1986
146-08.00	Carolyn Peters	1990
145-02.00	Katrina Crouch	1999
144-02.00	Bonnie Dasse	1981

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

All-Time Aztec Outdoor Bests

Hammer *(177-08.00)

168-08.00	Kellie Scott	1998
164-06.00	Candace Hill	2003
156-07.00	Brittany Lowe	2006

4x100 Relay *(45.70) (a = Altitude)

44.24	Givens, Dyer, Hogg, Smedley	2002
44.45	Boyd, Dyer, Heron, Ireland	2003
44.75a	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	Frary, 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, Yaninek	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

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
5,402	Kristin Olafsdottir	2006
5,210	Janine Polischuk	2004
5,176	Gaylen Ames	1990
5,169	Marla Runyan	1991
5,127	Deanne Johnson	1984

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

10:23.34	Marie Nilsson	2004
10:42.11	Lisa Crampton	2006
10:48.32	Celeste Tyson	2006
11:21.72	Alicia Stewart	2003
11:22.68	Jennifer Stakiw	2001

AZTEC OUTDOOR RECORDS

100	Tonette Dyer	11.20	2004
200	Tonette Dyer	22.34	2004
400	Tonette Dyer	51.15	2004
800	Renee Ross	2:02.88	1985
1,500	Monica Joyce	4:06.69	1982
3,000	Monica Joyce	8:53.24	1982
5,000	Monica Joyce	15:45.26	1982
10,000	Lynn Kanuka	34:22.24	1981
Steeplechase	Marie Nilsson	10:23.34	2004
100 Hurdles	Miesha McKelvy	12.82	1999
400 Hurdles	LaTanya Sheffield	54.64	1985
4x100	Givens, Dyer, Hogg, Smedley	44.24	2002
4x400	Nilsson, Ross Robinson, Sheffield	3:30.57	1985
High Jump	Lori Clark	5-11.5	1984
Pole Vault	Shayla Balentine	14-1.25	2005
Long Jump	Lisa Domico	20-5.75	1999
Triple Jump	Deontee Kaye Gaylen Ames	41-9.75 41-9.75	2006 1988
Shot Put	Ramona Pagel	58-3.75	1984
Discus	Laura DeSnoo	196-4	1984
Hammer	Kellie Scott	168-8	1998
Javelin	Liz Mueller	178-3	1983
Heptathlon	Aja Makaila Frary	5,751 pts.	2001

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