



2016 SAN DIEGO STATE TRACK & FIELD

2016 Schedule/Results

Month	Event	Location
January	16 UCS Spirit National Pole Vault Summit	NTS
	NAU Lumberjack Challenge	2-5-1 (dual meets)
	UW Invitational	Seattle, Wash.
February	29-30 Don Kirby Collegiate Invitational	Albuquerque, N.M.
	12-13 Mountain West Indoor Championship	Albuquerque, N.M.
March	11-12 NCAA Indoor Championship	Birmingham, Ala.
	18 Trojan Invitational	Los Angeles, Calif.
	19 Ross & Sharon Irwin Collegiate Challenge	Point Loma, Calif.
	24-26 38th Annual Aztec Invitational	San Diego, Calif.
April	2 California Collegiate Invitational	La Jolla, Calif.
	8 Mountain West Challenge	Las Vegas, Nev.
	13-14 Mt. SAC/CA Multi's	Walnut, Calif.
	14-15 Bryan Clay Invitational	Azusa, Calif.
	22-23 Triton Invitational	La Jolla, Calif.
	30 Payton Jordan Invitational	Palo Alto, Calif.
May	11-14 Mountain West Outdoor Championships	Fresno, Calif.
	26-28 NCAA Prelims - West Regionals	Lawrence, Kan.
June	8-11 NCAA Outdoor Championships	Eugene, Ore.

Athlete Roster

Name	Events	Yr.	Hometown
Je'Neal Ainsworth	Hurdles/Jumps	Fr.	Long Beach, Calif.
Rachel Alesi	Throws	Jr.	El Cajon, Calif.
Micha Auzenne	Sprints/Hurdles	Jr.	East Palo Alto, Calif.
Lisa-Anne Barrow	Hurdles/Jumps	Fr.	Hyattsville, Md.
Marissa Berry	Pole Vault	Fr.	Kennewick, Wash.
Sierra Brabham-Lawrence	Hurdles/Jumps	Fr.	Harrisburg, Pa.
Jazmen Bunch	Sprints	So.	Fresno, Calif.
Kyra Coley	Jumps	Fr.	Santa Ana, Calif.
Sara Curran	Pole Vault	Fr.	Redondo Beach, Calif.
Anushi Desai	Throws	Fr.	Mumbai, India
Victoria Dickerson	Throws	Sr.	Vacaville, Calif.
Bonnie Draxler	Pole Vault	So.	Wrightstown, Wis.
Kassidy Ellis	Multi's	Sr.	Bakersfield, Calif.
Alexa Evans	Throws	Sr.	San Diego, Calif.
Janice George	Sprints	Jr.	Bowie, Md.
Madison Gipson	Sprints/Hurdles	Jr.	Sydney, Australia
Simone Glenn	Sprints	So.	Atlanta, Ga.
Ellison Grove	Mid-Distance	So.	Catharpin, Va.
Grace Hanshaw	Distance	Sr.	San Diego, Calif.
Lakin Hatcher	Sprints	Fr.	Woodstock, Md.
Ashley Henderson	Sprints	So.	St. Louis, Mo.
Courtney Jackson	Pole Vault	So.	Ramona, Calif.
Renetia James	Sprints	Sr.	Carson, Calif.
Cali King	Mid-Dist./Dist.	Jr.	La Crescenta, Calif.
Tyra Lea	Sprints	Jr.	Raleigh, N.C.
Freja Liljedahl	Throws	Jr.	Gavle, Sweden
Katherine Magill	Pole Vault	Jr.	Grass Valley, Calif.
Lily Mayko	Hurdles/Distance	Sr.	Portland, Ore.
Coryne McKenney	Throws	Fr.	Clovis, Calif.
Jelena McNown	Jumps	Fr.	Murrieta, Calif.
Kira Moreland	Jumps	Jr.	Fontana, Calif.
Julia Newton	Pole Vault	Fr.	Burbank, Calif.
Elaine Ribeiro	Mid-Dist./Dist.	Jr.	La Mesa, Calif.
Rachel Roesgen	Mid-Distance	Sr.	Coto de Caza, Calif.
Hannah Sawatzki	Distance	Sr.	San Diego, Calif.
Lily Seynaeve	Distance	So.	Corona, Calif.
Starlynn Singleton	Sprints/Jumps	Jr.	Murrieta, Calif.
Karen Snapper	Pole Vault	Sr.	Huntington Beach, Calif.
Karsen Sper	Multi's	Sr.	Camarillo, Calif.
Cassidy Towner	Distance	So.	Placentia, Calif.
Jasmine Young	Sprints	So.	San Diego, Calif.

Meet Week Preview

at UW Invitational

Friday, Jan. 29 | 1 p.m. | Dempsey Indoor | Seattle, Wash.

Saturday, Jan. 30 | 9:30 a.m. | Dempsey Indoor | Seattle, Wash.

Aztecs Head to Competitive UW Invitational in Seattle

The San Diego State track and field team resumes competition this weekend at the UW Invitational at Dempsey Indoor in Seattle, Wash.

The Aztecs will send 21 athletes to the two-day meet, which begins Friday with the pentathlon at 1:30 p.m. PT. Competing in the five-event pentathlon will be Kassidy Ellis and Jelena McNown. Ellis will also be running the prelims of the 60-meter hurdles on Saturday.

