

Track & Field

This Week's Meet

May 14-17
 at MWC Championships (Albuquerque, N.M.)
 Great Friends of UNM Track Stadium



2003 SCHEDULE

Date	Meet	Result/Time
Mar. 8	SD City Championships	1st
Mar. 22	Aztec Classic	NTS
Mar. 28-29	Florida Relays	NTS
Mar. 29	UCSD Spring Break	NTS
Apr. 5	CSU Northridge Meet	NTS
Apr. 11-12	Cal-Nevada Championships	1st
Apr. 17-20	Mt. SAC Relays	NTS
Apr. 24-26	Penn Relays	NTS
Apr. 25-26	UCSD Invitational	NTS
May 3	Steve Scott Invitational	NTS
May 10	Oxy Invitational	NTS
May 14-17	MWC Championships (Albuquerque, N.M.)	All Day
May 30-31	NCAA Regional Champs. (Stanford, Calif.)	All Day
June 11-14	NCAA Championships (Sacramento, Calif.)	All Day
June 19-21	USATF Championships (Stanford, Calif.)	All Day

Home meets in bold, held at the SDSU Sports Deck

ROSTER

Athlete	Events	Yr.	Ht.
Julie Amster	Distance	Jr.	5-11
Shayla Balentine	Pole Vault	So.	5-6
Brianne Bricker	Distance	Jr.	5-5
Allison Brown	Distance	Jr.	5-5
Nicole Carmier	Sprints/Jumps	Fr.	5-10
Christal Cuadra	Distance	Fr.	5-7
Jackie Duncan	Mid-Distance	Fr.	5-6
Tonette Dyer	Sprints	Jr.	6-0
Kylie Edwards	Mid-Distance	Sr.	5-4
Jesika Englebretson	Pole Vault	Sr.	5-5
Christian Fairing	Distance	Fr.	5-6
Angie Fitzpatrick	Distance	Jr.	5-5
Tina Fodor	Distance	So.	5-5
Hollann Givens	Sprints	Jr.	5-7
Jennifer Greene	Jumps	Fr.	5-7
Jillita Griffin	Sprints	Jr.	5-4
Candace Hill	Throws	Jr.	6-0
Jini Hogg	Sprints	Sr.	5-7
Julie Hudlow	Pole Vault	So.	5-7
Nicole Ireland	Sprints/Hurdles	Jr.	5-10
Emily Joller	Distance	So.	5-5
Alisha Lasswell	Jumps	So.	5-10
Bianca McNair	Sprints	Fr.	5-10
Shanon Meyer	Multi-Events	Fr.	5-8
Leslie Miller	Multi-Events	Sr.	5-10
Katie Parry	Distance	Fr.	5-5
Ryan Peters	Hurdles	Sr.	5-4
Laura Preston	Distance	Sr.	5-9
Megan Schauerermann	Jumps	So.	6-0
Aishya Shaw	Jumps	So.	5-8
Melinda Smedley	Sprints	Sr.	5-4
Lisa Smith	Jumps	So.	5-11
Jennifer Stakiw	Mid-Distance	Sr.	5-10
Alicia Stewart	Distance	Sr.	5-4
Jamillah Titus	Mid-Distance	Fr.	5-8

Head Coach: Rahn Sheffield, 12th season
Assistant Coaches: Jennifer Nanista, 10th season; Rich Fox, sixth season; David Hepburn, first season

SDSU All-Time @ MWC Meet

Year	Meet Site	Place/Pts.	Place School	Points
2000	Provo	5th/80	1. Brigham Young	193.50
2001	San Diego	3rd/148	2. Colorado State	147.33
2002	Colo. Springs	3rd/119.33	3. San Diego State	119.33
			4. UNLV	98
			5. Wyoming	95
			6. Utah	75.33
			7. New Mexico	57.50
			8. Air Force	32



