

# Conference Champions



Number of Conference Champions Year by Year				Conference Champions by Individual Athlete (sorted by number of championships, includes relays)							
Year	Indoor	Outdoor	Total	Athlete	Indoor	Outdoor	Total	Athlete	Indoor	Outdoor	Total
1974	-	1	1	Ashley Henderson	5	9	14	Monique McPherson	1	1	2
1975	-	1	1	Nicole Ireland	2	8	10	Promise Mose	0	2	2
1976	-	1	1	Danae Dyer	3	6	9	Janice Pope	0	2	2
1977	-	0	0	Tonette Dyer	3	6	9	Erica Prodanovich	0	2	2
1978	-	1	1	Allison Reaser	5	4	9	Christine Royal	0	2	2
1979	-	8	8	Melinda Smedley	1	8	9	Rochene Smith	0	2	2
1980	-	4	4	Shanieka Thomas	4	5	9	Chris Smallwood	0	2	2
1981	-	3	3	Darla Vaughn	3	6	9	Lori Smith	0	2	2
1982	-	7	7	Micha Auzenne	3	5	8	Patti Stafford	0	2	2
1983	-	5	5	<b>Jada Moore</b>	<b>1</b>	<b>7</b>	<b>8</b>	Sarah Abstein	1	0	1
1984	-	0	0	Kristin Brown	3	4	7	Jeanna Abare	0	1	1
1985	-	4	4	Jalyn Harris	2	5	7	<b>Sydney Bentley</b>	<b>0</b>	<b>1</b>	<b>1</b>
1986	-	7	7	Bonnie Draxler	4	2	6	Marissa Berry	1	0	1
1987	-	2	2	Aja Frary	2	4	6	Linda Bourn	0	1	1
1988	-	1	1	Nyjari McNeil	2	4	6	Peggy Callahan	0	1	1
1989	-	0	0	Whitney Ashley	1	4	5	Debra Chaddock	0	1	1
1990	-	4	4	Lisa-Anne Barrow	1	4	5	Donna Charles	0	1	1
1991	2	4	6	Monica Joyce	0	5	5	Cami Conly	0	1	1
1992	1	3	4	Karoline Koehler	3	2	5	Aimee Crabtree	0	1	1
1993	0	0	0	Sakura Roberson	3	2	5	Kasey Ebb	1	0	1
1994	0	1	1	LaTanya Sheffield	0	5	5	Eva Ernstrom	0	1	1
1995	0	2	2	Aisha Watt	0	5	5	<b>Jenna Fee Feyerabend</b>	<b>0</b>	<b>1</b>	<b>1</b>
1996	0	1	1	Stephanie Bagan-James	3	1	4	Callista Fletcher	0	1	1
1997	0	0	0	Shayla Balentine	2	2	4	Shani Freeman	0	1	1
1998	0	1	1	Renee Chambers-Ross	0	4	4	Pam Hatley	0	1	1
1999	1	2	3	<b>Shaquena Foote</b>	<b>1</b>	<b>3</b>	<b>4</b>	Valinda Hoagland	0	1	1
2000	1	0	1	Simone Glenn	1	3	4	Simone Johnson	0	1	1
2001	0	4	4	<b>Rhea Hoyte</b>	<b>1</b>	<b>3</b>	<b>4</b>	Sue Kameli	0	1	1
2002	1	4	5	Gaylen Ames	1	2	3	Kristy Mathews	0	1	1
2003	2	9*	11	Erin Asay	2	1	3	Tai McDonald	0	1	1
2004	4	6	10	Maya Brosch	1	2	3	Carrie McLaughlin	0	1	1
2005	1	2	3	Margaret Hemmans	0	3	3	Liz Mueller	0	1	1
2006	1	2	3	Kaitlin Heri	2	1	3	Marian Nowak	0	1	1
2007	1	1	2	Jini Hogg	0	3	3	Kristin Oladfsdottir	0	1	1
2008	1	2	3	LaQuisha Jackson	0	3	3	Carolyn Peters	0	1	1
2009	2	3	5	Decontee Kaye	1	2	3	Ryan Peters	0	1	1
2010	3	0	3	Andrenette Knight	1	2	3	Janine Polischuk	0	1	1
2011	1	4	5	Tyra Lea	1	2	3	Marla Runyan	0	1	1
2012	5	5	10	Leslie Miller	1	2	3	Daveetta Shepherd	0	1	1
2013	<b>6*</b>	<b>10*</b>	<b>16</b>	Deyna Roberson	1	2	3	Starlynn Singleton	0	1	1
2014	2	5*	7	Larnie Boyd	1	1	2	Asia Smith	1	0	1
2015	2	2	4	Maureen Bradley	0	2	2	Nicole Stone	0	1	1
2016	4	5	9	Jasmine Burrell	1	1	2	Janine Stewart	0	1	1
2017	4	7*	11	<b>Ashley Callahan</b>	<b>1</b>	<b>1</b>	<b>2</b>	Chemise Smith	0	1	1
2018	3	5*	8	Sharifa Cox	0	2	2	Holly Waseloff	0	1	1
2019	2	2	4	Laura DeSnoo	0	2	2	Meritzer Williams	0	1	1
2020	3	cancelled	3	Donna Dietrich	0	2	2				
2021	cancelled	7*	7	Heather Heron	0	2	2				
2022	4	6*	10	Kelsy Hintz	1	1	2				
2023	3	8	11	Lynn Kanuka	0	2	2				
2024	2		2	Deby LaPlante	0	2	2				
TOTALS	72	162	234	Miesha McKelvy	0	2	2				
				Pat McPhatter	0	2	2				