Madison Gipson and Simone Glenn are each entered in three events apiece. Gipson is scheduled to run the 400, 60 hurdles and a leg of the 4x400, while Glenn is set for the 60, 400 and 4x400.

Lisa-Anne Barrow (4x400 and DMR), Sierra Brabham-Lawrence (60H and long jump), Jazmen Bunch (60 and 200), Alexa Evans (shot put and weight throw), Lakin Hatcher (200 and 4x400), Ashley Henderson (60 and 200), Tyra Lea (200 and 400), Elaine Ribeiro (3,000 and DMR), Rachel Roesgen (3,000 and DMR) and Cassidy Towner (3,000 and DMR) are each entered in two events apiece.

Micha Auzenne (200) and Bonnie Draxler (pole vault), who on Jan. 19 were both named Mountain West athletes of the week, will compete in one event. Also scheduled for solo events are Je'Neal Ainsworth (triple jump), Rachel Alesi (shot put), Marissa Berry (pole vault), Ellison Grove (800) and Lily Seynaeve (3,000).

The pentathlon starts at 1:30 p.m. PT Friday with the 60 hurdles, followed by the high jump, shot put, long jump and 800. The open pole vault, meanwhile, starts at 5 p.m. PT and the weight throw is set to follow the pentathlon shot put. On the track, the 200 starts at 5 p.m. PT and the pentathlon 800 ends the first day for SDSU around 7:45 p.m. PT.

The second day begins at 9:30 a.m. PT Saturday with the prelims of the 60 hurdles and concludes with the 4x400 at 5:15 p.m. PT.

Some of the teams competing with the Aztecs and host Washington include Arizona, Azusa Pacific, Boise State, Brigham Young, Cal Poly, Cal State Fullerton, Cal State Los Angeles, Eastern Washington, Fresno State, Gonzaga, Hawai'i, Idaho, Long Beach State, Montana, Nevada, San Francisco, Seattle, Simon Fraser, Southern Utah, Syracuse, UC Irvine, Utah, Washington State, Weber State and Western Washington. Representatives from Nike and other unattached athletes have also entered events in the meet.

General admission is \$5 for the meet. All kids aged 10-and-under are free.

Results for both meets will be posted to GoAztecs.com when they become available.

Last Time Out

The Aztecs are coming off a pair of opening meets at the NAU Lumberjack Challenge in Flagstaff, Ariz., and the UCS Spirit National Pole Vault Summit in Reno, Nev.

Micha Auzenne easily won both the 60-meter dash and the 60 hurdles, and three other Aztecs posted all-time program top-10 marks. Auzenne first won the 60 meters in 7.40 seconds, 0.22 seconds faster than the next two finishers. She later captured the 60 hurdles in 8.28 seconds, outdistancing runner-up and teammate Sierra Brabham-Lawrence by 0.17 seconds (8.45). Auzenne was named the MW Women's Track Athlete of the Week for her efforts.

The Aztecs' other two all-time top-10 marks came in the throwing events off the hands of Alexa Evans and Victoria Dickerson. Evans tossed the ninth-best shot put mark ever at SDSU in 44-00.50 (13.42 meters), while Dickerson's mark of 49-02.50 (15.00m) in the weight throw was good for the 10th-best heave in program history.

At the pole vault, Bonnie Draxler led the way with a runner-up finish in the College 1 flight, clearing 13-03.50 (4.05m). She was also honored by the MW as the women's field athlete of the week.

Coaches

Name	Title
Shelia Burell	Head Coach - Multi-Events/Hurdles/Jumps
Michelle Freeman	Assistant Coach - Sprints/Hurdles
Greg Garza	Assistant Coach - Throws/Director of Operations
Richard Fox	Volunteer Coach - Pole Vault
Karoly Varga	Volunteer Coach - Mid-Distance/Distance
Alrick Munroe	Volunteer Coach - Sprints/Jumps
Allison Reaser	Volunteer Coach - Multi-Events

2016 SDSU INDOOR TRACK & FIELD PERFORMANCE LIST (as of Jan. 26)

60 METERS

School Record: 7.33 (Tonette Dyer, 2004)

Time	Athlete	Place	Notes	Meet	Date
7.40	Micha Auzenne	1st	Altitude	NAU Challenge	Jan. 16
7.65	Jazmen Bunch	5th	Altitude	NAU Challenge	Jan. 16
7.70	Sierra Brabham-Lawrence	9th	Altitude	NAU Challenge	Jan. 16
8.32	Je'Neal Ainsworth	35th	Altitude	NAU Challenge	Jan. 16

200 METERS

School Record: 23.45 (Shanae Roach, 2011)

Time	Athlete	Place	Notes	Meet	Date
25.21	Madison Gibson	25.21	Altitude	NAU Challenge	Jan. 16

400 METERS

School Record: 53.51 (Tonette Dyer, 2003)

Time	Athlete	Place	Notes	Meet	Date
56.73	Tyra Lea	10th	Altitude	NAU Challenge	Jan. 16
58.56	Lakin Hatcher	21st	Altitude	NAU Challenge	Jan. 16
1:02.47	Jasmine Young	31st	Altitude	NAU Challenge	Jan. 16

800 METERS

School Record: 2:10.45 (Mandy Upuu, 2008)

Time	Athlete	Place	Notes	Meet	Date
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MILE