SDSU Heads To New Mexico For The 2003 MWC Championships

- The San Diego State track and field squad travels to Albuquerque, N.M. this week for the 2003 Mountain West Conference Championships, May 14-17. The University of New Mexico will host the meet at the Great Friends of UNM Track Stadium.
- In team competition, all eight conference schools will be represented on the women's side, while six squads will comprise the men's competition (SDSU and UNLV do not sponsor men's track & field).
- The MWC championships will crown individual as well as team champions. Eight places in each event will be counted in the final team scoring with points awarded in descending order as follows: 10-8-6-5-4-3-2-1.
- The heptathlon (women) and decathlon (men) are the only two events scheduled for May 14-15. The heptathlon begins at 12 p.m. Wednesday and 12:30 p.m. on Thursday.
- Friday and Saturday will include the bulk of the competition. Friday's action begins at 10 a.m. and features both trials and finals in the hammer, pole vault, long jump and discus. The track events on Friday will be mostly preliminaries/qualifying heats with the exception of finals in the steeplechase and 10,000 meters. Saturday's schedule starts at 10:30 a.m. and ends with the men's 4x400 relay at 2:05 p.m. All times are Mountain Daylight Time.
- Admission to the championships on Wednesday and Thursday is free to the public. Tickets for the final two days of competition can be purchased for \$6 (adults) or \$3 (students) at the UNM Stadium.

2002 - A Look Back

- SDSU scored 105 points in the final day for the second straight year, moving from sixth to third in the team standings in the meet's final day (119.33 pts.). The Aztecs matched their finish from the 2001 campaign, when they scored a school record 148 points at the MWC meet.
- San Diego State won four events overall, setting one conference record and a pair of championship meet and school records.

2003 - A Look Forward

- The Aztecs return all of its reigning Mountain West Conference champions from a year ago. Senior **Melinda Smedley (Stockton, Calif.)** looks to defend her 100-meter title and will be a key leg on the team's 4x100 relay, which posted a school and conference record a year ago at the same meet.
- MWC champions senior **Leslie Miller** (heptathlon) and sophomore **Shayla Balentine** (pole vault) also return for the Aztecs in 2003.
- SDSU boasts the deepest sprinting corps in the MWC. The Aztecs will be especially dangerous in the 200 and 400, while they have the fastest times in the MWC so far this season in both relays.
- The key for SDSU will be to pick up points in the middle-distance and jumping events, while junior **Candace Hill (San Diego, Calif.)** must be a one-woman show for the Aztecs in the throws.

In The Rankings

- After elevating to as high as third in the coaches' power rankings, SDSU currently stands at No. 14. The Aztecs are rated ninth in the country by track-shark.com (May 7), but are unranked in the track-

wire.com top 25 poll (May 13), which projects a hypothetical score for the upcoming NCAA meet.

Aztec Awards

- SDSU has dominated the Mountain West Conference weekly awards during the outdoor season. Four different Aztecs have been honored in the eight weeks that the award has been handed out.
- Junior **Candace Hill** kicked off the season by earning the first MWC athlete of the week award (March 25) after claiming half of the team's first-place finishes at the Aztec Classic with victories in the discus (149-00.00), shot put (47-04.50) and the hammer (147-11.00).
- Three weeks later, **Melinda Smedley** also became a first-time MWC honoree after being tabbed the most valuable female athlete at the Cal-Nevada championships, playing a part in four of the team's six event titles.

Junior **Nicole Ireland (Las Vegas, Nev.)** followed in Smedley's footsteps a week later after breaking the conference record in the 400 hurdles with the fifth-fastest time in the nation in 2003 at the Mt. SAC Relays. She then closed out the season by earning the award this past week.

All-American **Tonette Dyer (Shreveport, La.)** rounded out the team's weekly award winners on May 6, after winning the 200 meters for the second straight season at the Steve Scott Invitational.

The Aztecs have garnered the outdoor track & field athlete of the week award 10 times since joining the MWC in 2000.

Aztec Qualifiers

- SDSU has at least one NCAA regional qualifier in 13 different events. Senior **Nicole Ireland** leads the way by qualifying in four individual events and two relays.

Head Coach Rahn Sheffield

- The Aztecs are led by Rahn Sheffield, who is in his 12th season as head coach and his 17th year overall. Sheffield is assisted by Jennifer Nanista (distance), Richard Fox (pole vault) and David Hepburn (jumps/throws).

