



2016 SAN DIEGO STATE TRACK & FIELD

2016 Schedule/Results

January			
16	UCS Spirit National Pole Vault Summit		NTS
	NAU Lumberjack Challenge	2-5-1 (dual meets)	
29-30	UW Invitational		NTS
February			
12-13	Don Kirby Collegiate Invite		NTS
25-27	MW Indoor Championships	2nd/11; 105 pts.	
March			
12	San Diego Collegiate Challenge	2nd/6; 110 pts.	
18-19	Trojan Invitational		NTS
19	Ross & Sharon Irwin Collegiate Challenge		NTS
24-26	38th Annual Aztec Invitational		NTS
April			
1-2	Stanford Invitational	Palo Alto, Calif.	
2	California Collegiate Invitational	La Jolla, Calif.	
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.
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	Fr.	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.
Courtney Robinson	Sprints/Hurdles	Jr.	Las Vegas, Nev.
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 Stanford Invitational

Friday-Saturday, April 1-2 | 11 a.m. PT/10 a.m. PT | Cobb Track and Angell Field | Stanford, Calif.

at California Collegiate Invitational

Saturday, April 2 | 10 a.m. PT | Triton Track & Field Stadium | La Jolla, Calif.

SDSU Track & Field Splits Squads at Stanford and UC San Diego Meets

Coming off a successful outing at the 38th annual Aztec Invitational, the San Diego State track and field team splits squads this weekend with some athletes heading to the Stanford Invitational on Friday and Saturday, and the rest of the team slated to compete at the California Collegiate Invitational at nearby UC San Diego in La Jolla, Calif.

Eighteen Aztecs are currently entered at the Stanford Invite, led by the reigning Mountain West Women's Track and Field Outdoor Athlete of the Week winner Ashley Henderson. Henderson, who won the open 100, invitational 100, invitational 200 and a leg on the winning invitational 4x100 relay, will run the 100 and 200 this weekend, and could run a leg in either the 4x100 or 4x400 as well.

Micha Auzenne, who won both the 60 and 60-meter hurdles at the MW Indoor Championships, will be making her individual outdoor debut in both the 100 and 100 hurdles.

Others specifically entered in track events include Sierra Brabham-Lawrence (100H, 400H), Jazmen Bunch (100, 200), Madison Gipson (100H, 400H), Simone Glenn (200, 400), Ellison Grove (800), Lakin Hatcher (200, 400), Tyra Lea (200, 400) and Courtney Robinson (100H, 400H).

In the field events, Rachel Alesi is slated to compete in the shot put and invitational discus throw, Je'Neal Ainsworth in the invitational triple jump, Lisa-Anne Barrow in the long jump, Alexa Evans in the shot put and invitational discus throw, and Jelena McNown in the long jump.

Multi-event specialists Kassidy Ellis (100H, high jump, long jump) and Karsen Sper (100H, high jump) will also be competing in multiple events, while Starlynn Singleton is entered in the 100 and triple jump.

Friday gets underway with the collegiate shot put at 11 a.m. PT, while the track events start at 11:27 a.m. PT with the prelims of the 100 hurdles for SDSU. The first day ends at 5 p.m. PT with the final of the 100.

On Saturday, the Aztecs' first event will be the 4x100 at 1:02 p.m. (discus invitational at 3 p.m. PT for the field events) and ends with the 4x400 at 5 p.m. PT.

The rest of the team is expected to compete at UCSD.

The hammer throw starts the meet at 10 a.m. PT with the running events beginning at 12:20 p.m. PT.

Ashley Henderson and Bonnie Draxler Sweep MW Weekly Awards

San Diego State track and field athletes Ashley Henderson and Bonnie Draxler swept the Mountain West weekly awards, the league announced Tuesday. Henderson was chosen as the MW Outdoor Track & Field Women's Track Athlete of the Week, while Draxler picked up the MW Outdoor Track & Field Women's Field-of-the-Week honor.

Henderson went unbeaten over the weekend at SDSU's 38th annual Aztec Invitational, winning the open 100-meter dash on Friday, and the invitational 100, invitational 200 and anchoring the winning invitational 4x100-meter relay on Saturday. All three wins on Saturday were top times in the MW, top-10 marks in program history and top-20 marks in the country.

Henderson began her week Friday by defeating 60 other entrants in the open 100 in a wind-aided time of 11.62 seconds. On Saturday, she first anchored the winning 4x100 relay in the invitational race to a time of 45.03 which ranks first in the MW, 20th in the country and 10th in school history. Next up was the invitational 100, which she won in 11.29, defeating 29 other starters. The time was the fastest in the MW this year, second fastest in school history and tied for the third-fastest wind-legal time (<2.0 mph) in the nation this year (tied for fifth regardless of wind). Henderson ended her fine day by beating 36 others in the invitational 200 in 23.16 into a 1.7 mph headwind, the fastest MW time this season, second fastest in program history and the third-fastest wind-legal time in the country this year (fourth regardless of wind).

It was Henderson's first career weekly league honor.

Draxler, meanwhile, came in third in the invitational pole vault at the same Aztec Invitational. She finished third out of 32 entrants in the event by clearing 13 feet, 8 1/2 inches (4.18 meters). Draxler was the top collegian in the invitational pole vault, behind only Kortney Ross and Kristen Brown, former Aztecs who recently competed at the USA Indoor Championships. The 13-08.50 is the top mark in the MW this year and the 12th best in the nation so far.

The weekly accolade was Draxler's second this season (also Jan. 19 during the indoor campaign) and third over her career (also Jan. 20, 2015).

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 (through indoor season)

60 METERS

School Record: 7.32 (Micha Auzenne, 2016)

Time	Athlete	Place	Notes	Meet	Date
7.32	Micha Auzenne	1st	Prelims; school record; Alt.	MW Champs	Feb. 26
7.33	Micha Auzenne	1st	Finals; Altitude	MW Champs	Feb. 27
7.35	Ashley Henderson	2nd	Prelims; 3rd all-time; Alt.	MW Champs	Feb. 26
7.40	Micha Auzenne	1st	Altitude	NAU Challenge	Jan. 16
7.41	Ashley Henderson	5th	Prelims; Altitude	Don Kirby Elite	Feb. 12
7.42	Ashley Henderson	1st	Finals	UW Invitational	Jan. 30
7.43	Ashley Henderson	5th	Semifinals; Altitude	Don Kirby Elite	Feb. 13
7.44	Ashley Henderson	6th	Finals; Altitude	Don Kirby Elite	Feb. 13
7.46	Ashley Henderson	4th	Finals; Altitude	MW Champs	Feb. 27
7.50	Ashley Henderson	1st	Prelims	UW Invitational	Jan. 30
7.54	Simone Glenn	7th	Prelims; 10th all-time; Alt.	MW Champs	Feb. 26
7.57	Jazmen Bunch	8th	Prelims; 10th all-time; Alt.	MW Champs	Feb. 26
7.61	Jazmen Bunch	25th	Prelims; Altitude	Don Kirby Elite	Feb. 12
7.61	Simone Glenn	26th	Prelims; Altitude	Don Kirby Elite	Feb. 12
7.61	Jazmen Bunch	4th	Qualifying prelims	UW Invitational	Jan. 30
7.62	Jazmen Bunch	7th	Finals; Altitude	MW Champs	Feb. 27
7.62	Simone Glenn	7th	Finals	UW Invitational	Jan. 30
7.62	Simone Glenn	5th	Qualifying prelims	UW Invitational	Jan. 30
7.64	Simone Glenn	8th	Finals; Altitude	MW Champs	Feb. 27
7.65	Simone Glenn	8th	Prelims	UW Invitational	Jan. 30
7.65	Jazmen Bunch	5th	Altitude	NAU Challenge	Jan. 16
7.66	Jazmen Bunch	10th	Prelims	UW Invitational	Jan. 30
7.70	Courtney Robinson	18th	Prelims; Altitude	MW Champs	Feb. 26
7.70	Sierra Brabham-Lawrence	9th	Altitude	NAU Challenge	Jan. 16
7.76	Courtney Robinson	39th	Prelims; Altitude	Don Kirby Elite	Feb. 12
7.79	Sierra Brabham-Lawrence	20th	Prelims; Altitude	MW Champs	Feb. 26
7.80	Sierra Brabham-Lawrence	45th	Prelims; Altitude	Don Kirby Elite	Feb. 12
7.83	Starlynn Singleton	49th	Prelims; Altitude	Don Kirby Elite	Feb. 12
8.32	Je'Neal Ainsworth	35th	Altitude	NAU Challenge	Jan. 16

200 METERS

School Record: 23.44 (Ashley Henderson, 2016)

Time	Athlete	Place	Notes	Meet	Date
23.44	Ashley Henderson	1st	Finals; school record; Alt.	MW Champs	Feb. 27
23.77	Ashley Henderson	7th	Altitude	Don Kirby Elite	Feb. 12
23.84	Simone Glenn	3rd	Finals; T-4th all-time; Alt.	MW Champs	Feb. 27
23.86	Simone Glenn	1st	Prelims; Alt.	MW Champs	Feb. 26
24.06	Ashley Henderson	4th	Prelims; Altitude	MW Champs	Feb. 26
24.18	Jazmen Bunch	6th	Finals; Altitude	MW Champs	Feb. 27
24.19	Ashley Henderson	1st		UW Invitational	Jan. 29
24.24	Jazmen Bunch	15th	Altitude	Don Kirby Elite	Feb. 12
24.46	Jazmen Bunch	6th	Prelims; Altitude	MW Champs	Feb. 26
24.47	Simone Glenn	25th	Altitude	Don Kirby Elite	Feb. 12
24.61	Tyra Lea	9th	Prelims; Altitude	MW Champs	Feb. 26
24.64	Tyra Lea	30th	Altitude	Don Kirby Elite	Feb. 12
24.84	Lisa-Anne Barrow	14th	Prelims; Altitude	MW Champs	Feb. 26
25.09	Jazmen Bunch	12th		UW Invitational	Jan. 29
25.12	Lakin Hatcher	18th	Prelims; Altitude	MW Champs	Feb. 26
25.19	Tyra Lea	13th		UW Invitational	Jan. 29
25.21	Madison Gipson	4th	Altitude	NAU Challenge	Jan. 16
25.36	Lakin Hatcher	53rd	Altitude	Don Kirby Elite	Feb. 12
25.67	Lisa-Anne Barrow	62nd	Altitude	Don Kirby Elite	Feb. 12
25.94	Lakin Hatcher	35th		UW Invitational	Jan. 29
26.56	Kassidy Ellis	82nd	Altitude	Don Kirby Elite	Feb. 12
26.95	Karsen Sper	86th	Altitude	Don Kirby Elite	Feb. 12