School Record: 5:01.00 (Chelsea Kruthers, 2014)

Time	Athlete	Place	Notes	Meet	Date
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3,000 METERS

School Record: 9:44.80 (Marie Nilsson, 2004)

Time	Athlete	Place	Notes	Meet	Date
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60-METER HURDLES

School Record: 8.21 (Micha Auzenne, 2015)

Time	Athlete	Place	Notes	Meet	Date
8.28	Micha Auzenne	1st	Altitude	NAU Challenge	Jan. 16
8.45	Sierra Brabham-Lawrence	2nd	Altitude; 8th all-time	NAU Challenge	Jan. 16
8.61	Madison Gipson	4th	Altitude	NAU Challenge	Jan. 16
8.75	Kassidy Ellis	8th	Altitude	NAU Challenge	Jan. 16
9.42	Jelena McNown	21st	Altitude	NAU Challenge	Jan. 16

4x400-METER RELAY

School Record: 3:41.55 (Stone, Pencil, Chapu, Upuu, 2007)

Time	Team	Place	Notes	Meet	Date
3:51.54	Brabham-Lawrence, Gipson, Hatcher, Lea	4th	Altitude	NAU Challenge	Jan. 16

DISTANCE MEDLEY RELAY

School Record: 12:05.71 (Gammage, Toatley, Kruthers, Roesgen, 2014)

Time	Team	Place	Notes	Meet	Date
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HIGH JUMP

School Record: 5-08.00 (Aja Frary, 1999; Marla Runyan, 1992)

Mark	Athlete	Place	Notes	Meet	Date
5-03.00	Jelena McNown	6th		NAU Challenge	Jan. 16
4-11.00	Kassidy Ellis	8th		NAU Challenge	Jan. 16

POLE VAULT

School Record: 14-01.25 (Stephanie James, 2010)

Mark	Athlete	Place	Notes	Meet	Date
13-03.50	Bonnie Draxler	2nd	College 1	National PV Summit	Jan. 16
12-01.50	Marissa Berry	8th	College 1	National PV Summit	Jan. 16
11-05.75	Karen Snapper	12th	College 1	National PV Summit	Jan. 16
11-05.75	Sara Curran	1st	College 4	National PV Summit	Jan. 16
10-10-00	Katherine Magill	9th	College 3	National PV Summit	Jan. 16
10-00.00	Julia Newton	6th	College 4	National PV Summit	Jan. 16
NH	Courtney Jackson	--	College 3	National PV Summit	Jan. 16

LONG JUMP

School Record: 21-07.50 (Karoline Koehler, 2010)

Mark	Athlete	Place	Notes	Meet	Date
18-02.50	Jelena McNown	5th		NAU Challenge	Jan. 16

TRIPLE JUMP

School Record: 46-02.50 (Shanieka Thomas, 2013)

Mark	Athlete	Place	Notes	Meet	Date
38-04.00	Je'Neal Ainsworth	5th		NAU Challenge	Jan. 16

SHOT PUT

School Record: 55-07.50 (Whitney Ashley, 2012)

Mark	Athlete	Place	Notes	Meet	Date
44-00.50	Alexa Evans	11th	9th all-time	NAU Challenge	Jan. 16
43-04.25	Rachel Alesi	12th		NAU Challenge	Jan. 16
34-04.00	Kassidy Ellis	18th		NAU Challenge	Jan. 16

WEIGHT THROW

School Record: 68-01.00 (Jasmine Burrell, 2014)

Mark	Athlete	Place	Notes	Meet	Date
49-02.50	Victoria Dickerson	13th	10th all-time	NAU Challenge	Jan. 16
46-11.50	Freja Liljedahl	14th		NAU Challenge	Jan. 16
46-04.75	Alexa Evans	15th		NAU Challenge	Jan. 16

PENTATHLON

School Record: 4,145 (Allison Reaser, 2014)

Mark	Athlete	Place	Notes	Meet	Date
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2016 SDSU TRACK & FIELD INDIVIDUAL SEASON BESTS (as of Jan. 26)

KEY: sr - school record; (number) - top-10 school ranking; p - preliminaries; h - heats; 1r - first round; q - quarterfinals; s - semifinals; f - finals; i - invite; ei - elite invite; o - open; b - "b" section; se - seeded; u - unseeded; co - college; ch - championships; pn - pentathlon; hp - heptathlon; a - altitude; w - wind aided (> 2.0 mph); conv - converted from 4x400-yard relay; **Note that all personal records (PR) are collegiate personal records**

Je'Neal Ainsworth

5-6 | Fr. | Long Beach, Calif. | Long Beach Polytechnic HS
INDOOR SEASON
 60 Meters (PR: 8.32 (Jan. 16, 2015))
 8.32 (a) NAU Challenge Jan. 16
 Triple Jump (PR: 38-04.00 (Jan. 16, 2015))
 38-04.00 NAU Challenge Jan. 16

Rachel Alesi

5-7.5 | RS-Jr. | El Cajon, Calif. | Christian HS
INDOOR SEASON
 Shot Put (PR: 47-11.75 (Feb. 28, 2015))
 43-04.25 12th NAU Challenge Jan. 16

Micha Auzenne

5-3.5 | Jr. | East Palo Alto, Calif. | Arizona State
INDOOR SEASON
 60 Meters (PR: 7.38 (Feb. 28, 2015))
 7.40 (a) 1st NAU Challenge Jan. 16
 60-Meter Hurdles (PR: 8.21 (Feb. 28, 2015))
 8.28 (a) 1st NAU Challenge Jan. 16