2003 Aztec Season Bests

Event	Name	Time/Mark	2003 Ranking	AllTime
100M	Melinda Smedley	11.65^	50th	2nd
100H	Leslie Miller	13.99^	90th	4th
200M	Nicole Ireland	23.15w^(23.66)	10th	1st
400M	Tonette Dyer	52.60^	12th	2nd
400H	Nicole Ireland	57.30^	5th	1st
800M	Jamillah Titus	2:08.90^	52nd	6th
1,500M	Jamillah Titus	4:34.16	N/A	11th
3,000SC	Alicia Stewart	11:21.72	N/A	10th
3,000M	Tina Fodor	10:33.53	N/A	N/A
5,000M	Alicia Stewart	17:58.47	N/A	16th
HJ	Jamillah Titus	5-7^	78th	5th
LJ	Shanon Meyer	19-00.75	N/A	2nd
TJ	Lisa Smith	39-09.75	N/A	2nd
PV	Shayla Balentine	13-0^	22nd	1st
SP	Candace Hill	47-04.50^	82nd	5th
DT	Candace Hill	162.9^	49th	1st
JT	Leslie Miller	137-10^	102nd	7th
HT	Candace Hill	158-8	N/A	17th
Hep	Shanon Meyer	5,198*	14th	2nd
4x100	SDSU	44.78^	23rd	1st
4x200	SDSU	1:32.99	N/A	1st
4x400	SDSU	3:34.77^	14th	1st
DMR	SDSU	11:53.59	N/A	1st

^ = 2003 NCAA regional qualifying *NCAA provisional qualifying

**2003 SDSU Women's Track and Field Outdoor
Season Bests (As of May 12, 2003)**

100 meters (Regional: 11.80)

11.65^	Melinda Smedley	(6)	p/1st
11.67^	Tonette Dyer	(10)	3rd
11.85	Nicole Ireland	(1)	2nd
12.21w (12.26)	Jillita Griffin	(5)	8th
12.31	Shanon Meyer	(8)	3rd

100-meter hurdles (Regional: 14.10)

13.99^	Leslie Miller	(8)	4th
14.10^	Nicole Ireland	(1)	1st
14.39w (14.60)	Ryan Peters	(5)	4th
14.83w (15.09)	Shanon Meyer	(5)	7th
16.50	Lisa Smith	(2)	23rd

200 meters (Regional: 24.00)

23.15w^(23.66^)	Nicole Ireland	(5)	1st
23.52w^(23.78^)	Melinda Smedley	(5)	2nd
23.52^	Tonette Dyer	(7,10)	3rd, 1st
24.42	Bianca McNair	(7)	18th
24.64	Shanon Meyer	(8)	2nd

400 meters (Regional: 55.00)

52.60^	Tonette Dyer	(7)	5th
52.91^	Nicole Ireland	(7)	2nd
54.60^	Bianca McNair	(6)	2nd
55.15	Jini Hogg	(11)	2nd
55.61	Melinda Smedley	(2)	8th

400-meter hurdles (Regional: 1:01.50)

57.30^	Nicole Ireland	(7)	1st
59.92^	Shanon Meyer	(6)	3rd
1:00.15^	Leslie Miller	(7)	15th
1:01.14^	Ryan Peters	(10)	4th
1:05.04	Nicole Carmier	(3)	32nd

800 meters (Regional: 2:10.30)

2:08.90^	Jamillah Titus	(6)	2nd
2:09.1h^	Jennifer Stakiw	(11)	4th
2:13.81	Kylie Edwards	(2)	3rd
2:14.72	Alisha Lasswell	(2)	7th
2:17.76	Nicole Carmier	(2)	10th

1,500 meters (Regional: 4:31.00)

4:34.16	Jamillah Titus	(3)	7th
4:36.98	Kylie Edwards	(6)	p/3rd
4:40.07	Jennifer Stakiw	(6)	p/9th
4:48.37	Alicia Stewart	(2)	8th
4:53.07	Christal Cuadra	(1)	2nd

3,000-meter SC (Reg: 10:50.00/11:00.00)

11:21.72sr	Alicia Stewart	(8)	2nd
11:52.99	Brianne Bricker	(6)	17th
12:14.52	Angie Fitzpatrick	(2)	9th

3,000 meters (N/A)

10:33.53	Tina Fodor	(8)	5th
10:36.91	Allison Brown	(6)	13th
10:38.72	Christal Cuadra	(8)	6th
10:59.83	Laura Preston	(8)	11th
11:01.39	Angie Fitzpatrick	(8)	13th

5,000 meters (Regional: 17:00.00)