400 METERS

School Record: 53.51 (Tonette Dyer, 2003)

Time	Athlete	Place	Notes	Meet	Date
55.85	Tyra Lea	10th	Prelims; Altitude	MW Champs	Feb. 26
56.06	Tyra Lea	33rd	Altitude	Don Kirby Elite	Feb. 13
56.26	Tyra Lea	6th		UW Invitational	Jan. 30
56.50	Madison Gipson	39th	Altitude	Don Kirby Elite	Feb. 13
56.65	Madison Gipson	7th		UW Invitational	Jan. 30
56.73	Madison Gipson	13th	Prelims; Altitude	MW Champs	Feb. 26
56.73	Tyra Lea	10th	Altitude	NAU Challenge	Jan. 16
57.03	Lakin Hatcher	47th	Altitude	Don Kirby Elite	Feb. 13
57.45	Lakin Hatcher	17th	Prelims; Altitude	MW Champs	Feb. 26
58.56	Lakin Hatcher	21st	Altitude	NAU Challenge	Jan. 16

1:02.34	Lisa-Anne Barrow	82nd	Altitude	Don Kirby Elite	Feb. 13
1:02.47	Jasmine Young	31st	Altitude	NAU Challenge	Jan. 16

800 METERS

School Record: 2:09.67 (Elison Grove, 2016)

Time	Athlete	Place	Notes	Meet	Date
2:09.67	Elison Grove	3rd	Altitude; school record	Don Kirby Elite	Feb. 13
2:10.54	Elison Grove	6th	Finals; Altitude	MW Champs	Feb. 27
2:10.95	Elison Grove	6th	Prelims; Altitude	MW Champs	Feb. 26
2:11.04	Elison Grove	13th		UW Invitational	Jan. 30
2:27.61	Kassidy Ellis	9th	Pen.; Altitude	MW Champs	Feb. 25
2:29.05	Kassidy Ellis	19th	Pentathlon	UW Invitational	Jan. 29
2:29.74	Karsen Sper	11th	Pen.; Altitude	MW Champs	Feb. 25
2:39.56	Jelena McNown	15th	Pen.; Altitude	MW Champs	Feb. 25
2:41.69	Jelena McNown	28th	Pentathlon	UW Invitational	Jan. 29

MILE

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

Time	Athlete	Place	Notes	Meet	Date
5:08.74	Elaine Ribeiro	14th	Prelims; Altitude	MW Champs	Feb. 26
5:08.94	Elaine Ribeiro	10th	Altitude	Don Kirby Elite	Feb. 13
5:31.82	Lily Seynaeve	20th	Prelims; Altitude	MW Champs	Feb. 26

3,000 METERS

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

Time	Athlete	Place	Notes	Meet	Date
10:08.70	Elaine Ribeiro	24th		UW Invitational	Jan. 30
10:15.21	Cassidy Towner	31st	4th all-time	UW Invitational	Jan. 30
10:19.36	Lily Seynaeve	32nd	5th all-time	UW Invitational	Jan. 30
10:31.33	Rachel Roesgen	35th	8th all-time	UW Invitational	Jan. 30

60-METER HURDLES

School Record: 8.18 (Micha Auzenne, 2016)

Time	Athlete	Place	Notes	Meet	Date
8.18	Micha Auzenne	1st	Finals; school record; Alt.	MW Champs	Feb. 27
8.28	Micha Auzenne	1st	Altitude	NAU Challenge	Jan. 16
8.29	Sierra Brabham-Lawrence	2nd	Finals; T-4th all-time; Alt.	MW Champs	Feb. 27
8.35	Sierra Brabham-Lawrence	6th	Prelims; Altitude	Don Kirby Elite	Feb. 12
8.38	Micha Auzenne	1st	Prelims; Altitude	MW Champs	Feb. 26
8.43	Sierra Brabham-Lawrence	2nd	Finals	UW Invitational	Jan. 30
8.45	Sierra Brabham-Lawrence	2nd	Prelims; Altitude	MW Champs	Feb. 26
8.45	Sierra Brabham-Lawrence	2nd	Altitude	NAU Challenge	Jan. 16
8.47	Madison Gipson	4th	Finals; 9th all-time; Alt.	MW Champs	Feb. 27
8.48	Sierra Brabham-Lawrence	5th	Prelims	UW Invitational	Jan. 30
8.55	Madison Gipson	4th	Prelims; Altitude	MW Champs	Feb. 26
8.58	Kassidy Ellis	6th	Finals; Altitude	MW Champs	Feb. 27
8.58	Madison Gipson	9th	Prelims	UW Invitational	Jan. 30
8.61	Madison Gipson	4th	Prelims; Altitude	NAU Challenge	Jan. 16
8.62	Madison Gipson	22nd	Prelims	Don Kirby Elite	Feb. 12
8.65	Kassidy Ellis	1st	Pen.; Altitude	MW Champs	Feb. 25
8.66	Kassidy Ellis	8th	Prelims; Altitude	MW Champs	Feb. 26
8.75	Kassidy Ellis	8th	Altitude	NAU Challenge	Jan. 16
8.81	Sierra Brabham-Lawrence	16th	Semifinals; Altitude	Don Kirby Elite	Feb. 13
8.83	Madison Gipson	5th	Qualifying prelims	UW Invitational	Jan. 30
8.85	Courtney Robinson	13th	Prelims; Altitude	MW Champs	Feb. 26
8.88	Kassidy Ellis	7th	Pentathlon	UW Invitational	Jan. 29
8.90	Kassidy Ellis	37th	Prelims; Altitude	Don Kirby Elite	Feb. 12
8.91	Kassidy Ellis	14th	Prelims	UW Invitational	Jan. 30
8.94	Karsen Sper	7th	Pen.; Altitude	MW Champs	Feb. 25
9.01	Kassidy Ellis	11th	Qualifying prelims	UW Invitational	Jan. 30
9.04	Courtney Robinson	44th	Prelims; Altitude	Don Kirby Elite	Feb. 12
9.20	Karsen Sper	51st	Prelims; Altitude	Don Kirby Elite	Feb. 12
9.14	Jelena McNown	10th	Pen.; Altitude	MW Champs	Feb. 25
9.33	Jelena McNown	18th	Pentathlon	UW Invitational	Jan. 29
9.42	Jelena McNown	21st	Altitude	NAU Challenge	Jan. 16

2016 SDSU INDOOR TRACK & FIELD PERFORMANCE LIST (through indoor season)

4x400-METER RELAY

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

Time	Team	Place	Notes	Meet	Date
3:43.44	Auzenne, Gipson, Glenn, Lea	4th	3rd all-time; Altitude	MW Champs	Feb. 27
3:48.47	Hatcher, Gipson, Barrow, Lea	2nd		UW Invitational	Jan. 30
3:51.54	Brabham-Lawrence, Gipson, Hatcher, Lea	4th	Altitude	NAU Challenge	Jan. 16

DISTANCE MEDLEY RELAY

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

Time	Team	Place	Notes	Meet	Date
12:06.14	Roesgen, Barrow, Grove, Ribeiro	7th	2nd all-time	UW Invitational	Jan. 29

HIGH JUMP

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

Mark	Athlete	Place	Notes	Meet	Date
5-04.50	Jelena McNown	8th	Pentathlon	UW Invitational	Jan. 29
5-03.25	Kassidy Ellis	12th	Pentathlon	UW Invitational	Jan. 29
5-03.00	Jelena McNown	6th		NAU Challenge	Jan. 16
5-02.50	Jelena McNown	18th		MW Champs	Feb. 27
5-02.50	Jelena McNown	10th	Pentathlon	MW Champs	Feb. 25
5-00.25	Karsen Sper	T-12th	Pentathlon	MW Champs	Feb. 25
5-00.25	Kassidy Ellis	T-12th	Pentathlon	MW Champs	Feb. 25
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
13-09.25	Bonnie Draxler	1st	6th all-time	MW Champs	Feb. 26
13-08.25	Bonnie Draxler	4th		Don Kirby Elite	Feb. 13
13-03.50	Bonnie Draxler	2nd	College 1	National PV Summit	Jan. 16
13-01.50	Marissa Berry	3rd	9th all-time	MW Champs	Feb. 26
13-00.25	Bonnie Draxler	5th		UW Invitational	Jan. 30
12-10.25	Marissa Berry	8th		Don Kirby Elite	Feb. 13
12-06.25	Marissa Berry	6h		UW Invitational	Jan. 30
12-04.50	Karen Snapper	15th		Don Kirby Elite	Feb. 13
12-01.50	Karen Snapper	9th		MW Champs	Feb. 26
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
19-00.75	Kassidy Ellis	1st	Pentathlon	MW Champs	Feb. 25
18-10.75	Kassidy Ellis	3rd		MW Champs	Feb. 26
18-08.50	Lisa-Anne Barrow	5th		MW Champs	Feb. 26
18-07.25	Lisa-Anne Barrow	4th		UW Invitational	Jan. 30
18-04.50	Kassidy Ellis	4th	Pentathlon	UW Invitational	Jan. 29
18-04.25	Jelena McNown	8th		MW Champs	Feb. 25
18-04.25	Jelena McNown	4th	Pentathlon	MW Champs	Feb. 25
18-02.50	Jelena McNown	5th		NAU Challenge	Jan. 16
18-01.50	Jelena McNown	6th	Pentathlon	UW Invitational	Jan. 29
16-05.75	Karsen Sper	14th	Pentathlon	MW Champs	Feb. 25
ND	Karsen Sper	--		Don Kirby Elite	Feb. 12
ND	Lisa-Anne Barrow	--		Don Kirby Elite	Feb. 12
ND	Kassidy Ellis	--		Don Kirby Elite	Feb. 12

TRIPLE JUMP

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

Mark	Athlete	Place	Notes	Meet	Date
39-07.75	Je'Neal Ainsworth	6th	8th all-time	UW Invitational	Jan. 30
39-07.25	Je'Neal Ainsworth	7th		MW Champs	Feb. 27
38-09.50	Je'Neal Ainsworth	19th		Don Kirby Elite	Feb. 13
38-04.00	Je'Neal Ainsworth	5th		NAU Challenge	Jan. 16
Foul	Starlynn Singleton	--		Don Kirby Elite	Feb. 13