Marissa Berry

5-4 | Fr. | Kennewick, Wash. | Southridge HS
INDOOR SEASON
 Pole Vault (PR: 12-01.50 (Jan. 16, 2016))
 12-01.50 (co1) 8th UCS Spirit PV Summit Jan. 16

Sierra Brabham-Lawrence

5-5 | Fr. | Harrisburg, Pa. | Harrisburg HS
INDOOR SEASON
 60 Meters (PR: 7.70 (Jan. 16, 2015))
 7.70 (a) NAU Challenge Jan. 16
 60-Meter Hurdles (PR: 8.45 (Jan. 16, 2015))
 8.45 (a, 8) NAU Challenge Jan. 16
 4x400-Meter Relay
 3:51.54 (a) 4th NAU Challenge Jan. 16

Jazmen Bunch

5-2 | So. | Fresno, Calif. | Edison HS
INDOOR SEASON
 60 Meters (PR: 7.61 (Jan. 16, 2015))
 7.65 (a) 5th NAU Challenge Jan. 16

Sara Curran

5-7 | Fr. | Redondo Beach, Calif. | Redondo Union HS
INDOOR SEASON
 Pole Vault (PR: 11-05.75 (Jan. 16, 2016))
 11-05.75 (co4) 1st UCS Spirit PV Summit Jan. 16

Victoria Dickerson

5-9 | Sr. | Vacaville, Calif. | Modesto Junior College
INDOOR SEASON
 Weight Throw (PR: 49-02.50 (Jan. 16, 2016))
 49-02.50 (10) 13th NAU Challenge Jan. 16

Bonnie Draxler

5-5 | So. | Wrightstown, Wis. | Wrightstown HS
INDOOR SEASON
 Pole Vault (PR: 13-08.50 (Feb. 28, 2015))
 13-03.50 (co1) 2nd UCS Spirit PV Summit Jan. 16

Kassidy Ellis

5-9 | Sr. | Bakersfield, Calif. | Frontier HS
INDOOR SEASON
 60-Meter Hurdles (PR: 8.75 (Jan. 16, 2016))
 8.75 (a) 8th NAU Challenge Jan. 16
 High Jump (PR: 5-02.50 (twice, last Jan. 32, 2014))
 4-11.00 8th NAU Challenge Jan. 16
 Shot Put (PR: 34-04.00 (Jan. 16, 2016))
 34-04.00 18th NAU Challenge Jan. 16

Alexa Evans

6-0 | RS-Sr. | San Diego, Calif. | West Hills HS
INDOOR SEASON
 Shot Put (PR: 44-00.50 (Jan. 16, 2016))
 44-00.50 (9) 11th NAU Challenge Jan. 16
 Weight Throw (PR: 46-04.75 (Jan. 16, 2016))
 46-04.75 15th NAU Challenge Jan. 16

Madison Gipson

5-7 | Jr. | Wellington, New Zealand | Marsden HS
INDOOR SEASON
 200 Meters (PR: 25.21 (Jan. 16, 2016))
 25.21 (a) 4th NAU Challenge Jan. 16
 60-Meter Hurdles (PR: 8.60 (Feb. 28, 2015))
 8.61 (a) 4th NAU Challenge Jan. 16
 4x400-Meter Relay
 3:51.54 (a) 4th NAU Challenge Jan. 16

Lakin Hatcher

5-6.5 | Fr. | Woodstock, Md. | McDonogh HS
INDOOR SEASON
 400 Meters (PR: 58.56 (Jan. 16, 2016))
 58.56 (a) 21st NAU Challenge Jan. 16
 4x400-Meter Relay
 3:51.54 (a) 4th NAU Challenge Jan. 16

Courtney Jackson

5-3 | So. | Ramona, Calif. | Ramona HS
INDOOR SEASON
 Pole Vault (PR: 11-10.50 (Feb. 28, 2015))
 NH -- UCS Spirit PV Summit Jan. 16

Tyra Lea

5-6 | Jr. | Raleigh, N.C. | North Carolina State
INDOOR SEASON
 400 Meters (PR: 55.50 (Feb. 28, 2015))
 56.73 (a) 10th NAU Challenge Jan. 16
 4x400-Meter Relay
 3:51.54 (a) 4th NAU Challenge Jan. 16

Freja Liljedahl

5-6 | Jr. | Gavle, Sweden | Vasaskolan School
INDOOR SEASON
 Weight Throw (PR: 46-11.50 (Jan. 16, 2016))
 46-11.50 14th NAU Challenge Jan. 16

Katherine Magill

5-4 | So. | Grass Valley, Calif. | Nevada Union HS
INDOOR SEASON
 Pole Vault (PR: 10-10.00 (Jan. 16, 2016))
 10-10.00 (co3) 9th UCS Spirit PV Summit Jan. 16

Jelena McNow

5-8.5 | So. | Murrieta, Calif. | Murrieta Valley HS
INDOOR SEASON
 60-Meter Hurdles (PR: 9.42 (Jan. 16, 2016))
 9.42 (a) 21st NAU Challenge Jan. 16
 High Jump (PR: 5-03.00 (Jan. 16, 2016))
 5-03.00 6th NAU Challenge Jan. 16
 Long Jump (PR: 18-02.50 (Jan. 16, 2016))
 18-02.50 5th NAU Challenge Jan. 16