17:58.47	Alicia Stewart	(3)	14th
18:32.47	Allison Brown	(8)	5th
18:45.28	Tina Fodor	(10)	5th
18:59.16	Christal Cuadra	(7)	31st
19:06.35	Angie Fitzpatrick	(11)	16th

High Jump (Regional: 5-07.00)

5-07.00^	Jamillah Titus	(7)	7th
5-05.25	Alisha Lasswell	(6)	t2nd
5-02.00	Nicole Carmier	(2)	t4th
5-01.00	Shanon Meyer	(10)	7th
5-00.00	Leslie Miller	(2)	t11th

Long Jump (Regional: 19-04.25)

19-00.75	Shanon Meyer	(6)	1st
18-07.00	Lisa Smith	(3)	3rd
18-04.25w (18-02.50)	Megan Schauermann	(5)	4th
17-06.75w	Leslie Miller	(7)	Hp
17-06.25	Jennifer Greene	(8)	10th

Triple Jump (Regional: 40-00.00)

39-09.75	Lisa Smith	(1)	1st
39-05.00	Megan Schauermann	(3)	2nd
39-02.25	Nicole Ireland	(2)	1st
38-03.50	Hollann Givens	(10)	2nd
38-02.00	Alisha Lasswell	(1)	t3rd

Pole Vault (Regional: 12-0)

13-00.00^	Shayla Balentine	(5)	1st
12-08.25^	Jesika Englebretson	(2)	t2nd
11-07.00	Julie Hudlow	(4)	1st
11-03.00	Shanon Meyer	(8)	8th

Shot Put (Regional: 45-07.25)

47-04.50^	Candace Hill	(2)	1st
39-00.50	Shanon Meyer	(5)	6th
38-01.50	Leslie Miller	(8)	15th

Discus (Regional: 150-0)

162-09.00^ Candace Hill (1) 1st

Javelin (Regional: 136-1)

137-10.00^ Leslie Miller (10) 3rd
 121-04.00 Shanon Meyer (7) Hp
 99-05.00 Megan Schaueremann (2) 12th
 96-03.00 Shayla Balentine (1) 4th
 88-06.00 Jennifer Greene (10) 16th

Hammer (Regional: 168-4)

158-08.00 Candace Hill (10) 3rd

Heptathlon (Auto: 5,500 pts., Prov: 5,000 pts.)

5,198* Shanon Meyer (7) 7th
 4,993 Leslie Miller (7) 9th

4x100-Meter Relay (46.20)

44.78^ Smedley/Dyer/Peters/Ireland (11) 1st
 45.20^ Smedley/Dyer/McNair/Ireland (6) 1st
 45.23^ (6) p/1st
 45.24^ Smedley/Dyer/McNair/Ireland (9) 3rd
 45.53^ Smedley/Dyer/McNair/Ireland (9) p/9th

4x200-Meter Relay (N/A)

1:32.99sr Smedley/Dyer/McNair/Ireland (9) p/3rd
 1:34.97 Dyer/Hogg/Ireland/Smedley (3) 4th

4x400-Meter Relay (3:45.50)

3:34.77^ McNair/Ireland/Dyer/Givens (7) 4th
 3:36.67^ Dyer, Hogg, McNair, Ireland (3) 6th
 3:36.80^ Smedley, Dyer, Ireland, McNair (6) 1st
 3:39.50^ McNair/Ireland/Dyer/Givens (9) p/7th
 3:45.08^ (2) 2nd

Distance Medley Relay (N/A)

11:53.59 Titus/Givens/Edwards/Stewart (3) 4th

MEET KEY

- (1) San Diego City Championships, La Jolla, CA, Mar. 8: SDSU 217.50, UCSD 206.50, PLNC 109, CSUSM 70, USD 6, AU 1
 (2) Aztec Classic, San Diego, CA, Mar. 22: NTS
 (3) Florida Relays, Gainesville, FL, Mar. 28-29: NTS
 (4) UCSD Spring Break, La Jolla, CA, March 29: NTS
 (5) CSUN Meet, Northridge, CA, April 5: NTS
 (6) Cal-Nevada Championships, San Diego, CA, April 11-12 (Top 5): SDSU 159, UCLA 124.5, Nevada 123, CSUN 93, UCI 48
 (7) Mt. SAC Relays, Walnut, CA, Apr. 17-20: NTS
 (8) UCSD Invitational, La Jolla, CA, Apr. 25-26: NTS
 (9) Penn Relays, Philadelphia, PA, Apr. 25-26: NTS
 (10) Steve Scott Invitational, Irvine, CA, May 4: NTS
 (11) Oxy Invitational, Los Angeles, CA, May 10: NTS