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
43-11.75	Alexa Evans	11th		UW Invitational	Jan. 30
43-04.25	Rachel Alesi	12th		NAU Challenge	Jan. 16
40-10.50	Rachel Alesi	14th		MW Champs	Feb. 27
34-07.75	Kassidy Ellis	14th	Pentathlon	UW Invitational	Jan. 29
34-04.00	Kassidy Ellis	18th		NAU Challenge	Jan. 16
33-01.75	Kassidy Ellis	10th	Pentathlon	MW Championships	Feb. 25
31-03.00	Karsen Sper	13th	Pentathlon	MW Championships	Feb. 25
27-09.50	Jelena McNown	29th	Pentathlon	UW Invitational	Jan. 29
27-06.50	Jelena McNown	16th	Pentathlon	MW Championships	Feb. 25
Foul	Rachel Alesi	--		UW Invitational	Jan. 30

WEIGHT THROW

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

Mark	Athlete	Place	Notes	Meet	Date
50-09.50	Alexa Evans	16th	9th all-time	UW Invitational	Jan. 29
49-02.50	Victoria Dickerson	13th		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
3,690	Kassidy Ellis	4th	6th all-time	MW Championships	Feb. 25
3,682	Kassidy Ellis	8th		UW Invitational	Jan. 29
3,336	Karsen Sper	13th		MW Championships	Feb. 25
3,334	Jelena McNown	14th		MW Championships	Feb. 25
3,315	Jelena McNown	19th		UW Invitational	Jan. 29

2015 SDSU OUTDOOR TRACK & FIELD PERFORMANCE LIST (as of March 28)

100 METERS

School Record: 11.20 (Tonette Dyer, 2004)

Mark	Athlete	Place	Notes	Meet	Date
11.29	Ashley Henderson	1st	Invitational; 2nd all-time	Aztec Invite	March 26
11.72	Ashley Henderson	1st	Open; Wind-aided	Aztec Invite	March 25
11.89	Jazmen Bunch	6th	Invitational	Aztec Invite	March 26
11.98	Starlynn Singleton	8th	Invitational	Aztec Invite	March 26
12.01	Starlynn Singleton	4th		Trojan Invite	March 19
12.11	Starlynn Singleton	1st		SD Champs	March 12
12.31	Starlynn Singleton	4th	Open; Wind-aided	Aztec Invite	March 25
12.44	Jazmen Bunch	13th	Open; Wind-aided	Aztec Invite	March 25

200 METERS

School Record: 22.34 (Tonette Dyer, 2004)

Mark	Athlete	Place	Notes	Meet	Date
23.16	Ashley Henderson	1st	Invitational; 2nd all-time	Aztec Invite	March 26
24.04	Jazmen Bunch	5th	Invitational	Aztec Invite	March 26
24.65	Jazmen Bunch	7th		Trojan Invite	March 19
24.79	Tyra Lea	4th	Open	Aztec Invite	March 25
24.87	Sierra Brabham-Lawrence	9th		Trojan Invite	March 19
24.93	Lisa-Anne Barrow	6th	Open	Aztec Invite	March 25
24.95	Lisa-Anne Barrow	11th		Trojan Invite	March 19
25.00	Lisa-Anne Barrow	1st		SD Champs	March 12
25.14	Tyra Lea	14th		Trojan Invite	March 19
25.30	Lakin Hatcher	17th		Trojan Invite	March 19
25.37	Starlynn Singleton	24th	Invitational	Aztec Invite	March 26
25.60	Karsen Sper	2nd	Heptathlon	Aztec Invite	March 24
25.77	Lakin Hatcher	14th	Open	Aztec Invite	March 25
DQ	Courtney Robinson	--		Trojan Invite	March 19

400 METERS

School Record: 51.15 (Tonette Dyer, 2004)

Mark	Athlete	Place	Notes	Meet	Date
55.35	Tyra Lea	2nd	Invitational	Aztec Invite	March 26
55.74	Simone Glenn	4th	Invitational	Aztec Invite	March 26
55.86	Simone Glenn	4th		Trojan Invite	March 19
56.72	Lakin Hatcher	3rd	Open	Aztec Invite	March 25
56.86	Lakin Hatcher	1st		SD Champs	March 12

800 METERS

School Record: 2:02.88 (Renee Ross, 1985)

Mark	Athlete	Place	Notes	Meet	Date
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1,500 METERS

School Record: 4:06.69 (Monica Joyce, 1983)

Mark	Athlete	Place	Notes	Meet	Date
4:37.90	Ellison Grove	10th	Invitational	Aztec Invite	March 25

3,000 METERS

School Record: 8:53.24 (Monica Joyce, 1982)

Mark	Athlete	Place	Notes	Meet	Date
10:05.21	Elaine Ribeiro	5th	Invitational	Aztec Invite	March 25
10:48.64	Rachel Roesgen	16th	Invitational	Aztec Invite	March 25

5,000 METERS

School Record: 15:45.26 (Monica Joyce, 1982)

Mark	Athlete	Place	Notes	Meet	Date
17:50.54	Lily Seynaeve	11th	Invitational	Aztec Invite	March 25
18:59.79	Grace Hanshaw	16th	Invitational	Aztec Invite	March 25

10,000 METERS

School Record: 34:22.24 (Lynn Kanuka, 1981)

Mark	Athlete	Place	Notes	Meet	Date
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100-METER HURDLES

School Record: 12.82 (Meisha McKelvy, 1999)

Mark	Athlete	Place	Notes	Meet	Date
13.44	Sierra Brabham-Lawrence	1st	Invitational	Aztec Invite	March 26
13.65	Sierra Brabham-Lawrence	1st	Open	Aztec Invite	March 25

13.88	Sierra Brabham-Lawrence	4th		Trojan Invite	March 19
13.90	Courtney Robinson	4th	Invitational	Aztec Invite	March 26
13.97	Courtney Robinson	6th		Trojan Invite	March 19
14.00	Madison Gipson	3rd	Open	Aztec Invite	March 25
14.06	Madison Gipson	5th	Invitational	Aztec Invite	March 26
14.13	Courtney Robinson	4th	Open	Aztec Invite	March 25
14.47	Karsen Sper	3rd	Heptathlon	Aztec Invite	March 24
14.51	Karsen Sper	9th		Trojan Invite	March 19
14.56	Karsen Sper	12th	Invitational	Aztec Invite	March 26
15.07	Je'Neal Ainsworth	9th	Open	Aztec Invite	March 25
15.22	Jelena McNown	12th		Trojan Invite	March 19
15.24	Jelena McNown	12th	Open	Aztec Invite	March 25
15.26	Je'Neal Ainsworth	13th		Trojan Invite	March 19
15.29	Je'Neal Ainsworth	2nd		SD Champs	March 12
15.37	Jelena McNown	4th		SD Champs	March 12
16.20	Kassidy Ellis	22nd	Invitational	Aztec Invite	March 26

400-METER HURDLES

School Record: 54.64 (LaTanya Sheffield, 1985)

Mark	Athlete	Place	Notes	Meet	Date
1:00.56	Madison Gipson	3rd	Invitational	Aztec Invite	March 26
1:00.99	Madison Gipson	1st		Trojan Invite	March 19
1:02.31	Courtney Robinson	5th	Invitational	Aztec Invite	March 26
1:02.62	Sierra Brabham-Lawrence	1st		SD Champs	March 12
1:03.04	Courtney Robinson	2nd		SD Champs	March 12
1:04.08	Jasmine Young	2nd	Open	Aztec Invite	March 25
1:04.44	Jasmine Young	12th	Invitational	Aztec Invite	March 26
1:05.38	Jasmine Young	5th		SD Champs	March 12
1:07.82	Sierra Brabham-Lawrence	19th	Invitational	Aztec Invite	March 26
1:09.13	Lisa-Anne Barrow	21st	Invitational	Aztec Invite	March 26

3,000-METER STEEPLECHASE

School Record: 10:23.34 (Marie Nilsson, 2004)

Mark	Athlete	Place	Notes	Meet	Date
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4x100-METER RELAY

School Record: 44.24 (Givens, Dyer, Hogg, Smedley, 2002)

Time	Team	Place	Notes	Meet	Date
45.03	Bunch, Glenn, Robinson, Henderson	1st	10th all-time	Aztec Invite	March 26
45.57	Auzenne, Henderson, Bunch, Glenn	3rd		Trojan Invite	March 19

4x400-METER RELAY

School Record: 3:30.57 (Nilsson, Ross, Robinson, Sheffield, 1985)

Time	Team	Place	Notes	Meet	Date
3:44.17	Hatcher, Glenn, Auzenne, Lea	1st		Trojan Invite	March 19
3:47.08	Hatcher, Gipson, Glenn, Lea	1st	Invitational	Aztec Invite	March 26
3:49.16	Gipson, Hatcher, Auzenne, Lea	1st		SD Champs	March 12
3:53.88	Ellis, Sper, Grove, Barrow	5th	Invitational	Aztec Invite	March 26
4:09.91	Bunch, Sper, Glenn, Young	4th		SD Champs	March 12
DNF	Barrow, Henderson, Robinson	--		SD Champs	March 12

HIGH JUMP

School Record: 5-11.50 (Lori Clark, 1984)

Mark	Athlete	Place	Notes	Meet	Date
5-03.25	Kassidy Ellis	10th	Invitational	Aztec Invite	March 26
5-02.25	Jelena McNown	5th		SD Champs	March 12
4-11.50	Karsen Sper	16th	Invitational	Aztec Invite	March 26
4-08.75	Karsen Sper	T-8th	Heptathlon	Aztec Invite	March 24

POLE VAULT

School Record: 14-03.50 (Stephanie James, 2008)

Mark	Athlete	Place	Notes	Meet	Date
13-08.50	Bonnie Draxler	3rd	Invitational	Aztec Invite	March 26
13-03.00	Karen Snapper	1st		R&SI Meet	March 19
13-00.75	Karen Snapper	4th	Invitational	Aztec Invite	March 26
13-00.75	Marissa Berry	8th	Invitational	Aztec Invite	March 26
12-09.00	Bonnie Draxler	2nd		R&SI Meet	March 19
12-08.25	Marissa Berry	8th	Open	Aztec Invite	March 25
12-06.25	Bonnie Draxler	1st		SD Champs	March 12
12-05.25	Marissa Berry	3rd		R&SI Meet	March 19