**Bold Italic** indicates active student-athlete.

**BOLD** indicates most in a single-season for the program.

\* indicates won team championship.

# Indoor Conference Champions



## 55 METER HURDLES 1

Name	Mark	Year
Darla Vaughn	7.79	1991

## 60 METERS 6

Name	Mark	Year
Tonette Dyer	7.42	2003
Micha Auzenne	7.33	2016
Ashley Henderson	7.17	2017
Ashley Henderson	7.20	2018
Jada Moore	7.30	2023
Hannah Waller	7.22	2024

## 60 METER HURDLES 7

Name	Mark	Year
Allison Reaser	8.48	2012
Kristen Brown	8.40	2013
Kristen Brown	8.31	2014
Micha Auzenne	8.21	2015
Micha Auzenne	8.18	2016
Danae Dyer	8.29	2022
Danae Dyer	8.16	2023

MW Championships Record: Micha Auzenne, 8.11 (2017)

## 200 METERS 6

Name	Mark	Year
Darla Vaughn	24.52	1991
Darla Vaughn	23.89	1992
Nicole Ireland	23.90	2003
Ashley Henderson	23.44	2016
<b>Ashley Henderson</b>	<b>22.81</b>	<b>2017</b>
Ashley Henderson	22.87	2018

## 400 METERS 2

Name	Mark	Year
Tonette Dyer	53.84	2004
Shaquena Foote	52.43	2024

## 4x400 METER RELAY 6

Name	Mark	Year
Larnie Boyd	3:45.70	2004
Nicole Ireland		
Tonette Dyer		
Melinda Smedley		
Allison Reaser	3:42.11	2013
Maderia Toatley		
Deyna Roberson		
Shanieka Thomas		
Monique McPherson	3:40.16	2017
Tyra Lea		
Simone Glenn		
Andrenette Knight		
Kasey Ebb	3:39.52	2019
Lisa-Anne Barrow		
Maya Brosch		
Sakura Roberson		
Jalyn Harris	3:35.65	2020
Danae Dyer		
Sakura Roberson		
Nyari McNeil		
Jalyn Harris	3:37.06	2022
Rhea Hoyte		
Sakura Roberson		
Nyari McNeil		

