

# TRACK AND FIELD

## 2007 SCHEDULE

Date	Meet	Time/Result
Jan. 20	National Pole Vault Summit <i>Reno, Nev.</i>	NTS
Feb. 3	Mountain T's Invitational <i>Flagstaff, Ariz.</i>	NTS
Feb. 9-10	TCR Race Productions Invite <i>Albuquerque, N.M.</i>	2nd of 11 (99 pts.)
Feb. 22-24	MWC Championships <i>Albuquerque, N.M.</i>	4th of 9 (76 pts.)
March 9-10	NCAA Championships <i>Fayetteville, Ark.</i>	NTS
March 10	San Diego City Championships <i>La Jolla, Calif.</i>	1st of 4 (218 pts.)
March 16-17	AZTEC INVITATIONAL <i>San Diego, Calif.</i>	NTS
March 24	Trojan Invitational <i>Los Angeles, Calif.</i>	NTS
<b>March 30-31</b>	<b>Cal-Nevada Championships</b> <i>Fresno, Calif.</i>	<b>10 a.m.</b>
April 4-7	Texas Relays <i>Austin, Texas</i>	All Day
April 7	Pomona-Pitzer Invitational <i>Pomona, Calif.</i>	10 a.m.
April 11-12	Mt. SAC Heptathlon <i>Azusa, Calif.</i>	10 a.m.
April 13-15	Mt. SAC Relays <i>Walnut, Calif.</i>	10 a.m.
April 14	Long Beach Invitational <i>Long Beach, Calif.</i>	10 a.m.
April 20-21	UCSD Invitational <i>La Jolla, Calif.</i>	9 a.m.
April 27-28	California Collegiate Challenge <i>Berkeley, Calif.</i>	10 a.m.
April 27-29	Penn Relays <i>Philadelphia, Pa.</i>	10 a.m.
May 6	Claremont Classic <i>Claremont, Calif.</i>	10 a.m.
May 9-12	MWC CHAMPIONSHIPS <i>San Diego, Calif.</i>	10 a.m.
May 25-26	NCAA Regionals <i>Eugene, Ore.</i>	4 p.m.
June 6-9	NCAA Championships <i>Sacramento, Calif.</i>	All Day

- Indicates indoor meet

All times local to site and subject to change

**Bold** indicates the meet of the week

CAPS indicates meet at SDSU Sports Deck



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### SDSU Track and Field Set For Cal-Nevada Championships in Fresno Beginning Friday

Following a weekend in Los Angeles, the San Diego State track and field team will travel further north as it will compete in the prestigious Cal-Nevada Championships, March 30-31, in Fresno, Calif. The Aztecs will be one of more than 20 squads participating in the annual meet set to take place at Fresno State's Warmerdam Field.

SDSU, which established four more NCAA regional qualifying performances at the Trojan Invitational upping its total to 12, will be competing in its fourth straight meet within the borders of California before splitting its squad the week after for the Texas Relays (Austin, Texas) and the Pomona-Pitzer Invitational in Pomona, Calif.

Competition in the Lone Star State will begin April 4 and end on April 7, while the one-day Pomona-Pitzer Invitational is set for April 7.

### Koehler Wins Long Jump Crown

Karoline Koehler was the lone Aztec to win an event at the Trojan Invitational this past Saturday. The sophomore from Germany finished first out of 16 competitors in the long jump with a leap of 20 feet, 4.50 inches. Going into the meet, she sat in a tie for fifth place on the school's all-time performance list at 19-5.25, but when the dust settled, Koehler moved into second trailing only Lisa Domico's effort of 20-5.75 in 1999. Among Mountain West Conference athletes, Koehler is the only one to surpass 20 feet and is the lone MWC athlete to qualify for the NCAA regional meet in May (as of March 26).