2015 SDSU OUTDOOR TRACK & FIELD PERFORMANCE LIST (as of March 28)

12-04.50	Sara Curran	9th	Open	Aztec Invite	March 25
12-04.00	Katherine Magill	13th	Invitational	Aztec Invite	March 26
12-00.50	Marissa Berry	3rd		SD Champs	March 12
11-11.25	Katherine Magill	5th		R&SI Meet	March 19
11-08.50	Katherine Magill	14th	Open	Aztec Invite	March 25
11-08.50	Courtney Jackson	15th	Open	Aztec Invite	March 25
11-06.50	Sara Curran	4th		SD Champs	March 12
11-05.25	Courtney Jackson	6th		R&SI Meet	March 19
11-02.25	Courtney Jackson	23rd	Invitational	Aztec Invite	March 26
10-06.75	Katherine Magill	9th		SD Champs	March 12
10-02.75	Julie Newton	T-27th	Open	Aztec Invite	March 25
NH	Sara Curran	--		R&SI Meet	March 19
NH	Karen Snapper	--		SD Champs	March 12
NH	Courtney Jackson	--		SD Champs	March 12

LONG JUMP

School Record: 21-09.50 (Karoline Koehler, 2009)

Mark	Athlete	Place	Notes	Meet	Date
18-10.00	Jelena McNown	2nd	Open	Aztec Invite	March 25
18-08.00	Jelena McNown	2nd		Trojan Invite	March 19
18-05.75	Lisa-Anne Barrow	5th	Invitational	Aztec Invite	March 26
18-05.25	Jelena McNown	6th	Invitational	Aztec Invite	March 26
18-02.50	Starlynn Singleton	3rd	Open	Aztec Invite	March 25
18-01.75	Lisa-Anne Barrow	4th		Trojan Invite	March 19
17-04.75	Bonnie Draxler	3rd		SD Champs	March 12
16-07.75	Je'Neal Ainsworth	12th		Trojan Invite	March 19
15-10.25	Je'Neal Ainsworth	7th		SD Champs	March 12
14-11.25	Marissa Berry	13th		SD Champs	March 12

TRIPLE JUMP

School Record: 46-05.25 (Shanika Thomas, 2013)

Mark	Athlete	Place	Notes	Meet	Date
40-09.00	Je'Neal Ainsworth	1st	Open; 9th all-time	Aztec Invite	March 25
38-01.50	Je'Neal Ainsworth	6th	Invitational	Aztec Invite	March 26
37-11.25	Starlynn Singleton	3rd		Trojan Invite	March 19
37-10.50	Starlynn Singleton	1st		SD Champs	March 12

SHOT PUT

School Record: 58-03.75 (Ramona Pagel, 1984)

Mark	Athlete	Place	Notes	Meet	Date
45-05.00	Alexa Evans	9th	Invitational	Aztec Invite	March 26
45-03.75	Rachel Alesi	5th		Trojan Invite	March 19
42-07.50	Alexa Evans	11th		Trojan Invite	March 19
36-07.00	Coryne McKenney	19th	Invitational	Aztec Invite	March 26
36-00.25	Coryne McKenney	2nd		SD Champs	March 12
32-11.75	Karsen Sper	6th	Heptathlon	Aztec Invite	March 24
32-04.75	Karsen Sper	4th		SD Champs	March 12
32-03.00	Karsen Sper	16th		Trojan Invite	March 19
Foul	Rachel Alesi	Foul	Invitational	Aztec Invite	March 26

DISCUS THROW

School Record: 196-10 (Whitney Ashley, 2012)

Mark	Athlete	Place	Notes	Meet	Date
171-09	Alexa Evans	4th		Trojan Invite	March 18
168-02	Rachel Alesi	5th	Invitational; 6th all-time	Aztec Invite	March 26
164-10	Alexa Evans	8th	Invitational	Aztec Invite	March 26
157-00	Rachel Alesi	1st		SD Champs	March 12
144-01	Anushi Desai	2nd		SD Champs	March 12
143-09	Anushi Desai	17th	Invitational	Aztec Invite	March 26
143-01	Coryne McKenney	3rd		SD Champs	March 12
140-09	Coryne McKenney	19th	Invitational	Aztec Invite	March 26
138-07	Coryne McKenney	11th		Trojan Invite	March 18
137-05	Anushi Desai	12th		Trojan Invite	March 18
Foul	Rachel Alesi	Foul		Trojan Invite	March 18

HAMMER THROW

School Record: 187-11 (Freja Liljedahl, 2016)

Mark	Athlete	Place	Notes	Meet	Date
187-11	Freja Liljedahl	4th	school record	Trojan Invite	March 18
176-03	Freja Liljedahl	1st		SD Champs	March 12
170-01	Victoria Dickerson	7th		Trojan Invite	March 18

168-08	Freja Liljedahl	7th	Invitational	Aztec Invite	March 25
168-02	Victoria Dickerson	2nd		SD Champs	March 12
167-03	Victoria Dickerson	8th	Invitational	Aztec Invite	March 25
121-06	Katherine Magill	4th		SD Champs	March 12
118-06	Katherine Magill	26th	Open	Aztec Invite	March 25

JAVELIN THROW

School Record: 160-05 (Nicole Oudenaarden, 2014 (New javelin))

Mark	Athlete	Place	Notes	Meet	Date
89-06	Anushi Desai	5th		SD Champs	March 12
81-11	Anushi Desai	15th	Open	Aztec Invite	March 25

HEPTATHLON

School Record: 5,917 (Allison Reaser, 2014)

Mark	Athlete	Place	Notes	Meet	Date
DNF	Karsen Sper	--		Aztec Invite	March 24-25

2016 SDSU TRACK & FIELD INDIVIDUAL SEASON BESTS (as of March 28)

KEY: sr - school record; (number) - top-10 school ranking; qp - qualifying prelims; p - preliminaries; h - heats; 1r - first round; q - quarter-finals; 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, 2016))

8.32 (a) NAU Challenge Jan. 16

Triple Jump (PR: 39-07.75 (Jan. 30, 2016))

38-04.00 5th NAU Challenge Jan. 16

39-07.75 (8) 6th UW Invitational Jan. 30

38-09.50 19th Don Kirby Elite Feb. 13

39-07.25 7th MW Championships Feb. 27

OUTDOOR SEASON

100-Meter Hurdles (PR: 15.07 (March 25, 2016))

15.29 2nd SD Collegiate Champs March 12

15.26 13th Trojan Invitational March 19

15.07 (o) 9th Aztec Invitational March 25

Long Jump (PR: 16-07.75 (March 19, 2016))

15-10.25 7th SD Collegiate Champs March 12

16-07.75 12th Trojan Invitational March 19

Triple Jump (PR: 40-09.00 (March 25, 2016))

40-09.00 (o, 9) 1st Aztec Invitational March 25

38-01.50 (i) 6th Aztec Invitational March 26

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

Foul -- UW Invitational Jan. 30

40-10.50 14th MW Championships Feb. 27

OUTDOOR SEASON

Shot Put (PR: 46-08.25 (April 11, 2015))

45-03.75 5th Trojan Invitational March 19

Foul (i) -- Aztec Invitational March 26

Discus Throw (PR: 168-02 (March 26, 2016))

157-00 1st SD Collegiate Champs March 12

Foul -- Trojan Invitational March 18

168-02 (i, 6) 5th Aztec Invitational March 26

Micha Auzenne

5-3.5 | Jr. | East Palo Alto, Calif. | Arizona State

INDOOR SEASON

60 Meters (PR: 7.32 (Feb. 26, 2016))

7.40 (a) 1st NAU Challenge Jan. 16

7.32 (p, a, sr) 1st MW Championships Feb. 26

7.33 (f, a) 1st MW Championships Feb. 27

60-Meter Hurdles (PR: 8.18 (Feb. 27, 2016))

8.28 (a) 1st NAU Challenge Jan. 16

8.38 (p, a) 1st MW Championships Feb. 26

8.18 (f, a, sr) 1st MW Championships Feb. 27

4x400-Meter Relay

3:43.44 (a, 3) 4th MW Championships Feb. 27

OUTDOOR SEASON

4x100-Meter Relay

45.57 3rd Trojan Invitational March 19

4x400-Meter Relay

3:49.16 1st SD Collegiate Challenge March 12

3:44.17 1st Trojan Invitational March 19

Lisa-Anne Barrow

5-6 | Fr. | Hyattsville, Md. | Holton-Arms HS

INDOOR SEASON

200 Meters (PR: 24.84 (Feb. 26, 2016))

25.67 (a) 53rd Don Kirby Elite Feb. 12

24.84 (p, a) 14th MW Championships Feb. 26

400 Meters (PR: 1:02.34 (Feb. 13, 2016))

1:02.34 (a) 82nd Don Kirby Elite Feb. 13

4x400-Meter Relay

3:48.47 2nd UW Invitational Jan. 30

Distance Medley Relay

12:06.14 (2) 2nd UW Invitational Jan. 29

Long Jump (PR: 18-08.50 (Feb. 26, 2016))

18-07.25 4th UW Invitational Jan. 30

ND (a) -- Don Kirby Elite Feb. 12

18-08.50 5th MW Championships Feb. 26

OUTDOOR SEASON

200 Meters (PR: 24.93 (March 25, 2016))

25.00 1st SD Collegiate Champs March 12

24.95 11th Trojan Invitational March 19

24.93 (o) 6th Aztec Invitational March 25

400-Meter Hurdles (PR: 1:09.13 (March 26, 2016))

1:09.13 (i) 21st Aztec Invitational March 26

4x400-Meter Relay

DNF -- SD Collegiate Challenge March 12

3:53.88 (i) 5th Aztec Invitational March 26

Long Jump (PR: 18-05.75 (March 26, 2016))

18-01.75 4th Trojan Invitational March 19

18-05.75 (i) 5th Aztec Invitational March 26

Marissa Berry

5-4 | Fr. | Kennewick, Wash. | Southridge HS

INDOOR SEASON

Pole Vault (PR: 13-01.50 (Feb. 26, 2016))