## POLE VAULT 17

Name	Mark	Year
Shayla Balentine	12-07.25	2002
Erin Asay	13-04.50	2004
Shayla Balentine	14-00.00	2005
Erin Asay	13-04.50	2006
Stephanie Bagan	13-05.25	2007
Stephanie Bagan	13-08.50	2008
Stephanie James	14-01.25	2010
Kelsey Hintz	14-00.00	2012
Kristen Brown	13-06.50	2013
Bonnie Draxler	13-08.50	2015
Bonnie Draxler	13-09.25	2016
Marissa Berry	13-09.25	2017
Bonnie Draxler	14-01.75	2018
<b>Bonnie Draxler</b>	<b>14-02.50</b>	<b>2019</b>
Kaitlin Heri	13-09.75	2020
Kaitlin Heri	13-05.00	2022
Ashley Callahan	13-08.50	2023

## LONG JUMP 2

Name	Mark	Year
Karoline Koehler	20-10.75	2009
Karoline Koehler	21-03.25	2010

## TRIPLE JUMP 5

Name	Mark	Year
Decontee Kaye	43-08.50	2009
Karoline Koehler	43-10.50	2010
Shanieka Thomas	43-01.75	2012
Shanieka Thomas	43-09.00	2013
Shanieka Thomas	44-05.25	2014

## SHOT PUT 2

Name	Mark	Year
Whitney Ashley	54-09.25	2012
Jasmine Burrell	51-10.50	2013

## PENTATHLON 9

Name	Mark	Year
Aja Frary	3,784 pts	1999
Aja Frary	3,902 pts	2000
Leslie Miller	3,858 pts	2004
Allison Reaser	3,916 pts	2011
Allison Reaser	3,863 pts	2012
Allison Reaser	3,917 pts	2013
Asia Smith	4,075 pts	2020
Sara Absten	4,039 pts	2022

**BOLD** indicates Mountain West Championships Record.

Conference Affiliations:

Western Athletic Conference (WAC): 1991-99

Mountain West Conference (MW): 2000-present

\*No MW Championship in 2021 due to COVID.

# Outdoor Conference Champions



## 100 METERS 11

Name	Mark	Year
Lori Smith	11.83	1982
Darla Vaughn	11.98	1991
Melinda Smedley	11.72	2002
Melinda Smedley	11.43	2003
LaQuisha Jackson	11.34	2013
Ashley Henderson	11.10	2016
Ashley Henderson	11.05	2017
Ashley Henderson	11.04	2018
Jada Moore	11.36	2021
Jada Moore	11.39	2022
Jada Moore	11.42	2023

## 200 METERS 11

Name	Mark	Year
Darla Vaughn	24.63	1990
Darla Vaughn	24.02	1991
Darla Vaughn	23.66	1992
Melinda Smedley	23.10	2003
Tonette Dyer	22.95	2004
LaQuisha Jackson	23.23	2013
Meritzer Williams	23.62	2014
<b>Ashley Henderson</b>	<b>22.44</b>	<b>2016</b>
Ashley Henderson	22.54	2017
Ashley Henderson	22.59	2018
Jada Moore	23.11	2021

## 400 METERS 9

Name	Mark	Year
Janice Pope	55.90	1979
LaTanya Sheffield	53.58	1985
Renee Chambers-Ross	54.34	1986
Janine Stewart	54.63	1992
Shani Freeman	54.95	1995
<b>Tonette Dyer</b>	<b>51.15</b>	<b>2004</b>
Nicole Stone	52.81	2009
Lisa-Anne Barrow	52.11	2018
Shaquena Foote	52.57	2023

## 800 METERS 8

Name	Mark	Year
Peggy Callahan	2:17.00	1978
Chris Smallwood	2:13.10	1979
Monica Joyce	2:06.71	1981
Monica Joyce	2:05.57	1982
Renee Chambers-Ross	2:04.48	1985
Christine Royal	2:14.21	1990
Kristy Matthews	2:09.93	1995
Nyari McNeil	2:05.34	2021

## 1,500 METERS 2

Name	Mark	Year
Monica Joyce	4:14.62	1981
Monica Joyce	4:15.68	1982

## 3,000 METERS 3

Name	Mark	Year
Valinda Hoagland	10:48.40	1979
Lynn Kanuka	9:36.36	1980
Monica Joyce	9:01.78	1982

## 5,000 METERS 2

Name	Mark	Year
Lynn Kanuka	16:53.02	1980
Eva Ernstrom	16:11.34	1982

## 10,000 METERS 3

Name	Mark	Year
Debra Chaddock	35:08.45	1983
Maureen Bradley	36:46.44	1986
Maureen Bradley	37:05.30	1987