### Relay Hitting Its Stride

For the second consecutive week, the 4x100 relay team of Sherraine Pencil, Shana Solomon, Nicole Stone and Karoline Koehler posted an NCAA regional qualifying time. At the Aztec Invitational, the quartet completed the race in 45.57, finishing second, but first among collegiate competitors and last week ran a 45.64, while coming in third behind Texas A&M and USC. The relay's performance at the Aztec Invite is the second fastest in the conference and joins TCU's relay (44.65) as the only league schools to have the opportunity to advance to the NCAA Championships in Sacramento, Calif. (as of March 26).

### Among the Conference Leaders

As of Monday afternoon (March 26), the Aztecs owned top mark in five events, including the top three in the 3,000-meter steeplechase (Celeste Tyson, Jackie Duncan, Sara Cates) and the top two in the 800-meter run (Mandy Upuu, Lisa Naucler). In addition, SDSU athletes can be found atop the league leaderboard in the pole vault (Dana Van Wagner) and long (Karoline Koehler) and triple jumps (Deontee Kaye). In the pole vault, Aztecs can be found up and down the top 10 as Van Wagner ranks first, Monica Pacas third, Stephanie Bagan fifth, Dana Jensen sixth and Christin Shibley ninth.

### Any PR is Good PR

Michele Dannhausen posted three personal records (PR) in Los Angeles on Saturday at the Trojan Invitational. One of two throwers on the team, Dannhausen established personal bests in the shot put, javelin and discus. In the shot put, the Sierra Madre, Calif, native completed a toss of 41 feet, 4.50 inches, good for second at the meet and eighth in the MWC. In the javelin, she threw 125-1, good for third and was seventh in the discus at 137-0 (seventh in MWC).

### SDSU at the Cal-Nevada Championships

After a two-year hiatus, SDSU will be making an appearance at the annual meet, this time in Fresno, Calif. The Aztecs have had great success at the meet, especially the last time they participated when they won the title in 2004. The '04 crown marked the second consecutive team title and the third in four seasons. Three years ago, the championships took place in San Luis Obispo, Calif., and SDSU earned 167 points ahead of second-place Cal State Northridge (119 pts.) and Nevada (113 pts.). Head coach Rahn Sheffield was named women's coach of the meet for the third time in four years, while Tonette Dyer was a two-time winner (100, 200) and Marie Nilsson (3,000-meter steeplechase) and Shayla Balentine (pole vault) set school records at the two-day event. Dyer's performance of 11.42 in the 100 was a time that ranked No. 2 nationally, beating her own time of 11.43 set earlier that year. Other Aztecs who won events were Larnie Boyd (400), Heather Heron (100 hurdles) and the 4x100 relay. In all, San Diego State won seven events, including six in the meet's second and final day.