12-01.50 (co1) 8th UCS Spirit PV Summit Jan. 16

12-06.25 6th UW Invitational Jan. 30

12-10.25 8th Don Kirby Elite Feb. 13

13-01.50 (9) 3rd MW Championships Feb. 26

OUTDOOR SEASON

Pole Vault (PR: 13-00.75 (March 26, 2016))

12-00.50 3rd SD Collegiate Champs March 12

12-05.25 3rd Trojan Invitational March 19

12-08.25 (o) 8th Aztec Invitational March 25

13-00.75 (i) 8th Aztec Invitational March 26

Long Jump (PR: 14-11.25 (March 12, 2016))

14-11.50 13th SD Collegiate Champs March 12

Sierra Brabham-Lawrence

5-5 | Fr. | Harrisburg, Pa. | Harrisburg HS

INDOOR SEASON

60 Meters (PR: 7.70 (Jan. 16, 2015))

7.70 (a) 9th NAU Challenge Jan. 16

7.80 (p) 45th Don Kirby Elite Feb. 12

7.79 (p, a) 20th MW Championships Feb. 26

60-Meter Hurdles (PR: 8.29 (Feb. 27, 2016))

8.45 (a) 2nd NAU Challenge Jan. 16

8.48 (p) 5th UW Invitational Jan. 30

8.43 (f) T-2nd UW Invitational Jan. 30

8.35 (p) 6th Don Kirby Elite Feb. 12

8.81 (s, a) 16th Don Kirby Elite Feb. 13

8.45 (p, a) 2nd MW Championships Feb. 26

8.29 (f, a, T-4) 2nd MW Championships Feb. 27

4x400-Meter Relay

3:51.54 (a) 4th NAU Challenge Jan. 16

OUTDOOR SEASON

200 Meters (PR: 24.87 (March 19, 2016))

24.87 9th Trojan Invitational March 19

100-Meter Hurdles (PR: 13.44 (March 26, 2016))

13.88 4th Trojan Invitational March 19

13.65 (o) 1st Aztec Invitational March 25

13.44 (i) 1st Aztec Invitational March 26

400-Meter Hurdles (PR: 1:02.62 (March 12, 2016))

1:02.62 1st SD Collegiate Champs March 12

1:07.82 (i) 19th Aztec Invitational March 26

Jazmen Bunch

5-2 | So. | Fresno, Calif. | Edison HS

INDOOR SEASON

60 Meters (PR: 7.57 (Feb. 26, 2016))

7.65 (a) 5th NAU Challenge Jan. 16

7.61 (qp) 4th UW Invitational Jan. 30

7.65 (p) 10th UW Invitational Jan. 30

7.61 (p, a) 25th Don Kirby Elite Feb. 12

7.57 (p, a) 8th MW Championships Feb. 26

7.62 (f, a) 7th MW Championships Feb. 27

200 Meters (PR: 24.18 (Feb. 27, 2016))

25.09 12th UW Invitational Jan. 29

24.24 (a) 15th Don Kirby Elite Feb. 12

24.46 (f, a) 6th MW Championships Feb. 26

24.18 (f, a) 6th MW Championships Feb. 27

OUTDOOR SEASON

100 Meters (PR: 11.76 (May 15, 2015))

12.44 (o, w) 13th Aztec Invitational March 25

11.89 (i) 6th Aztec Invitational March 26

200 Meters (PR: 24.04 (March 26, 2016))

24.65 7th Trojan Invitational March 19

24.04 (i) 5th Aztec Invitational March 26

4x100-Meter Relay

45.57 3rd Trojan Invitational March 19

45.03 (i, 10) 1st Aztec Invitational March 26

4x400-Meter Relay

4:09.91 4th SD Collegiate Challenge March 12

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

OUTDOOR SEASON

Pole Vault (PR: 12-04.50 (March 25, 2016))

11-06.50 4th SD Collegiate Champs March 12

NH -- Ross & Sharon Irwin Meet March 19

12-04.50 (o) 9th Aztec Invitational March 25

Anushi Desai

5-7.5 | Fr. | Mumbai, India | Indiana University

OUTDOOR SEASON

Discus Throw (PR: 144-01 (March 12, 2016))

144-01 2nd SD Collegiate Champs March 12

137-05 12th Trojan Invitational March 18

143-09 (i) 17th Aztec Invitational March 26

Javelin Throw (PR: 89-06 (March 12, 2016))

89-06 5th SD Collegiate Champs March 12

81-11 (o) 15th Aztec Invitational March 25

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

OUTDOOR SEASON

Hammer Throw (PR: 179-09 (March 1, 2014))

168-02 2nd SD Collegiate Champs March 12

170-01 7th Trojan Invitational March 18

167-03 (i) 8th Aztec Invitational March 25

2016 SDSU TRACK & FIELD INDIVIDUAL SEASON BESTS (as of March 28)

Bonnie Draxler

5-5 | So. | Wrightstown, Wis. | Wrightstown HS

INDOOR SEASON

Pole Vault (PR: 13-09.25 (Feb. 26, 2016))

13-03.50 (co1)	2nd	UCS Spirit PV Summit	Jan. 16
13-00.25	5th	UW Invitational	Jan. 30
13-08.25	4th	Don Kirby Elite	Feb. 13
13-09.25 (6)	1st	MW Championships	Feb. 26

OUTDOOR SEASON

Pole Vault (PR: 13-09.25 (April 17, 2015))

12-06.25	1st	SD Collegiate Champs	March 12
12-09.00	2nd	Ross & Sharon Irwin Meet	March 19
13-08.50 (i)	3rd	Aztec Invitational	March 26

Long Jump (PR: 17-04.75 (March 12, 2016))

17-04.75	3rd	SD Collegiate Champs	March 12
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Kassidy Ellis

5-9 | Sr. | Bakersfield, Calif. | Univ. of Iowa

INDOOR SEASON

200 Meters (PR: 26.56 (Feb. 12, 2016))

26.56 (a)	82nd	Don Kirby Elite	Feb. 12
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800 Meters (PR: 2:27.96 (Jan. 25, 2013))

2:29.05 (pn)	19th	UW Invitational	Jan. 29
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2:27.61 (pn, a) 9th MW Championships Feb. 25

60-Meter Hurdles (PR: 8.58 (Feb. 27, 2016))

8.75 (a)	8th	NAU Challenge	Jan. 16
8.88 (pn)	T-7th	UW Invitational	Jan. 29
9.01 (qp)	11th	UW Invitational	Jan. 30
8.91 (p)	14th	UW Invitational	Jan. 30
8.90 (p, a)	37th	Don Kirby Elite	Feb. 12
8.65 (pn, a)	1st	MW Championships	Feb. 25
8.66 (p, a)	8th	MW Championships	Feb. 26
8.58 (f, a)	6th	MW Championships	Feb. 27

High Jump (PR: 5-03.25 (Jan. 29, 2016))

4-11.00	8th	NAU Challenge	Jan. 16
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5-03.25 (pn) 12th UW Invitational Jan. 29

5-00.25 (pn) T-12th MW Championships Feb. 25

Long Jump (PR: 19-05.50 (Feb. 28, 2015))

18-04.50 (pn)	4th	UW Invitational	Jan. 29
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ND -- Don Kirby Elite Feb. 12

19-00.75 (pn) 1st MW Championships Feb. 25

18-10.75 3rd MW Championships Feb. 26

Shot Put (PR: 34-07.75 (Jan. 29, 2016))

34-04.00	18th	NAU Challenge	Jan. 16
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34-07.75 (pn) 14th UW Invitational Jan. 29

33-01.75 (pn) 10th MW Championships Feb. 25

Pentathlon (PR: 3,690 (Feb. 25, 2016))

3,682	8th	UW Invitational	Jan. 29
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3,690 (6) 4th MW Championships Feb. 25

OUTDOOR SEASON

100-Meter Hurdles (PR: 15.28 (May 3, 2014))

16.20 (i)	22nd	Aztec Invitational	March 26
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4x400-Meter Relay

3:53.88 (i)	5th	Aztec Invitational	March 26
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High Jump (PR: 5-01.75 (April 12, 2014))

5-03.25 (i)	10th	Aztec Invitational	March 26
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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
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43-11.75 11th UW Invitational Jan. 30

Weight Throw (PR: 50-09.50 (Jan. 29, 2016))

46-04.75	15th	NAU Challenge	Jan. 16
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50-09.50 (9) 16th UW Invitational Jan. 29

OUTDOOR SEASON

Shot Put (PR: 47-00.25 (May 16, 2015))

42-07.50	11th	Trojan Invitational	March 19
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45-05.00 (i) 9th Aztec Invitational March 26

Discus Throw (PR: 184-05 (May 15, 2015))

171-09	4th	Trojan Invitational	March 18
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164-10 (i)	8th	Aztec Invitational	
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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
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400 Meters (PR: 56.50 (Feb. 13, 2016))

56.65	6th	UW Invitational	Jan. 30
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56.50 (a) 39th Don Kirby Elite Feb. 13

56.73 (p, a) 13th MW Championships Feb. 26

60-Meter Hurdles (PR: 8.47 (Feb. 27, 2016))

8.61 (a)	4th	NAU Challenge	Jan. 16
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8.83 (qp)	5th	UW Invitational	Jan. 30
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8.58 (p)	9th	UW Invitational	Jan. 30
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8.62 (p, a)	22nd	Don Kirby Elite	Feb. 12
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8.55 (p, a)	4th	MW Championships	Feb. 26
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8.47 (p, a, 9)	4th	MW Championships	Feb. 27
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4x400-Meter Relay

3:51.54 (a)	4th	NAU Challenge	Jan. 16
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3:48.47	2nd	UW Invitational	Jan. 30
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3:43.44 (a, 3)	4th	MW Championships	Feb. 27
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OUTDOOR SEASON

100-Meter Hurdles (PR: 13.93 (April 17, 2015))

14.00 (o)	3rd	Aztec Invitational	March 25
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14.06 (i)	5th	Aztec Invitational	March 26
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400-Meter Hurdles (PR: 1:00.56 (March 26, 2016))

1:00.99	1st	Trojan Invitational	March 19
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1:00.56 (i)	3rd	Aztec Invitational	March 26
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4x400-Meter Relay

3:49.16	1st	SD Collegiate Challenge	March 12
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3:47.08 (i)	1st	Aztec Invitational	March 26
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Simone Glenn

5-7 | So. | Atlanta, Ga. | Bullis HS (Md.)