## 100 METER HURDLES 19

Name	Mark	Year
Deby LaPlante	13.10	1979
Deby LaPlante	13.62	1980
Linda Bourn	13.99	1982
Lori Smith	13.44	1983
LaTanya Sheffield	13.46	1986
Darla Vaughn	13.23	1992
Miesha McKelvy	13.16	1998
<b>Miesha McKelvy</b>	<b>12.84</b>	<b>1999</b>
Nicole Ireland	13.36	2003
Nicole Ireland	13.35	2004
Heather Heron	13.31	2005
Allison Reaser	13.41	2013
Kristen Brown	13.38	2014
Micha Auzenne	13.38	2015
Micha Auzenne	13.18	2016
Micha Auzenne	12.97	2017
Danae Dyer	12.99	2021
Danae Dyer	13.24	2022
Danae Dyer	13.22	2023

## 400 METER HURDLES 15

Name	Mark	Year
Sue Kameli	59.98	1980
LaTanya Sheffield	59.97	1983
Margaret Hemmans	60.68	1986
Margaret Hemmans	58.53	1987
Erica Prodanovich	59.13	1991
Sharifa Cox	59.48	1994
Sharifa Cox	58.79	1996
Nicole Ireland	58.66	2003
Nicole Ireland	58.94	2004
Kristin Olafsdottir	59.33	2006
Deyna Roberson	58.36	2013
Madison Gipson	58.02	2016
Andrenette Knight	58.25	2017
Maya Brosch	59.54	2021
Rhea Hoyte	58.80	2023

## 4x100 METER RELAY 10

Name	Mark	Year
Aja Frary	45.48	2001
Promise Mose		
Melinda Smedley		
Daveetta Shepherd		
Hollann Givens	44.24	2002
Tonette Dyer		
Jini Hogg		
Melinda Smedley		
Melinda Smedley	44.75	2003
Ryan Peters		
Tonette Dyer		
Nicole Ireland		
Larnie Boyd	44.45	2004
Tonette Dyer		
Heather Heron		
Nicole Ireland		
Starylenn Singleton	44.30	2016
Simone Glenn		
Micha Auzenne		
Ashley Henderson		
<b>Micha Auzenne</b>	<b>42.99</b>	<b>2017</b>
<b>Simone Glenn</b>		
<b>Rochene Smith</b>		
<b>Ashley Henderson</b>		
Rochene Smith	44.23	2018
Simone Glenn		
Callista Fletcher		
Ashley Henderson		

Tai McDonald	44.15	2021
Danae Dyer		
Aisha Watt		
Jada Moore		
Danae Dyer	44.38	2022
Jalyn Harris		
Aisha Watt		
Jada Moore		
Aisha Watt	44.08	2023
Jada Moore		
Danae Dyer		
Shaquena Foote		

## 4x400 METER RELAY 13

Name	Mark	Year
Chris Smallwood	3:48.80	1979
Jeanne Abare		
Chemise Smith		
Janice Pope		
Donna Charles	3:39.80	1983
Renee Chambers-Ross		
Pam Hatley		
LaTanya Sheffield		
Karen Nilson	3:41.04	1986
Margaret Hemmans		
LaTanya Sheffield		
Renee Chambers-Ross		
Darla Vaughn	3:47.26	1991
Erica Prodanovich		
Christine Royal		
Marla Runyan		
Promise Mose	3:43.25	2001
Aja Frary		
Melinda Smedley		
Jini Hogg		
Jini Hogg	3:37.05	2003
Nicole Ireland		
Tonette Dyer		
Melinda Smedley		
Shanieka Thomas	3:35.41	2013
Maderia Toatley		
Deyna Roberson		
LaQuisha Jackson		
Tyra Lea	3:36.42	2017
Lisa-Anne Barrow		
Adrenette Knight		
Monique McPherson		
Lakin Hatcher	3:37.39	2018
Tyra Lea		
Jalyn Harris		
Lisa-Anne Barrow		
Sakura Roberson	3:35.02	2019
Lisa-Anne Barrow		
Jalyn Harris		
Nyari McNeil		
Maya Brosch	3:38.94	2021
Jalyn Harris		
Rhea Hoyte		
Nyari McNeil		
<b>Nyari McNeil</b>	<b>3:33.68</b>	<b>2022</b>
<b>Jalyn Harris</b>		
<b>Aisha Watt</b>		
<b>Sakura Roberson</b>		
Sydney Bentley	3:34.97	2023
Rhea Hoyte		
Aisha Watt		
Shaquena Foote		