**2007 ROSTER**

<b>Athlete</b>	<b>Event</b>	<b>Yr.</b>	<b>Ht.</b>	<b>Hometown (Previous School)</b>
Stephanie Armstrong	Distance	FR	5-5	Foothill Ranch, Calif. (Trabuco Hills HS)
Lital Azulay	Distance	JR	5-6	Holon, Israel (Coastal Carolina)
Stephanie Bagan	Pole Vault	FR	5-7	Granite Bay, Calif. (Granite Bay HS)
Ali Baker	Distance	SR	5-5	Pine Valley, Calif. (Mountain Empire HS)
Lindsay Barajas	Mid-Distance	FR	5-4	Rancho Cucamonga, Calif. (Rancho Cucamonga HS)
Wendy Bohn	High Jump	FR	6-1	San Diego, Calif. (Rancho Bernardo HS)
Darien Buc	Distance	FR	5-3	Dana Point, Calif. (Dana Hills HS)
Joanna Burley	Pole Vault	SO	5-7	Fullerton, Calif. (Rosary HS)
Raquel Butler	Sprints	JR	5-7	Gilroy, Calif. (Gilroy HS)
Jordan Cabral	Pole Vault	FR	5-6	Petaluma, Calif. (Petaluma HS)
Corri Campbell-Fell	Hurdles	SO	5-5	Vancouver, Canada (Point Grey Secondary)
Sara Cates	Distance	SR	5-5	Carlsbad, Calif. (Carlsbad HS)
Priscilla Chapu	Sprints	SR	5-6	Harare, Zimbabwe (Univ. of New Orleans)
Michele Dannhausen	Throws	SO	5-7	Sierra Madre, Calif. (La Salle HS)
Brittani Dudley	Sprints	JR	5-1	Oakland, Calif. (James Logan HS)
Jackie Duncan	Mid-Distance	SR	5-6	Syracuse, N.Y. (Liverpool HS)
Vonnie Fulford	Sprints	JR	5-1	San Fernando, Calif. (Birmingham HS)
Robyn Guzman	Throws	FR	5-6	Folsom, Calif. (Folsom HS)
Dana Jensen	Pole Vault	SO	5-4	Temecula, Calif. (Chaparral HS)
Kristin Karhio	Multi-Events	SR	5-9	Cherry Valley, N.Y. (Monterey Peninsula CC)
Deontee Kaye	Jumps/Hurdles	SO	5-4	Hayward, Calif. (James Logan HS)
Karoline Koehler	Sprints/Jumps	SO	5-7	Erfurt, Germany (Pierre-de-Coubertin Gymnasium)
Alicia Lowery	Sprints	JR	5-5	San Diego, Calif. (Cuyamaca College)
Makenzie Mabry	Distance	FR	5-4	La Crescenta, Calif. (Crescenta Valley HS)
Lisa Naucler	Mid-Distance	SR	5-7	Ljusdal, Sweden (Manhattan College)
Kristin Olafsdottir	Multi-Events/Hurdles	SO	5-8	Reykjavik, Iceland (Kvennaskolinn i Reykjavik)
Monica Pacas	Pole Vault	JR	5-3	Atascadero, Calif. (Atascadero HS)
Sherraine Pencil	Sprints	JR	5-6	Toronto, Canada (Vaughan Road Academy)
Christin Shibley	Pole Vault	JR	5-8	Palmdale, Calif. (Quartz Hill HS)
Shana Solomon	Sprints	SO	5-7	Long Beach, Calif. (Long Beach Poly HS)
Nicole Stone	Sprints/Hurdles	SO	5-6	Ontario, Calif. (Rancho Cucamonga HS)
Leanne Taylor	Throws	SO	5-11	Porterville, Calif. (Porterville HS)
Celeste Tyson	Mid-Distance/Steeple	SR	5-1	Austin, Texas (McNeil HS)
Mandy Upuu	Sprints	JR	5-4	Courtenay, Canada (G. P. Vanier Secondary)
Dana Van Wagner	Pole Vault	SR	5-6	Sparr, Fla. (Univ. of Florida)
Anne Vieira	Distance	JR	5-4	San Diego, Calif. (Point Loma HS)
Amber Waddell	Sprints	FR	5-1	San Diego, Calif. (Clairemont HS)
Jessica Walker	Distance	FR	5-3	Murrieta, Calif. (Murrieta Valley HS)
Shana Watson	Jumps	SO	5-6	Oakland, Calif. (Skyline HS)
Kai Wheeler	Jumps/Sprints	FR	5-5	San Diego, Calif. (Rancho Bernardo HS)

**COACHING STAFF**



**Rahn Sheffield**  
Head Coach  
16th Season  
San Diego State '80



**Jennifer Nanista**  
Assistant Coach  
14th Season  
San Diego State '90



**Mike LoBue**  
Assistant Coach  
Third Season  
Fresno State '01



**Rich Fox**  
Assistant Coach  
10th Season  
San Diego State '92

**ROSTER BREAKDOWN**

*By Class*

**Seniors (8)**

Ali Baker, Sara Cates, Priscilla Chapu, Jackie Duncan, Kristin Karhio, Lisa Naucler, Celeste Tyson, Dana Van Wagner