INDOOR SEASON

60 Meters (PR: 7.54 (Feb. 26, 2016))

7.62 (qp)	5th	UW Invitational	Jan. 30
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7.65 (p)	8th	UW Invitational	Jan. 30
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7.62 (f)	7th	UW Invitational	Jan. 30
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7.61 (p, a)	26th	Don Kirby Elite	Feb. 12
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7.54 (p, a, 10) 7th MW Championships Feb. 26

7.64 (f, a) 8th MW Championships Feb. 27

200 Meters (PR: 23.84 (Feb. 27, 2016))

24.47 (a)	25th	Don Kirby Elite	Feb. 12
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23.86 (p, a)	1st	MW Championships	Feb. 26
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23.84 (f, a, T-4) 3rd MW Championships Feb. 27

4x400-Meter Relay

3:43.44 (a, 3)	4th	MW Championships	Feb. 27
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OUTDOOR SEASON

400 Meters (PR: 55.28 (April 4, 2015))

55.86	4th	Trojan Invitational	March 19
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55.74 (i)	4th	Aztec Invitational	March 26
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4x100-Meter Relay

45.57	1st	Trojan Invitational	March 19
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45.03 (i, 10)	1st	Aztec Invitational	March 26
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4x400-Meter Relay

4:09.91	4th	SD Collegiate Challenge	March 12
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3:44.17	1st	Trojan Invitational	March 19
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3:47.08 (i)	1st	Aztec Invitational	March 26
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Ellison Grove

5-6 | So. | Catharpin, Va. | Battlefield HS

INDOOR SEASON

800 Meters (PR: 2:09.67 (Feb. 13, 2016))

2:11.04	13th	UW Invitational	Jan. 30
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2:09.67 (a, sr) 3rd Don Kirby Elite Feb. 13

2:10.95 (p, a)	6th	MW Championships	Feb. 26
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2:19.54 (f, a)	6th	MW Championships	Feb. 27
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Distance Medley Relay

12:06.14 (2)	7th	UW Invitational	Jan. 29
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OUTDOOR SEASON

1,500 Meters (PR: 4:37.90 (March 25, 2016))

4:37.90 (i)	10th	Aztec Invitational	March 25
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4x400-Meter Relay

3:53.88 (i)	5th	Aztec Invitational	March 26
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Grace Hanshaw

5-5 | Sr. | San Diego, Calif. | San Diego Mesa College

OUTDOOR SEASON

5,000 Meters (PR: 17:26.11 (May 10, 2014))

18:59.79 (i)	16th	Aztec Invitational	March 25
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Lakin Hatcher

5-6.5 | Fr. | Woodstock, Md. | McDonogh HS

INDOOR SEASON

200 Meters (PR: 25.12 (Feb. 26, 2016))

25.94	35th	UW Invitational	Jan. 29
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25.36 (a)	53rd	Don Kirby Elite	Feb. 12
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25.12 (p, a) 17th MW Championships Feb. 26

400 Meters (PR: 57.03 (Feb. 13, 2016))

58.56 (a)	21st	NAU Challenge	Jan. 16
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57.03	47th	Don Kirby Elite	Feb. 13
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57.45 (p, a)	17th	MW Championships	Feb. 26
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4x400-Meter Relay

3:51.54 (a)	4th	NAU Challenge	Jan. 16
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3:48.47	2nd	UW Invitational	Jan. 30
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OUTDOOR SEASON

200 Meters (PR: 25.30 (March 19, 2016))

25.30	17th	Trojan Invitational	March 19
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25.77 (o)	14th	Aztec Invitational	March 25
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400 Meters (PR: 56.72 (March 25, 2016))

56.86	1st	SD Collegiate Champs	March 12
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56.72 (o)	3rd	Aztec Invitational	March 25
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4x400-Meter Relay

3:49.16	1st	SD Collegiate Challenge	March 12
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3:44.17	1st	Trojan Invitational	March 19
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3:47.08 (i)	1st	Aztec Invitational	March 26
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Ashley Henderson

5-6 | So. | St. Louis, Mo. | Hazelwood HS

INDOOR SEASON

60 Meters (PR: 7.35 (Feb. 26, 2016))

7.50 (p)	1st	UW Invitational	Jan. 30
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7.42 (f)	1st	UW Invitational	Jan. 30
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7.41 (p, a, 5)	5th	Don Kirby Elite	Feb. 12
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7.43 (

2016 SDSU TRACK & FIELD INDIVIDUAL SEASON BESTS (as of March 28)

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

OUTDOOR SEASON

Pole Vault (PR: 12-01.50 (April 24, 2015))

NH -- SD Collegiate Champs March 12

11-05.25 6th Ross & Sharon Irwin Meet March 19

11-08.50 (o) 15th Aztec Invitational March 25

11-02.25 (i) 23rd Aztec Invitational March 26

Tyra Lea

5-6 | Jr. | Raleigh, N.C. | North Carolina State

INDOOR SEASON

200 Meters (PR: 24.48 (Jan. 2, 2014))

25.19 13th UW Invitational Jan. 29

24.64 (a) 30th Don Kirby Elite Feb. 12

24.61 (p, a) 9th MW Championships Feb. 26

400 Meters (PR: 55.50 (Feb. 28, 2015))

56.73 (a) 10th NAU Challenge Jan. 16

56.26 6th UW Invitational Jan. 30

56.06 (a) 33rd Don Kirby Elite Feb. 13

55.85 (p, a) 10th MW Championships Feb. 26

4x400-Meter Relay

3:51.54 (a) 4th NAU Challenge Jan. 16

3:48.47 2nd UW Invitational Jan. 30

3:43.44 (a, 3) 4th MW Championships Feb. 27

OUTDOOR SEASON

200 Meters (PR: 24.16 (April 11, 2015))

25.14 14th Trojan Invitational March 19

24.79 (o) 4th Aztec Invitational March 25

400 Meters (PR: 55.14 (March 28, 2015))

55.35 (i) 2nd Aztec Invitational March 26

4x400-Meter Relay

3:49.16 1st SD Collegiate Challenge March 12

3:44.17 1st Trojan Invitational March 19

3:47.08 (i) 1st Aztec Invitational March 26

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

OUTDOOR SEASON

Hammer Throw (PR: 187-11 (March 18, 2016))

176-03 1st SD Collegiate Champs March 12

187-11 (sr) 4th Trojan Invitational March 18

168-08 (i) 7th Aztec Invitational March 25

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

OUTDOOR SEASON

Pole Vault (PR: 12-04.00 (March 26, 2016))

10-06.75 9th SD Collegiate Champs March 12

11-11.25 5th Ross & Sharon Irwin Meet March 19

11-08.50 (o) 14th Aztec Invitational March 25

12-04.00 (i) 13th Aztec Invitational March 26

Hammer Throw (PR: 121-06 (March 12, 2016))

121-06 4th SD Collegiate Champs March 12

118-06 (o) 26th Aztec Invitational March 25

Coryne McKenney

5-7 | So. | Clovis, Calif. | Cal Poly

OUTDOOR SEASON

Shot Put (PR: 36-07.00 (March 26, 2016))

36-00.25 2nd SD Collegiate Champs March 12

36-07.00 (i) 19th Aztec Invitational March 26

Discus Throw (PR: 143-01 (March 12, 2016))

143-01 3rd SD Collegiate Champs March 12

138-07 11th Trojan Invitational March 18

140-09 (i) 19th Aztec Invitational March 26

Jelena McNown

5-8.5 | RS-Fr. | Murrieta, Calif. | Murrieta Valley HS

INDOOR SEASON

800 Meters (PR: 2:39.56 (Feb. 25, 2016))

2:41.69 (pn) 28th UW Invitational Jan. 29

2:39.56 (pn, a) 15th MW Championships Feb. 25

60-Meter Hurdles (PR: 9.14 (Feb. 25, 2016))

9.42 (a) 21st NAU Challenge Jan. 16

9.33 (pn) 18th UW Invitational Jan. 29

9.14 (pn, a) 10th MW Championships Feb. 25

High Jump (PR: 5-04.50 (Jan. 29, 2016))

5-03.00 6th NAU Challenge Jan. 16

5-04.50 (pn) T-8th UW Invitational Jan. 29

5-02.50 (pn) 10th MW Championships Feb. 25

5-02.50 18th MW Championships Feb. 27

Long Jump (PR: 18-04.50 (Feb. 25, 2016))

18-02.50 5th NAU Challenge Jan. 16

18-01.50 (pn) 6th UW Invitational Jan. 29

18-04.50 (pn) 4th MW Championships Feb. 25

18-04.25 8th MW Championships Feb. 26

Shot Put (PR: 27-09.50 (Jan. 29, 2016))

27-09.50 (pn) 29th UW Invitational Jan. 29

27-06.50 (pn) 16th MW Championships Feb. 25

Pentathlon (PR: 3,334 (Feb. 25, 2016))

3,315 19th UW Invitational Jan. 29

3,334 14th MW Championships Feb. 25

OUTDOOR SEASON

100-Meter Hurdles (PR: 15.22 (March 19, 2016))

15.37 4th SD Collegiate Champs March 12

15.22 12th Trojan Invitational March 19

15.24 (o) 12th Aztec Invitational March 25

High Jump (PR: 5-02.25 (March 12, 2016))

5-02.25 5th SD Collegiate Champs March 12

Long Jump (PR: 18-10.00 (March 25, 2016))

18-08.00 2nd Trojan Invitational March 19

18-10.00 (o) 2nd Aztec Invitational March 25

18-05.15 (i) 6th Aztec Invitational March 26

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

OUTDOOR SEASON

Pole Vault (PR: 10-02.75 (March 25, 2016))

10-02.75 (o) T-27th Aztec Invitational March 25

Elaine Ribeiro

5-11 | Jr. | La Mesa, Calif. | Helix HS

INDOOR SEASON

Mile (PR: 5:06.54 (Feb. 13, 2015))

5:08.94 (a) 10th Don Kirby Elite Feb. 13

5:08.74 (p, a) 14th MW Championships Feb. 26

3,000 Meters (PR: 10:06.55 (Jan. 31, 2015))

10:08.70 24th UW Invitational Jan. 30

Distance Medley Relay

12:06.14 (2) 7th UW Invitational Jan. 29

OUTDOOR SEASON

3,000 Meters (PR: 10:05.21 (March 25, 2016))