Julia Newton

5-7 | Fr. | Burbank, Calif. | Burbank HS
INDOOR SEASON
 Pole Vault (PR: 10-00.00 (Jan. 16, 2016))
 10-00.00 (co4) 6th UCS Spirit PV Summit Jan. 16

Karen Snapper

5-6 | Sr. | Huntington Beach, Calif. | Edison HS
INDOOR SEASON
 Pole Vault (PR: 13-02.25 (Feb. 14, 2015))
 11-05.75 (co1) 12th UCS Spirit PV Summit Jan. 16

Jasmine Young

INDOOR SEASON
 400 Meters (PR: 1:02.47 (Jan. 16, 2016))
 1:02.47 (a) 31st NAU Challenge Jan. 16

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SDSU INDOOR TRACK & FIELD ALL-TIME TOP 10 (updated Jan. 26, 2016)

55 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Darla Vaughn	6.90			1992
2.	Promise Mose	7.06			2001
3.	Melinda Smedley	7.23	Wolf Pack Invitational	Reno, Nev.	Feb. 2, 2002
4.	Tonette Dyer	7.25	Wolf Pack Invitational	Reno, Nev.	Feb. 2, 2002
5.	Elaine Harwell	7.27			1999
6.	Meisha McKelvy	7.28			1999
7.	Jillita Griffin	7.32			2001

60 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Tonette Dyer	7.33a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
2.	Shanae Roach	7.37	ISU NCAA Qualifier	Ames, Iowa	March 5, 2011
3.	Karoline Koehler	7.38a	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
	Micha Auzenne	7.38a	MW Championships	Albuquerque, N.M.	Feb. 27, 2015
5.	Meritzer Williams	7.45a	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
6.	Promise Mose	7.48			2000
7.	Lawreta Ozoh	7.51a	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
	Melinda Smedley	7.51a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
9.	Nicole Ireland	7.59a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
10.	Sherraine Pencil	7.60	Bronco Invitational	Nampa, Idaho	Feb. 9, 2008

200 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Shanae Roach	23.45	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
2.	Tonette Dyer	23.75	Boise State Invite	Nampa, Idaho	Feb. 14, 2004
3.	Nicole Ireland	23.84	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
4.	Darla Vaughn	23.89			1992
5.	Melinda Smedley	23.99	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
6.	Lawreta Ozoh	24.04	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
7.	Karoline Koehler	24.07	MW Championships	Albuquerque, N.M.	Feb. 27, 2010
8.	Ashley Henderson	24.09	MW Championships	Albuquerque, N.M.	Feb. 28, 2015
9.	Nicole Stone	24.17	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
10.	Allison Reaser	24.19	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2014

400 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Tonette Dyer	53.51	MW Championships	USAF Academy, Colo.	March 1, 2003
2.	Nicole Stone	53.69	MW Championships	Albuquerque, N.M.	Feb. 27, 2010
3.	Nicole Ireland	54.15	MW Championships	USAF Academy, Colo.	March 1, 2003
4.	Jini Hogg	54.79	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
5.	Promise Mose	54.99			2000
6.	Larnie Boyd	55.02	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
7.	Sherraine Pencil	55.35	Mountain T's Invite	Flagstaff, Ariz.	Feb. 2, 2008
8.	Tyra Lea	55.50	MW Championships	Albuquerque, N.M.	Feb. 28, 2015
9.	Shanieka Thomas	55.67	MW Championships	Nampa, Idaho	Feb. 23, 2013
10.	Brittani Dudley	55.86	MW Championships	Albuquerque, N.M.	Feb. 25, 2006

800 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Mandy Upuu	2:10.45	Husky Classic	Seattle, Wash.	Feb. 16, 2008
2.	Ellison Grove	2:11.09a	MW Championships	Albuquerque, N.M.	Feb. 27, 2015
3.	Jamillah Titus	2:11.26	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
4.	Josefine Koskinen	2:11.90a	MW Championships	Albuquerque, N.M.	Feb. 25, 2011
5.	Nicole Carmier	2:13.95	Holiday Inn Invite	Nampa, Idaho	Feb. 12, 2005
6.	Kylie Edwards	2:15.00	MW Championships	USAF Academy, Colo.	Feb. 26, 2000
7.	Corri Campbell-Fell	2:15.07	Bronco Invitational	Nampa, Idaho	Feb. 9, 2008
8.	Lisa Naucler	2:15.85	Holiday Inn Invite	Nampa, Idaho	Feb. 12, 2005
9.	Amy Brown	2:16.09a	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
10.	Kristin Olafsdottir	2:16.38a	TCR Race Prod. Invite	Albuquerque, N.M.	Feb. 10, 2007

