

SDSU INDOOR TRACK & FIELD ALL-TIME TOP 10 (updated Feb. 20, 2015)

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
4.	Meritzer Williams	7.45a	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
5.	Promise Mose	7.48			2000
6.	Lawreta Ozoh	7.51a	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
	Melinda Smedley	7.51a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
8.	Micha Auzenne	7.57a	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2015
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.	Nicole Stone	24.17	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
9.	Allison Reaser	24.19	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2014
10.	Larnie Boyd	24.31	MW Championships	USAF Academy, Colo.	Feb. 28, 2004

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.	Shanieka Thomas	55.67	MW Championships	Nampa, Idaho	Feb. 23, 2013
9.	Brittani Dudley	55.86	MW Championships	Albuquerque, N.M.	Feb. 25, 2006
10.	LaQuisha Jackson	55.92	New Mexico Classic	Albuquerque, N.M.	Feb. 2, 2013

800 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Mandy Upuu	2:10.45	Husky Classic	Seattle, Wash.	Feb. 16, 2008
2.	Jamillah Titus	2:11.26	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
3.	Elison Grove	2:11.60a	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2015
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 Naucier	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 Naucier	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 Onv.	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.	Miesha McKelvy	8.24	WAC Championships	USAF Academy, Colo.	Feb. 20, 1999
2.	Kristen Brown	8.28a	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
3.	Felicia Stone	8.29			2000
4.	Allison Reaser	8.30a	MW Championships	USAF Academy, Colo.	Feb. 27, 2014
5.	Micha Auzenne	8.35a	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2015
6.	Marisa Robinson	8.39			2000
7.	Nicole Ireland	8.43a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
8.	Briana Johnson	8.51a	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
9.	Heather Heron	8.53a	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004
10.	Alex Evans	8.56	MW Championships	Nampa, Idaho	Feb. 23, 2013

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.	McNair, Ireland Smedley, Dyer	3:47.29	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004
9.	Stone, Boyd, Pencil, Duncan	3:47.39	Albuquerque Invitational	Albuquerque, N.M.	Feb. 11, 2006
10.	Oudenaarden, Toatley Al. Reaser, George	3:48.39	Cherry & Silver Invite	Albuquerque, N.M.	Jan. 25, 2014

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.	Naucier, 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.	Brown, Kirkland, Novak, Koskinen	12:21.81a	MW Championships	Albuquerque, N.M.	Feb. 25, 2011
5.	Koskinen, Devine, Brown, Martinez	12:26.39a	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
6.	Crampton, Upuu, Carmier, Belger	12:27.56a	MW Championships	Albuquerque, N.M.	Feb. 24, 2006
7.	Tyson, Dudley, Upuu, Naucier	12:32.62a	MW Championships	Albuquerque, N.M.	Feb. 23, 2007
8.	Kruthers, Oudenaarden, Gammage, Roesgen	12:48.63a	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
9.	Unknown	12:51.93a	MW Championships	USAF Academy, Colo.	Feb. 25, 2000
10.	Am. Reaser, Toatley, Koskinen, Hogan	12:52.23a	MW Championships	Albuquerque, N.M.	Feb. 24, 2012

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	13-08.25	4.17m	NAU FN Duals	Flagstaff, Ariz.	Jan. 16, 2015
7.	Karen Snapper	12-02.25	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.	Karen Snapper	12-10.25	3.92m	Don Kirby Elite	Albuquerque, N.M.	Feb. 8, 2013
10.	Tricia Gutierrez	12-09.50	3.90m	National PV Summit	Reno, Nev.	Jan. 12, 2002

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.	Lisa Domico	38-08.25	11.79m	WAC Championships	USAF Academy, Colo.	Feb. 20, 1999
9.	Marisa Taylor	38-05.00	11.71m	MW Championships	USAF Academy, Colo.	Feb. 26, 2000
10.	Hollan Givens	39-06.75	12.06m	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004

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.	Nicole Oudenaarden	47-07.25	14.51m	Don Kirby Elite	Albuquerque, N.M.	Feb. 8, 2013
6.	Rachel Alesi	46-10.25	14.28m	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2015
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.	Lima Lefiti	43-07.75	13.30m	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
10.	Laura Boggeln	42-08.00	13.00m	New Mexico Classic	Albuquerque, N.M.	Feb. 7, 2009

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	49-08.50	15.15m	Cherry & Silver Inv.	Albuquerque, N.M.	Jan. 24, 2014
10.	Jeanette McConnell	49-01.00	14.96m	Mountain T's Invite	Flagstaff, Ariz.	Jan. 30, 2010

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 2015

* Updated Feb. 20, 2015