- (12) MWC Champs., Albuquerque, NM, May 14-17
 (13) NCAA Regionals, Stanford, CA, May 30-31
 (14) NCAA Champs., Sacramento, CA, June 11-14
 (15) USATF Champs., Stanford, CA, June 19-21

KEY

- + NCAA Automatic Standard
 * NCAA Provisional Standard
 ^ NCAA Regional Qualifying Standard
 h Hand Time
 t Tie
 m Meet Record
 sr School Record
 p Preliminaries
 @ Run At Altitude
 Hp Heptathlon
 w Wind reading +2.0

SCHOOL RECORDS

100M	11.50, Miesha McKelvy	1999
200M	23.32, Melinda Smedley	2002
400M	51.33, Renee Ross	1985
800M	2:02.88, Renee Ross	1985
1,500M	4:06.69, Monica Joyce	1982
3,000M	8:53.24, Monica Joyce	1982
5,000M	15:45.26, Monica Joyce	1982
10,000M	34:22.24, Lynn Kanuka	1981
3,000SC	11:21.72, Alicia Stewart	2003
100H	12.82, Miesha McKelvy	1999
400H	54.64, LaTanya Sheffield	1985
HJ	5-11.50, Lori Clark	1984
LJ	20-05.75, Lisa Domico	1999
TJ	41-09.75, Gaylen Ames	1988
PV	13-02.25, Aimee Crabtree	2001
SP	58-03.75, Ramona Pagel	1984
DT	196-4.00, Laura DeSnoo	1984
HT	168-8.00, Kellie Scott	1998
JT	178-3.00, Liz Mueller	1983
HP	5,751 pts., Aja Fray	2001
4x100	44.24 (Givens/Dyer/Hogg/Smedley)	2002
4x200 Relay		
1:32.99	Smedley, Dyer, McNair, Ireland	2003
4x400 Relay		
3:30.57	Nilson, Ross, Robinson, Sheffield	1985
Distance Medley Relay		
11:06.64	Hemond, Sheffield, Joyce, Kanuka	1982

(SDSU records/top 10 non-wind aided, not converted for altitude)



All-Time Bests



Miesha McKelvy

100 Meters *(11.80)

11.50A	Miesha McKelvy	1999
11.62	Darla Vaughn	1992
11.65	Melinda Smedley	2003
11.67	Tonette Dyer	2003
11.70	Brigitte Moon	1984
11.72	Lori Smith	1982
11.76	LaTanya Sheffield	1983
11.79	Promise Mose	2000
11.85	Nicole Ireland	2003
11.91	Daveeta Shepherd	2001

200 Meters *(24.00)

23.32A	Melinda Smedley	2002
23.36	Tonette Dyer	2002
23.40	Lori Smith	1983
23.66	Nicole Ireland	2003
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

400 Meters *(55.00)

51.33	Renee Ross	1985
52.41	Tonette Dyer	2002
52.91	Nicole Ireland	2003
53.08A	Jini Hogg	2002
53.09	LaTanya Sheffield	1985
53.88	Promise Mose	2000
53.96	Malika Freeman	1995
54.12	Margaret Hemmans	1987
54.50	Janine Stewart	1992
54.60	Bianca McNair	2003

800 Meters *(2:10.30)

2:02.88	Renee Ross	1985
2:05.57	Monica Joyce	1982
2:07.39	Kylie Edwards	2000
2:08.90	Jamillah Titus	2003
2:09.03	Kristy Matthews	1995
2:09.1h	Jennifer Stakiw	2003
2:09.69	Sharon Yaninek	1984
2:09.95	Sue Hemond	1982
2:10.82	Meriah Earle	1998
2:11.34	Lynn Kanuka	1980

1,500 Meters *(4:31.00)

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
4:32.14	Wendy Peterson	1990
4:33.18	Renee Ross	1986
4:34.16	Jamillah Titus	2003
4:35.44	Tracy Wright	1990

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
9:48.51	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
10:00.45	Michele Cox	1998

5,000 Meters *(17:00.00)