MILE

Rk.	Name	Time	Meet	Location	Date
1.	Chelsea Kruthers	5:01.00	Howie Ryan Invite	Houston, Texas	Feb. 1, 2014
2.	Lisa Crampton	5:04.40a	MW Championships	Albuquerque, N.M.	Feb. 25, 2006
3.	Elaine Ribeiro	5:06.54a	Don Kirby Elite	Albuquerque, N.M.	Jan. 31, 2015
4.	Rachel Roesgen	5:08.10	Howie Ryan Invite	Houston, Texas	Feb. 1, 2014
5.	Marie Nilsson	5:10.90a	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004
6.	Alicia Stewart	5:12.82	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
7.	Lisa Naucler	5:13.41a	TCR Race Prod. Invite	Albuquerque, N.M.	Feb. 10, 2007
8.	Darien Buc	5:13.65	Bronco Invitational	Nampa, Idaho	Feb. 9, 2008
9.	Celeste Tyson	5:13.99a	TCR Race Prod. Invite	Albuquerque, N.M.	Feb. 10, 2007
10.	Kylie Edwards	5:16.14			2000

3,000 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Marie Nilsson	9:44.80	Boise State Invite	Nampa, Idaho	Feb. 14, 2004
2.	Elaine Ribeiro	10:06.55	Armory Track Invite	New York, N.Y.	Jan. 31, 2015
3.	Lital Azulay	10:07.23	Holiday Inn Invite	Nampa, Idaho	Feb. 12, 2005
4.	Lisa Crampton	10:20.41	Albuquerque Invitational	Albuquerque, N.M.	Feb. 11, 2006
5.	Rachel Williams	10:26.70	New Mexico Classic	Albuquerque, N.M.	Feb. 7, 2009
6.	Christal Cuadra	10:32.40	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
7.	Marianne Hogan	10:32.79a	Lumberjack Invitational	Flagstaff, Ariz.	Feb. 19, 2011
8.	Sophia Hawker	10:35.48			2000
9.	Sarah Belger	10:49.45	MW Championships	Albuquerque, N.M.	Feb. 25, 2006
10.	Alicia Stewart	10:53.70	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003

5,000 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Marianne Hogan	17:55.31a	MW Championships	Albuquerque, N.M.	Feb. 25, 2011
2.	Rachel Williams	18:28.29a	New Mexico Classic	Albuquerque, N.M.	Feb. 5, 2010
3.	Kristin Glen	18:42.37	Bronco Invitational	Nampa, Idaho	Feb. 9, 2008
4.	Marie Nilsson	18:53.60hta	MW Championships	USAF Academy, Colo.	Feb. 27, 2004
5.	Sophia Hawker	19:14.90			1999
6.	Jordan Davis	19:23.87a	New Mexico Classic	Albuquerque, N.M.	Feb. 5, 2010
7.	Michelle Martinez	19:43.36a	New Mexico Classic	Albuquerque, N.M.	Feb. 5, 2010
8.	Sara Beyers	19:46.07a	New Mexico Classic	Albuquerque, N.M.	Feb. 5, 2010
9.	Alma Escobar	20:14.52a	MW Championships	USAF Academy, Colo.	Feb. 27, 2009
10.	Christal Cuadra	20:21.00hta	MW Championships	USAF Academy, Colo.	Feb. 27, 2004

55-METER HURDLES

Rk.	Name	Time	Meet	Location	Date
1.	Darla Vaughn	7.64			1992
2.	Felicia Stone	7.74			2000
3.	Miesha McKelvy	7.77			1999
4.	Aja Makaila Frary	8.23			2000
5.	Marisa Robinson	8.28			2000
6.	Daveeta Shepherd	8.32	Bill Cosby Invitational	Reno, Nev.	Feb. 12, 2001
	Erica Prodanovich	8.32			1991

60-METER HURDLES

Rk.	Name	Time	Meet	Location	Date
1.	Micha Auzenne	8.21a	MW Championships	Albuquerque, N.M.	Feb. 28, 2015
2.	Miesha McKelvy	8.24	WAC Championships	USAF Academy, Colo.	Feb. 20, 1999
3.	Kristen Brown	8.28a	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
4.	Felicia Stone	8.29			2000
5.	Allison Reaser	8.30a	MW Championships	USAF Academy, Colo.	Feb. 27, 2014
6.	Marisa Robinson	8.39			2000
7.	Nicole Ireland	8.43a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
8.	Sierra Brabham-Lawrence	8.45a	NAU Lum. Challenge	Flagstaff, Ariz.	Jan. 16, 2016
9.	Brianna Johnson	8.51a	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
10.	Heather Heron	8.53a	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004

4x400-METER RELAY

Rk.	Names	Time	Meet	Location	Date
1.	Stone, Pencil, Chapu, Upuu	3:41.55	MW Championships	Albuquerque, N.M.	Feb. 24, 2007
2.	Al. Reaser, Toatley, Roberson, Thomas	3:42.11	MW Championships	Nampa, Idaho	Feb. 23, 2013
3.	Stone, Upuu, Olafsdottir, Dudley	3:43.63	MW Championships	Albuquerque, N.M.	Feb. 23, 2006
4.	Boyd, Ireland, Dyer, McNair	3:43.66	Boise State Invite	Nampa, Idaho	Feb. 14, 2004
5.	Pencil, Stone, Olafsdottir, Chapu	3:45.20	TCR Race Prod. Invite	Albuquerque, N.M.	Feb. 10, 2007
6.	Pencil, Thomas, Hornsby, Upuu	3:45.92	Bronco Invitational	Nampa, Idaho	Feb. 9, 2008
7.	Hogg, Dyer, Carmier, Ireland	3:46.61c	MW Championships	USAF Academy, Colo.	March 1, 2003
8.	Draxler, Gipson, Henderson, Lea	3:47.07	MW Championships	Albuquerque, N.M.	Feb. 28, 2015
9.	McNair, Ireland, Smedley, Dyer	3:47.29	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004
10.	Stone, Boyd, Pencil, Duncan	3:47.39	Albuquerque Invitational	Albuquerque, N.M.	Feb. 11, 2006