10:05.21 (i) 5th Aztec Invitational March 25

Courtney Robinson

Jr. | Las Vegas, Nev. | Central Arizona

INDOOR SEASON

60 Meters (PR: 7.70 (Feb. 26, 2016))

7.76 (p, a) 39th Don Kirby Elite Feb. 12

7.70 (p, a) 18th MW Championships Feb. 26

60-Meter Hurdles (PR: 8.40 (Feb. 7, 2015))

9.04 (p, a) 44th Don Kirby Elite Feb. 12

8.85 (p, a) 13th MW Championships Feb. 26

OUTDOOR SEASON

200 Meters (PR: 25.23 (March 21, 2015))

DQ -- Trojan Invitational March 19

100-Meter Hurdles (PR: 13.51 (April 11, 2015))

13.97 6th Trojan Invitational March 19

14.13 (o) 4th Aztec Invitational March 25

13.90 (i) 4th Aztec Invitational March 26

400-Meter Hurdles (PR: 1:00.43 (May 17, 2014))

1:03.04 2nd SD Collegiate Champs March 12

1:02.31 (i) 5th Aztec Invitational March 26

4x100-Meter Relay

45.03 (i, 10) 1st Aztec Invitational March 26

4x400-Meter Relay

DNF -- SD Collegiate Challenge March 12

Rachel Roesgen

5-11 | Sr. | Coto de Caza, Calif. | Santa Margarita Catholic HS

INDOOR SEASON

3,000 Meters (PR: 10:31.33 (Jan. 30, 2016))

10:31.33 (8) 35th UW Invitational Jan. 30

Distance Medley Relay

12:06.14 (2) 7th UW Invitational Jan. 29

OUTDOOR SEASON

3,000 Meters (PR: 10:15.90 (April 26, 2015))

10:48.64 (i) 16th Aztec Invitational March 25

Lily Seynaeve

5-10 | So. | Corona, Calif. | Santiago HS

INDOOR SEASON

Mile (PR: 5:31.82 (Feb. 26, 2016))

5:31.82 (p, a) 20th MW Championships Feb. 26

3,000 Meters (PR: 10:19.36 (Jan. 30, 2016))

10:19.36 (5) 32nd UW Invitational Jan. 30

OUTDOOR SEASON

5,000 Meters (PR: 17:50.54 (March 25, 2016))

17:50.54 (i) 11th Aztec Invitational March 25

Starlynn Singleton

5-5 | Jr. | Murrieta, Calif. | Murrieta Mesa HS

INDOOR SEASON

60 Meters (PR: 7.79 (Feb. 14, 2015))

7.83 (p, a) 49th Don Kirby Elite Feb. 12

Triple Jump (PR: N/A)

Foul -- Don Kirby Elite Feb. 13

OUTDOOR SEASON

100 Meters (PR: 11.98 (March 26, 2016))

12.11 1st SD Collegiate Champs March 12

12.01 4th Trojan Invitational March 19

12.31 (o, w) 4th Aztec Invitational March 25

11.98 (i) 8th Aztec Invitational March 26

200 Meters (PR: 25.37 (March 26, 2016))

25.37 (i) 24th Aztec Invitational March 26

Long Jump (PR: 17-11.50 (March 15, 2014))

18-02.50 (o) 3rd Aztec Invitational March 25

2016 SDSU TRACK & FIELD INDIVIDUAL SEASON BESTS (as of March 28)

Triple Jump (PR: 37-10.50 (March 12, 2015))

37-10.50	1st	SD Collegiate Champs	March 12
37-11.50	3rd	Trojan Invitational	March 19

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
12-04.50	15th	Don Kirby Elite	Feb. 13
12-01.50	9th	MW Championships	Feb. 26

OUTDOOR SEASON

Pole Vault (PR: 13-03.00 (March 19, 2016))

NH	--	SD Collegiate Champs	March 12
13-03.00	1st	Ross & Sharon Irwin Meet	March 19
13-00.75 (i)	4th	Aztec Invitational	March 26

Karsen Sper

5-8 | Sr. | Camarillo, Calif. | Thousand Oaks HS

INDOOR SEASON

200 Meters (PR: 26.95 (Feb. 12, 2016))

26.95 (a)	86th	Don Kirby Elite	Feb. 12
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800 Meters (PR: 2:29.12 (Feb. 27, 2014))

2:29.74 (pn, a)	11th	MW Championships	Feb. 25
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60-Meter Hurdles (PR: 8.76 (Feb. 28, 2014))

9.20 (p, a)	51st	Don Kirby Elite	Feb. 12
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8.94 (pn, a)	7th	MW Championships	Feb. 25
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High Jump (PR: 5-05.00 (Feb. 21 2013))

5.00.25 (pn)	T-12th	MW Championships	Feb. 25
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Long Jump (PR: 17-06.25 (Jan. 16, 2015))

ND	--	Don Kirby Elite	Feb. 12
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16-05.75 (pn)	14th	MW Championships	Feb. 25
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Shot Put (PR: 33-00.50 (Feb. 27, 2014))

31-03.00 (pn)	13th	MW Championships	Feb. 25
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Pentathlon (PR: 3,564 (Feb. 21, 2013))

3,336	13th	MW Championships	Feb. 25
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OUTDOOR SEASON

200 Meters (PR: 25.60 (March 24, 2016))

25.88	19th	Trojan Invitational	March 19
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25.60 (hp)	2nd	Aztec Invitational	March 24
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100-Meter Hurdles (PR: 14.18 (May 11, 2013))

14.51	9th	Trojan Invitational	March 19
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14.47 (hp)	3rd	Aztec Invitational	March 24
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14.56 (i)	12th	Aztec Invitational	March 26
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4x400-Meter Relay

4:09.91	4th	SD Collegiate Challenge	March 12
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3:53.88 (i)	5th	Aztec Invitational	March 26
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High Jump (PR: 5-05.75 (March 27, 2014))

4-08.75 (hp)	T-8th	Aztec Invitational	March 24
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4-11.50 (i)	16th	Aztec Invitational	March 26
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Shot Put (PR: 33-07.25 (May 8, 2013))

32-04.75	4th	SD Collegiate Champs	March 12
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32-03.00	16th	Trojan Invitational	March 19
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32-11.75 (hp)	6th	Aztec Invitational	March 24
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Cassidy Towner

5-4 | So. | Placentia, Calif. | El Dorado HS

INDOOR SEASON

3,000 Meters (PR: 10:15.21 (Jan. 30, 2016))

10:15.21 (4)	32nd	UW Invitational	Jan. 30
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Jasmine Young

5-4 | So. | San Diego, Calif. | Junipero Serra HS

INDOOR SEASON

400 Meters (PR: 1:02.47 (Jan. 16, 2016))

1:02.47 (a)	31st	NAU Challenge	Jan. 16
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OUTDOOR SEASON

400-Meter Hurdles (PR: 1:04.08 (March 25, 2016))

1:05.38	5th	SD Collegiate Champs	March 12
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1:04.08 (o)	2nd	Aztec Invitational	March 25
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1:04.44 (i)	12th	Aztec Invitational	March 26
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4x400-Meter Relay

4:09.91	4th	SD Collegiate Challenge	March 12
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KEY: sr - school record; (number) - top-10 school ranking; qp - qualifying prelims; p - preliminaries; h - heats; 1r - first round; q - quarter-finals; 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**

SDSU Outdoor Track and Field All-Time Top 10

100 Meters

1. Tonette Dyer	11.20	2004
2. Ashley Henderson	11.29	2016
3. Lawreta Ozoh	11.42	2011
4. Karoline Koehler	11.43	2009
5. Shana Solomon	11.49	2008
6. Melinda Smedley	11.50	2003
Meisha McKelvy	11.50	1999
8. Meritzer Williams	11.51	2014
9. LaQuisha Jackson	11.58	2013
10. Micha Auzenne	11.59	2015
Nicole Ireland	11.59	2003

200 Meters

1. Tonette Dyer	22.34	2004
2. Ashley Henderson	23.16	2016
3. LaQuisha Jackson	23.23	2013
4. Nicole Ireland	23.30	2004
5. Melinda Smedley	23.32	2002
6. Lawreta Ozoh	23.36	2011
7. Lori Smith	23.40	1983
8. Simone Glenn	23.48	2015
9. Sherraine Pencil	23.53	2008
10. Meritzer Williams	23.62	2014

400 Meters

1. Tonette Dyer	51.15	2004
2. Renee Ross	51.33	1985
3. Nicole Stone	52.81	2009
4. Nicole Ireland	52.91	2003
5. Jini Hogg	53.08	2002
6. LaTanya Sheffield	53.09	1985
7. Sherraine Pencil	53.11	2008
8. Promise Rose	53.88	2000
9. Malika Freeman	53.96	1995
10. Larnie Boyd	54.01	2004

800 Meters

1. Renee Ross	2:02.88	1985
2. Monica Joyce	2:05.57	1982
3. Mandy Upuu	2:06.56	2007
4. Lisa Naucler	2:07.19	2007
5. Kylie Edwards	2:07.39	2000
6. Josefina Koskinen	2:07.86	2013
7. Nicole Carmier	2:08.50	2005
8. Jamillah Titus	2:08.90	2003
9. Jennifer Stakiw	2:08.96	2003
10. Kristy Matthews	2:09.03	1995

1,500 Meters

1. Monica Joyce	4:06.69	1982
2. Eva Ernstrom	4:16.89	1982
3. Lynn Kanuka	4:17.28	1982
4. Kylie Edwards	4:27.00	2001
5. Sharon Yaninek	4:29.41	1984
6. Jeanne Abare	4:30.64	1973
7. Marie Nilsson	4:32.03	2004
8. Wendy Peterson	4:32.14	1990
9. Lisa Naucler	4:33.13	2007
10. Renee Ross	4:33.18	1986

3,000 Meters

1. Monica Joyce	8:53.24	1982
2. Eva Ernstrom	8:58.44	1982
3. Lynn Kanuka	9:13.13	1982
4. Marie Nilsson	9:39.01	2004
5. Maureen Bradley	9:48.51	1987
6. Eliana Garcia	9:49.04	1983
7. Laurie Crisp	9:49.94	1983
8. Liz Baker	9:50.19	1981
9. Debra Chaddock	9:54.04	1983
10. Wendy Peterson	9:54.13	1989