15:45.26	Monica Joyce	1982
15:46.37	Eva Ernstrom	1982
15:59.34	Lynn Kanuka	1982
16:42.44	Debra Chaddock	1982
16:46.24	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
17:32.68	Sophia Hawker	2000

10,000 Meters &(34:10.00, 35:15.00)

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 *(14.10)

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
13.28	Sue Kameli	1980
13.44	Lori Smith	1983
13.46	LaTanya Sheffield	1986
13.49	Marisa Robinson	2001
13.57	Sonya Smith	1987

400-Meter Hurdles *(1:01.50)

54.64	LaTanya Sheffield	1985
57.30	Nicole Ireland	2003
58.51	Sharifa Cox	1994
58.53	Margaret Hemmans	1987
58.90	Gaylen Ames	1988
59.03	Erica Prodanovich	1992
59.86	Aja Frary	2001
59.91A	Ryan Peters	2002
59.92	Shanon Meyer	2003
59.98	Sue Kameli	1980

High Jump *(5-7.00)

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
5-08.00	Lori Smith	1983
	Aja Frary	2001
5-07.75	Gaylen Ames	1990
5-07.00	Jennifer Delroy	1992
	Kelley Cummins	1985
	Wendy Craig	1984
	Alisha Lasswell	2002
	Jamillah Titus	2003

Long Jump *(19-4.25)

20-05.75	Lisa Domico	1999
20-04.25	Aja Frary	2001
19-10.50	Carrie McLaughlin	1980
19-05.25	Gaylen Ames	1990
19-04.75	Melinda Forest	1997
19-04.25	Angela McKnight	1987



1985 Record-Setting 4x400 Relay Team



All-Time Bests



LaTanya Sheffield

19-03.75 Lynn Page 1979
19-00.75 Shanon Meyer 2003
 19-00.25 Nedra Dillon 1994
 18-10.00 Lori Smith 1983

Triple Jump *(40-0.00)

41-09.75 Gaylen Ames 1988
 41-08.00 Angela McKnight 1988
 40-06.75 Sharie Green 1989
 40-04.25 Lisa Domico 1999
 40-01.25 Melinda Forest 1998
 40-00.50 Marisa Taylor 2001
39-09.75 Lisa Smith 2003
39-05.00 Megan Schauer mann 2003
39-02.23 Nicole Ireland 2003
 38-11.75 Karla Martinez 1994

Pole Vault *(12-0.00)

13-02.25 Aimee Crabtree 2001
 13-01.25 Shayla Balentine 2002
 12-09.00 Patricia Gutierrez 2001
12-08.25 Jesika Englebretson . 2002,03
 12-06.25 Kristi Draher 2000
 11-07.75 Stephanie Heup 1999
11-07.00 Julie Hudlow 2003
 11-05.00 Beth Vieira 2002
 11-04.50 Karin Erkkila 2000
11-03.00 Shanon Meyer 2003

Shot Put *(45-07.25)

58-03.75 Ramona Pagel 1984
 51-03.00 Laura DeSnoo 1984
 48-09.00 Cheryl Kennedy 1982
47-04.50 Candace Hill 2003
 46-09.00 Kartsi Leppaluato 1988
 46-02.75 Bonnie Dasse 1981
 45-03.50 Carolyn Peters 1990
 45-02.00 M. Stottenberg 1979
 43-10.00 Julie Dejarlais 1992
 43-06.50 Louise Joubert 1990

Discus *(150-00.00)

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 Standring 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 *(136-1.00)

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 M. Stottenberg 1979
 153-06.00 Louise Joubert 1990
 150-02.00 Ramona Pagel 1984

Hammer *(168-4.00)

168-08.00 Kellie Scott 1998
158-08.00 Candace Hill 2003

4x100 Relay *(46.20)

44.24 . . **Givens, Dyer, Hogg, Smedley . . 2002**
 44.77 . . **Peters, Dyer, Hogg, Smedley . . 2002**
44.78 . . Smedley, Dyer, Peters, 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 . . Bourne, Sheffield, Charles, Smith . 1982
 45.47 . . Frary, McKelvy, Mose, Harwell . . 1998
 45.48 . . Sheffield, Moon, Smith, Chambers . 1983
 Frary, Mose, **Smedley, Shepherd** 2001
Hogg, Dyer, Peters, Smedley . 2002