SDSU INDOOR TRACK & FIELD ALL-TIME TOP 10

4x800-METER RELAY

Rk.	Names	Time	Meet	Location	Date
1.	Royal, Petersen, Wright, Ritchie	9:31.14			1991

DISTANCE MEDLEY RELAY

Rk.	Names	Time	Meet	Location	Date
1.	Gammage, Toatley, Kruthers, Roesgen	12:05.71	Howie Ryan Invite	Houston, Texas	Jan. 31, 2014
2.	Naucner, Dudley, Carmier, Azulay	12:13.23	Holiday Inn Invite	Nampa, Idaho	Feb. 11, 2005
3.	Titus, Ireland, Edwards, Cuadra	12:13.80ht	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
4.	Gammage, Draxler, Grove, Ribeiro	12:14.49a	MW Championships	Albuquerque, N.M.	Feb. 27, 2015
5.	Brown, Kirkland, Novak, Koskinen	12:21.81a	MW Championships	Albuquerque, N.M.	Feb. 25, 2011
6.	Koskinen, Devine, Brown, Martinez	12:26.39a	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
7.	Crampton, Upuu, Carmier, Belger	12:27.56a	MW Championships	Albuquerque, N.M.	Feb. 24, 2006
8.	Tyson, Dudley, Upuu, Naucner	12:32.62a	MW Championships	Albuquerque, N.M.	Feb. 23, 2007
9.	Kruthers, Oudenaarden, Gammage, Roesgen	12:48.63a	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
10.	Unknown	12:51.93a	MW Championships	USAF Academy, Colo.	Feb. 25, 2000

HIGH JUMP

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Aja Makaila Frary	5-08.00	1.73m			1999
	Marla Runyan	5-08.00	1.73m			1992
3.	Shanieka Thomas	5-07.00	1.70m	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
4.	Nicole Carmier	5-06.50	1.69m	MW Championships	Albuquerque, N.M.	Feb. 25, 2006
5.	Carrington Mahr	5-06.00	1.68m	MW Championships	Nampa, Idaho	Feb. 22, 2013
6.	Alisha Laswell	5-05.75	1.67m	MW Championships	USAF Academy, Colo.	Feb. 23, 2002
7.	Leslie Miller	5-05.25	1.66m	MW Championships	USAF Academy, Colo.	Feb. 26, 2004
8.	Karsen Sper	5-05.00	1.65m	MW Championships	Nampa, Idaho	Feb. 21, 2013
	Sheehan Mitchell	5-05.00	1.65m	MW Championships	USAF Academy, Colo.	Feb. 28, 2009
	Karoline Koehler	5-05.00	1.65m	MW Championships	USAF Academy, Colo.	March 1, 2008
	Kristin Olafsdottir	5-05.00	1.65m	MW Championships	Albuquerque, N.M.	Feb. 23, 2006
	Jamillah Titus	5-05.00	1.65m	Mountain T's Invite	Flagstaff, Ariz.	Feb. 5, 2005

POLE VAULT

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Stephanie James	14-01.25	4.30m	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
2.	Erin Asay	14-00.50	4.28m	Albuquerque Invite	Albuquerque, N.M.	Feb. 11, 2006
3.	Kelsy Hintz	14-00.00	4.27m	MW Championships	Nampa, Idaho	Feb. 21, 2012
	Shayla Balentine	14-00.00	4.27m	MW Championships	USAF Academy, Colo.	Feb. 27, 2005
5.	Kristen Brown	13-10.00	4.22m	Don Kirby Elite	Albuquerque, N.M.	Feb. 8, 2013
6.	Bonnie Draxler	13-08.50	4.18m	MW Championships	Albuquerque, N.M.	Feb. 27, 2015
7.	Karen Snapper	13-02.25	4.02m	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2015
	Holly Waseloff	13-02.25	4.02m	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
9.	Kortney Ross	13-00.75	3.98m	MW Championships	Albuquerque, N.M.	Feb. 27, 2015
10.	Karen Snapper	12-10.25	3.92m	Don Kirby Elite	Albuquerque, N.M.	Feb. 8, 2013

LONG JUMP

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Karoline Koehler	21-07.50	6.59m	NCAA Championships	Fayetteville, Ark.	March 12, 2010
2.	Allison Reaser	20-05.00	6.22m	MW Championships	USAF Academy, Colo.	Feb. 27, 2014
3.	Deontee Kaye	20-02.25	6.15m	Bronco Invitational	Nampa, Idaho	Feb. 8, 2008
4.	Shana Watson	19-10.75	6.06m	MW Championships	USAF Academy, Colo.	Feb. 29, 2008
5.	Lisa Domico	19-10.25	6.05m	WAC Championships	USAF Academy, Colo.	Feb. 19, 1999
6.	Shanieka Thomas	19-09.75	6.04m	Bronco Invitational	Nampa, Idaho	Jan. 21, 2012
7.	Nicole Oudenaarden	19-07.50	5.98m	MW Championships	Nampa, Idaho	Feb. 21, 2013
8.	Kai Wheeler	19-04.75	5.91m	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
9.	Brittany Bozeman	19-00.50	5.80m	MW Championships	Nampa, Idaho	Feb. 21, 2013
10.	Alex Evans	19-00.00	5.79m	Don Kirby Elite	Albuquerque, N.M.	Feb. 10, 2012