5,000 Meters

1. Monica Joyce	15:45.26	1982
2. Eva Ernstrom	15:46.37	1982
3. Lynn Kanuka	15:59.34	1982
4. Rachel Williams	16:41.96	2009
5. Debra Chaddock	16:42.44	1982
6. Marie Nilsson	16:43.56	2004
7. Liz Baker	16:46.24	1982
8. Laurie Crisp	16:58.64	1983
9. Maureen Bradley	17:00.80	1987
10. Marianne Hogan	17:05.05	2011

10,000 Meters

1. Lynn Kanuka	34:22.24	1981
2. Liz Baker	34:44.44	1982
3. Debra Chaddock	34:55.24	1982
4. Marianne Hogan	35:19.90	2011
5. Laurie Crisp	36:01.00	1983
6. Rachel Williams	36:08.77	2009
7. Sherrie Torrans	36:31.44	1981
8. Alma Escobar	36:40.15	2009
9. Maureen Bradley	36:46.44	1986
10. Mona Lopez	37:15.40	1987

100-Meter Hurdles

1. Meisha McKelvy	12.82	1999
2. Deby LaPlante	12.86	1979
3. Darla Vaughn	13.00	1992
4. Felicia Stone	13.21	2000
5. Heather Heron	13.25	2005
6. Sue Kameli	13.28	1980
7. Allison Reaser	13.30	2013
Nicole Ireland	13.30	2004
Daveeta Shepherd	13.30	2001
10. Kristen Brown	13.37	2014

400-Meter Hurdles

1. LaTanya Sheffield	54.64	1985
2. Nicole Ireland	56.10	2003
3. Allison Reaser	57.80	2014
4. Deyna Roberson	58.36	2013
5. Sharifa Cox	58.51	1994
6. Margaret Hemmans	58.53	1987
7. Kristin Olafsdottir	58.82	2008
8. Gaylen Ames	58.90	1988
9. Erica Prodanovich	59.03	1992
10. Heather Heron	59.06	2005

3,000-Meter Steeplechase

1. Marie Nilsson	10:23.34	2004
2. Lisa Crampton	10:42.11	2006
3. Celeste Tyson	10:48.32	2006
4. Elaine Ribeiro	11:03.61	2015
5. Sara Beyers	11:10.58	2011
6. Kristin Glen	11:13.37	2009
7. Alicia Stewart	11:21.72	2003
8. Jennifer Stakiw	11:22.68	2001
9. Jackie Duncan	11:23.42	2007
10. Lindsay Baraja	11:35.43	2008

4x100-Meter Relay

1. Givens, Dyer, Hogg, Smedley	44.24	2002
2. Boyd, Dyer, Heron, Ireland	44.45	2004
3. King, Koehler, Hornsby, Stone	44.74	2009
4. Smedley, Dyer, Peters, Ireland	44.75	2003
5. Peters, Dyer, Hogg, Smedley	44.77	2002
6. Smedley, Dyer, Givens, Ireland	44.84	2003
7. Pencil, Solomon, Lowery, Kaye	44.88	2008
8. Bunch, Henderson, Auzenne, Glenn	44.91	2015
9. Sheffield, Robinson, Moon, Ross	45.02	1985
10. Bunch, Glenn, Robinson, Henderson	45.03	2016

4x200-Meter Relay

1. Smedley, Dyer, McNair, Ireland	1:32.99	2003
2. Dyer, Ireland, McNair, Boyd	1:33.31	2004
3. Dyer, Hogg, Ireland, Smedley	1:34.97	2003
4. Clemons, Brewer, Moon, Ross	1:35.74	1984
5. Boyd, McNair, Dyer, Givens	1:35.98	2004
6. Al Reaser, Toatley, Campbell, Jackson	1:37.06	2013
7. Frary, Mose, Smedley, Hogg	1:37.48	2001
8. Clemons, Ross, Moon, Russell	1:39.39	1984

Sprint Medley Relay (100-100-200-400)

1. Moon, Robinson, Nilson, Ross	1:39.19	1985
2. Clemons, Brewer, Moon, Ross	1:40.10	1984
3. Hegerle, Charles, Bullard, Collins	1:42.04	1981

4x400-Meter Relay

1. Nilson, Ross, Robinson, Sheffield	3:30.57	1985
2. Boyd, Ireland, Dyer, Heron	3:33.84	2004
3. Hogg, Ireland, Dyer, Givens	3:34.47	2003
4. McNair, Ireland, Dyer, Givens	3:34.77	2003
5. Dyer, Ireland, Hogg, McNair	3:35.19	2003
6. Thomas, Toatley, Roberson, Jackson	3:35.41	2013
7. Thomas, Toatley, Roberson, James	3:35.42	2013
8. Smith, Ross, Hemmans, Sheffield	3:35.50	1986
9. Boyd, Heron, Ireland, Givens	3:35.89	2004
10. Dyer, Hogg, McNair, Ireland	3:36.67	2003

4x800-Meter Relay

1. Hemond, Ernstrom, Kanuka, Joyce	8:48.13	1982
2. Spencer, Ross, Garcia, Yaninek	8:59.05	1984
3. Garcia, Collins, O'Connell, Joyce	9:09.04	1981

Distance Medley Relay (1200-400-800-1600)

1. Hemond, Sheffield, Joyce, Kanuka	11:07.64	1982
2. Boyd, Givens, Carmier, Nilsson	11:37.77	2004
3. Titus, McNair, Boyd, Nilsson	11:45.80	2004

Shuttle Hurdles Relay

1. Brown, Evans, Sper, Al Reaser	1:00.45	2013
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High Jump

1. Lori Clark	5-11.50	1984
2. Patti Stafford	5-11.00	1981
3. Marla Runyan	5-10.00	1989
4. Carrie McLaughlin	5-09.50	1982
5. Veronica Wuerful	5-09.00	1982
6. Nicole Carmier	5-08.75	2005
Deanne Johnson	5-08.75	1984
8. Jamillah Titus	5-08.00	2004
Aja Makaila Frary	5-08.00	2001
Lori Smith	5-08.00	1983

* Happened in 2016

* Updated on March 28, 2016

SDSU Outdoor Track and Field All-Time Top 10

Pole Vault

1. Stephanie James14-03.50....2008
2. Shayla Balentine14-01.25....2005
3. Kristen Brown14-00.50....2014
4. Kelsy Hintz13-10.00....2012
5. Bonnie Draxler.....13-09.25....2015
Erin Asay13-09.25....2006
7. Kortney Ross.....13-07.25....2015
Katie Morgan.....13-07.25....2010
9. Holly Waseloff.....13-03.75....2015
10. Monica Pacas13-03.50....2008

Long Jump

1. Karoline Koehler21-09.50....2009
2. Lisa Domico20-05.75....1999
3. Allison Reaser20-04.50....2014
4. Deontee Kaye20-04.25....2007
Aja Makaila Frary20-04.25....2001
6. Brittany Bozeman20-01.50....2014
Shana Watson20-01.50....2008
8. Shanieka Thomas.....19-10.75....2014
9. Carrie McLaughlin19-10.50....1980
10. Nicole Oudenaarden19-09.75....2014

Triple Jump

1. Shanieka Thomas46-05.25....2013
2. Karoline Koehler44-09.00....2009
3. Deontee Kaye44-04.25....2007
4. Alex Evans42-09.00....2013
5. Gaylen Ames.....41-09.75....1988
6. Angela McKnight41-08.00....1988
7. Shana Watson41-07.25....2008
8. Kai Wheeler41-05.75....2009
9. **Je'Neal Ainsworth....40-09.00..2016**
10. Sharie Green.....40-06.75....1989

Shot Put

1. Ramona Pagel.....58-03.75....1984
2. Whitney Ashley55-05.00....2012
3. Jasmine Burrell.....52-08.00....2015
4. Laura DeSnoo51-03.00....1984
5. Candace Hill49-08.50....2004
6. Cheryl Kennedy.....48-09.00....1982
7. Ariel Oliver47-09.25....2015
8. Leanne Taylor47-07.00....2006
9. Alexa Evans47-00.25....2015
10. Jeanette McConnell46-10.75....2011

Discus Throw

1. Whitney Ashley196-10....2012
2. Laura DeSnoo196-04....1984
3. Ramona Pagel.....186-06....1984
4. Alexa Evans184-05....2015
5. Jasmine Burrell.....181-05....2014
6. **Rachel Alesi.....168-02..2016**
7. Leanne Taylor167-08....2009
8. Ariel Oliver162-11....2014
9. Candace Hill162-09....2003
10. Jeanette McConnell.....162-08....2010

Hammer Throw

1. **Freja Liljedahl.....187-11..2016**
2. Whitney Ashley187-06....2011
3. Jasmine Burrell.....186-11....2013
4. Ellie Fanaika184-04....2012
5. Victoria Dickerson.....171-10....2015
6. Maria Rodriguez170-07....2010
7. Kellie Scott.....168-08....1998
8. Andrea Martinez166-05....2008
9. Candace Hill.....164-06....2003
10. Mikayla Howden164-00....2013

Javelin Throw (New)

1. Nicole Oudenaarden.....160-05....2014
2. Leslie Miller151-11....2003
3. Michele Dannhausen143-09....2009
4. Brittany Bozeman143-06....2013
5. Shanon Meyer.....139-03....2003
6. Janine Polischuk.....135-04....2004
7. Allison Reaser132-00....2012
8. Rachel Alesi.....127-00....2014
9. Odalmis Moreira126-07....2010
10. Moriah Roberge126-04....2010

Javelin Throw (Old)

1. Liz Mueller178-03....1983
2. Donna Dietrich169-09....1978
3. Linn Dunton163-02....1979
4. Debbie Dibb160-06....1982
5. Angela Rock.....160-01....1984
6. Vicki Hallman.....158-08....1974
7. Diana Collier155-10....1989
8. Monica Stoltenburg154-06....1979
9. Louise Joubert.....153-05....1990
10. Ramona Pagel.....150-02....1984

Heptathlon

1. Allison Reaser.....5,917....2014
2. Nicole Oudenaarden5,774....2013
3. Aja Makaila Frary.....5,751....2001
4. Carrie McLaughlin.....5,620....1983
5. Leslie Miller5,602....2003
6. Shanon Meyer5,481....2003
7. Lori Smith5,435....1983
8. Kristin Olafsdottir5,402....2006
9. Brittany Bozeman.....5,221....2013
10. Janine Polischuk.....5,210....2004

* Happened in 2016

* Updated on March 28, 2016