**Juniors (10)**

Lital Azulay, Raquel Butler, Brittani Dudley, Vonnie Fulford, Alicia Lowery, Monica Pacas, Sherraine Pencil, Christin Shibley, Mandy Upuu, Anne Vieira

**Sophomores (11)**

Joanna Burley, Corri Campbell-Fell, Michele Dannhausen, Dana Jensen, Deontee Kaye, Karoline Koehler, Kristin Olafsdottir, Shana Solomon, Nicole Stone, Leanne Taylor, Shana Watson

**Freshmen (11)**

Stephanie Armstrong, Stephanie Bagan, Lindsay Barajas, Wendy Bohn, Darien Buc, Jordan Cabral, Robyn Guzman, Makenzie Mabry, Amber Waddell, Jessica Walker, Kai Wheeler

*By Event*

**Distance (8)**

Stephanie Armstrong, Lital Azulay, Ali Baker, Darien Buc, Sara Cates, Makenzie Mabry, Anne Vieira, Jessica Walker

**Hurdles (4)**

Corri Campbell-Fell, Deontee Kaye, Kristin Olafsdottir, Nicole Stone

**Jumps (5)**

Wendy Bohn, Deontee Kaye, Karoline Koehler, Shana Watson, Kai Wheeler

**Mid-Distance (5)**

Lindsay Barajas, Jackie Duncan, Lisa Naucler, Celeste Tyson, Mandy Upuu

**Multi-Events (2)**

Kristin Karhio, Kristin Olafsdottir

**Pole Vault (7)**

Stephanie Bagan, Joanna Burley, Jordan Cabral, Dana Jensen, Monica Pacas, Christin Shibley, Dana Van Wagner

**Sprints (9)**

Raquel Butler, Priscilla Chapu, Brittani Dudley, Vonnie Fulford, Karoline Koehler, Alicia Lowery, Sherraine Pencil, Shana Solomon, Amber Waddell

**Throws (3)**

Michele Dannhausen, Robyn Guzman, Leanne Taylor

## 2007 OUTDOOR BESTS

**100 Meters** (NCAA Regional - 11.75)

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Sherraine Pencil	11.81 (i)	March 17	4th	Aztec Invitational	San Diego, Calif.
Shana Solomon	11.84 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
Karoline Koehler	11.95 (i)	March 17	7th	Aztec Invitational	San Diego, Calif.
Shana Watson	12.23 (o) (p)	March 16	1st	Aztec Invitational	San Diego, Calif.
Vonnie Fulford	12.37	March 10	4th	San Diego City Championships	San Diego, Calif.
Alicia Lowery	12.38	March 24	19th	Trojan Invitational	Los Angeles, Calif.
Kai Wheeler	12.56 (o) (p)	March 16	4th	Aztec Invitational	San Diego, Calif.
Amber Waddell	12.80 (o) (p)	March 16	8th	Aztec Invitational	San Diego, Calif.

**200 Meters** (NCAA Regional - 23.96)

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Shana Solomon	24.13	March 24	4th	Trojan Invitational	Los Angeles, Calif.
Sherraine Pencil	24.17 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
Karoline Koehler	24.71	March 24	12th	Trojan Invitational	Los Angeles, Calif.
Priscilla Chapu	24.71	March 10	3rd	San Diego City Championships	San Diego, Calif.
Nicole Stone	25.08	March 10	5th	San Diego City Championships	San Diego, Calif.
Alicia Lowery	25.11	March 24	20th	Trojan Invitational	Los Angeles, Calif.
Vonnie Fulford	25.52/(o) (p)	March 10/16	7th/6th	SD City Championships/Aztec Invite	San Diego, Calif.
Kristin Olafsdottir	26.13	March 24	36th	Trojan Invitational	Los Angeles, Calif.
Amber Waddell	26.13	March 24	36th	Trojan Invitational	Los Angeles, Calif.