# Outdoor Conference Champions



## HIGH JUMP 3

Name	Mark	Year
Cami Conly	5-02.00	1974
Patti Stafford	5-07.00	1979
Patti Stafford	5-11.00	1981

## POLE VAULT 14

Name	Mark	Year
Aimee Crabtree	12-09.25	2001
Shayla Balentine	13-01.50	2002
Shayla Balentine	13-10.25	2005
Erin Asay	13-05.50	2006
Stephanie Bagan	14-00.00	2008
Kelsy Hintz	13-04.75	2011
Holly Waseloff	13-00.25	2012
Kristen Brown	13-07.50	2013
Kristen Brown	12-10.25	2014
Kristen Brown	14-00.50	2015
Bonnie Draxler	13-11.25	2017
Bonnie Draxler	13-07.00	2019
<b>Kaitlin Heri</b>	<b>14-03.75</b>	<b>2022</b>
Ashley Callahan	13-07.75	2023

## LONG JUMP 5

Name	Mark	Year
Pat McPhatter	17-03.00	1975
Pat McPhatter	17-03.00	1976
Shanon Meyer	19-04.25	2003
Karoline Koehler	20-09.25	2009
Shanieka Thomas	20-07.25	2013

## TRIPLE JUMP 9

Name	Mark	Year
Gaylen Ames	38-05.50	1988
Nicole Ireland	40-03.00	2003
Decontee Kaye	43-10.75	2007
Decontee Kaye	43-01.75	2008
Karoline Koehler	43-04.00	2009
Shanieka Thomas	43-11.25	2012
Shanieka Thomas	46-05.00	2013
<b>Shanieka Thomas</b>	<b>44-09.50</b>	<b>2014</b>
Simone Johnson	42-04.75	2022

## SHOT PUT 3

Name	Mark	Year
Carolyn Peters	45-03.50	1990
Whitney Ashley	51-11.25	2011
Whitney Ashley	54-00.00	2012

## DISCUS THROW 6

Name	Mark	Year
Donna Dietrich	139-07.25	1979
Laura DeSnoo	188-02.00	1985
Laura DeSnoo	176-02.00	1986
Whitney Ashley	170-08.75	2011
Whitney Ashley	166-04.50	2012
Jasmine Burrell	181-05.50	2013

## JAVELIN THROW 3

Name	Mark	Year
Donna Dietrich	160-11	1979
Debbie Dibb	151-10	1982
Liz Mueller	172-04	1985

## HEPTATHLON 13

Name	Mark	Year
Carrie McLaughlin	5,472 pts	1983
Marian Nowak	4,272 pts	1986
Gaylen Ames	5,150 pts	1990
Aja Frary	5,152 pts	1999
Aja Frary	5,643 pts	2001
Leslie Miller	5,292 pts	2002
Leslie Miller	5,602 pts	2003
Janine Polischuk	5,210 pts	2004
Allison Reaser	5,408 pts	2011
Allison Reaser	5,653 pts	2012
Allison Reaser	5,612 pts	2013
Nicole Oudenaarden	5,697 pts	2014
Jenna Fee Feyerabend	5,752 pts	2023

**BOLD** indicates conference championships record.  
*No MW Championship in 2021 due to COVID.*

### Conference Affiliations:

Southern California Intercollegiate Women's Conference (SCWIC): 1974-76

Western Collegiate Athletic Association (WCAA): 1977-85

Pacific Coast Athletic Association (PCAA): 1986-88

Big West Conference (BWC): 1989-90

Western Athletic Conference (WAC): 1991-99

Mountain West Conference (MW): 2000-present