TRIPLE JUMP

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Shanieka Thomas	46-02.50	14.08m	Don Kirby Elite	Albuquerque, N.M.	Feb. 8, 2013
2.	Karoline Koehler	44-10.75	13.68m	NCAA Championships	Fayetteville, Ark.	March 13, 2010
3.	Deontee Kaye	43-08.50	13.32m	MW Championships	USAF Academy, Colo.	Feb. 28, 2009
4.	Shana Watson	41-05.75	12.64m	MW Championships	USAF Academy, Colo.	March 1, 2008
5.	Alex Evans	41-03.75	12.59m	MW Championships	Albuquerque, N.M.	Feb. 25, 2012
6.	Nicole Ireland	40-04.00	12.29m	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004
7.	Kai Wheeler	39-08.50	12.10m	New Mexico Classic	Albuquerque, N.M.	Feb. 6, 2010
8.	Hollan Givens	39-06.75	12.06m	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004
9.	Lisa Domico	38-08.25	11.79m	WAC Championships	USAF Academy, Colo.	Feb. 20, 1999
10.	Marisa Taylor	38-05.00	11.71m	MW Championships	USAF Academy, Colo.	Feb. 26, 2000

SHOT PUT

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Whitney Ashley	55-07.50	16.95m	Don Kirby Elite	Albuquerque, N.M.	Feb. 10, 2012
2.	Jasmine Burrell	51-10.50	15.81m	MW Championships	Nampa, Idaho	Feb. 23, 2013
3.	Brittany Gonter	48-10.00	14.88m	MW Championships	USAF Academy, Colo.	March 1, 2014
4.	Candace Hill	48-08.75	14.85m	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
5.	Rachel Alesi	47-11.75	14.62m	MW Championships	Albuquerque, N.M.	Feb. 28, 2015
6.	Nicole Oudenaarden	47-07.25	14.51m	Don Kirby Elite	Albuquerque, N.M.	Feb. 8, 2013
7.	Ariel Oliver	46-01.50	14.06m	NAU FN Duals	Flagstaff, Ariz.	Jan. 16, 2015
8.	Jeanette McConnell	45-10.75	13.99m	Don Kirby Elite	Albuquerque, N.M.	Feb. 11, 2011
9.	Alexa Evans	44-00.50	13.42m	NAU LB Challenge	Flagstaff, Ariz.	Jan. 16, 2016
10.	Lima Lefti	43-07.75	13.30m	MW Championships	Albuquerque, N.M.	Feb. 26, 2011

WEIGHT THROW

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Jasmine Burrell	68-01.00	20.75m	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2014
2.	Whitney Ashley	62-11.50	19.19m	MW Championships	Albuquerque, N.M.	Feb. 24, 2012
3.	Ellie Fanaika	59-01.50	18.02m	MW Championships	Albuquerque, N.M.	Feb. 24, 2012
4.	Tamara McMillan	56-07.50	17.26m	New Mexico Classic	Albuquerque, N.M.	Feb. 7, 2009
5.	Mikayla Howden	56-02.50	17.13m	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
6.	Andrea Martinez	54-08.25	16.67m	MW Championships	USAF Academy, Colo.	Feb. 29, 2008
7.	Candace Hill	53-01.50	16.19m	Mountain T's Invite	Flagstaff, Ariz.	Feb. 8, 2003
8.	Maria Rodriguez	51-03.75	15.64m	Mountain T's Invite	Flagstaff, Ariz.	Jan. 30, 2010
9.	Ariel Oliver	50-00.50	15.25m	MW Championships	Albuquerque, N.M.	Feb. 28, 2015
10.	Victoria Dickerson	49-02.50	15.00m	NAU LB Challenge	Flagstaff, Ariz.	Jan. 16, 2016

PENTATHLON

Rk.	Names	Points	Meet	Location	Date
1.	Allison Reaser	4,145	MW Championships	USAF Academy, Colo.	Feb. 27, 2014
2.	Nicole Oudenaarden	3,969	MW Championships	Nampa, Idaho	Feb. 21, 2013
3.	Aja Makaila Frary	3,902	MW Championships	USAF Academy, Colo.	Feb. 24, 2000
4.	Leslie Miller	3,858	MW Championships	USAF Academy, Colo.	Feb. 26, 2004
5.	Kristin Olafsdottir	3,843	MW Championships	Albuquerque, N.M.	Feb. 23, 2006
6.	Shana Watson	3,595	MW Championships	USAF Academy, Colo.	Feb. 28, 2008
7.	Karsen Sper	3,564	MW Championships	Nampa, Idaho	Feb. 21, 2013
8.	Shanon Meyer	3,546	MW Championships	USAF Academy, Colo.	Feb. 27, 2003
9.	Brittany Bozeman	3,440	MW Championships	Nampa, Idaho	Feb. 21, 2013
10.	Julianne Alarcio	3,284	MW Championships	Albuquerque, N.M.	Feb. 23, 2012

* Happened in 2016

* Updated Jan. 26, 2016