4x200 Relay

1:32.99 . . Smedley, Dyer, McNair, Ireland 2003
1:34.97 . . Dyer, Hogg, Ireland, Smedley 2003
 1:35.74 . . Clemons, Brewer, Moon, Ross . 1984

Sprint Medley (1-1-2-4)

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 *(3:45.50)

3:30.57 . . Nilson, Ross, Robinson, Sheffield . 1985
3:34.77 . . McNair, Ireland, Dyer, Givens 2003
 3:35.50 . . Smith, Ross, Hemmans, Sheffield . 1986
3:36.67 . . Dyer, Hogg, McNair, Ireland . 2003
 3:36.82 . . **Dyer, Peters, Hogg, Givens . . 2002**
3:36.80 . . Smedley, Dyer, Ireland, McNair . 2003
 3:38.51 . . Smith, Hemmans, Samuels, Lowe. 1987
 3:38.81 . . **Hogg, Smedley, Givens, Dyer** 2002
 3:39.12 . . Charles, Chambers, Hatley, Sheffield . 1983
 3:40.11 . . SFreeman, Matthews, MFreeman, Hodges. 1995

4x800 Relay

8:48.13 . . Hemond, Emstrom, 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
11:53.59. Titus, Givens, Edwards, Stewart 2003
 12:09.18. **Edwards, Hogg, Stakiw, Stewart . 2001**

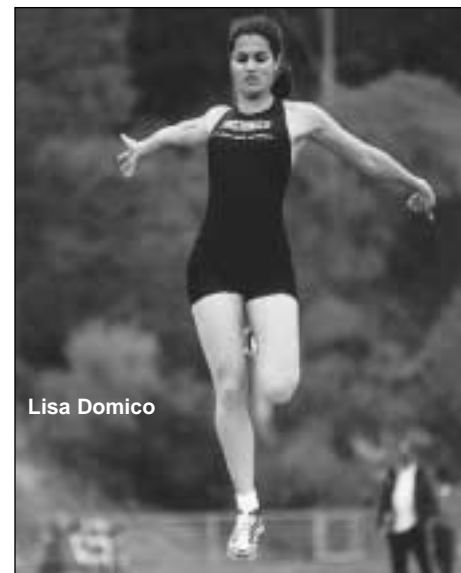
Heptathlon *(5,500, 5,000)

5,751 Aja Frary 2001
 5,620 Carrie McLaughlin 1983
 5,472 **Leslie Miller 2002**
 5,435 Lori Smith 1983
 5,176 Gaylen Ames 1990
 5,169 Marla Runyan 1991
 5,127 Deanne Johnson 1984
5,198 Shanon Meyer 2003
 4,970 Lori Clark 1984
 4,758 Stasia Allen 1982

3,000-Meter Steeplechase* *(10:50.00/11:00.00)

11:21.72 . . Alicia Stewart 2003
 11:22.68 . . **Jennifer Stakiw 2001**
 11:36.27 Hillery Gemmill 2002

*2003 NCAA Outdoor Regional Qualifying Standards
 & = 2003 NCAA Championship Qualifying Standard
Bold indicates current athlete ^New event in 2000
 A = Run at altitude



Lisa Domico

INDOOR BESTS

55	Darla Vaughn	6.90	1992
60	Tonette Dyer	7.42A	2003
200	Darla Vaughn	23.89	1992
400	Tonette Dyer	53.51	2003
800	Jamillah Titus	2:11.26	2003
Mile	Alicia Stewart	5:12.82	2003
3,000	Christal Cuadra	10:32.40	2003
5,000	Sophia Hawker	19:15.06	2000
55 Hurdles	Darla Vaughn	7.64	1992
60 Hurdles	Miesha McKelvy	8.24	1999
High Jump	Aja Frary	5-8	2000
	Marla Runyan	5-8	1991
Long Jump	Lisa Domico	19-10.25	1999
Triple Jump	Lisa Domico	38-8.25	1999
Pole Vault	Shayla Balentine	12-10	2003
Shot Put	Candace Hill	48-7.50	2003
Pentathlon	Aja Frary	3,902 pts	2000
4x400			
Hogg, Dyer, Carmier, Ireland		3:47.88	2003
4x800			
Royal, Petersen, Wright, Ritchie		9:31.14	1991