**400 Meters** (NCAA Regional - 54.61)

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Nicole Stone	54.48+ (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
Sherraine Pencil	55.02 (o) (p)	March 16	1st	Aztec Invitational	San Diego, Calif.
Mandy Upuu	55.79 (o) (p)	March 16	2nd	Aztec Invitational	San Diego, Calif.
Priscilla Chapu	56.20	March 10	3rd	San Diego City Championships	San Diego, Calif.
Corri Campbell-Fell	58.95	March 10	7th	San Diego City Championships	San Diego, Calif.
Raquel Butler	1:01.10 (o) (p)	March 16	7th	Aztec Invitational	San Diego, Calif.
Alicia Lowery	1:01.84 (o) (p)	March 16	11th	Aztec Invitational	San Diego, Calif.

**800 Meters** (NCAA Regional - 2:09.80)

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Mandy Upuu	2:09.16+ (i)	March 17	1st	Aztec Invitational	San Diego, Calif.
Lisa Naucler	2:09.36+ (i)	March 17	2nd	Aztec Invitational	San Diego, Calif.
Jackie Duncan	2:14.27 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
Lindsay Barajas	2:19.96 (o)	March 17	4th	Aztec Invitational	San Diego, Calif.

**1,500 Meters** (NCAA Regional - 4:27.80)

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Lisa Naucler	4:36.99	March 24	3rd	Trojan Invitational	Los Angeles, Calif.
Celeste Tyson	4:46.67	March 10	3rd	San Diego City Championships	San Diego, Calif.
Jackie Duncan	4:48.03	March 24	13th	Trojan Invitational	Los Angeles, Calif.
Lindsay Barajas	4:54.64 (o)	March 17	1st	Aztec Invitational	San Diego, Calif.
Darien Buc	4:59.48 (o)	March 17	6th	Aztec Invitational	San Diego, Calif.
Stephanie Armstrong	5:06.79 (o)	March 17	9th	Aztec Invitational	San Diego, Calif.
Makenzie Mabry	5:06.85 (o)	March 17	10th	Aztec Invitational	San Diego, Calif.
Jessica Walker	5:13.62	March 10	13th	San Diego City Championships	San Diego, Calif.

**3,000 Meters**

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Celeste Tyson	10:27.64	March 10	2nd	San Diego City Championships	San Diego, Calif.
Lital Azulay	10:30.62	March 24	15th	Trojan Invitational	Los Angeles, Calif.
Sara Cates	10:56.82	March 24	18th	Trojan Invitational	Los Angeles, Calif.
Stephanie Armstrong	10:58.84	March 24	19th	Trojan Invitational	Los Angeles, Calif.
Makenzie Mabry	11:07.44	March 24	23rd	Trojan Invitational	Los Angeles, Calif.
Anne Vieira	11:24.00	March 10	11th	San Diego City Championships	San Diego, Calif.
Jessica Walker	11:28.67	March 10	12th	San Diego City Championships	San Diego, Calif.
Darien Buc	11:32.35	March 10	13th	San Diego City Championships	San Diego, Calif.

**5,000 Meters** (NCAA Regional - 16:52.00)

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Lital Azulay	18:34.46 (i)	March 17	2nd	Aztec Invitational	San Diego, Calif.
Sara Cates	18:41.11 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
Stephanie Armstrong	19:14.29 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
Makenzie Mabry	19:44.56 (i)	March 17	6th	Aztec Invitational	San Diego, Calif.
Jessica Walker	19:49.33 (i)	March 17	7th	Aztec Invitational	San Diego, Calif.
Darien Buc	20:11.08 (i)	March 17	9th	Aztec Invitational	San Diego, Calif.
Anne Vieira	20:24.23 (i)	March 17	11th	Aztec Invitational	San Diego, Calif.

# SDSU TRACK AND FIELD

## *3,000-Meter Steeplechase* (NCAA Regional - 10:50.25)

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Celeste Tyson	11:19.59 (i)	March 16	2nd	Aztec Invitational	San Diego, Calif.
Jackie Duncan	11:33.71 (i)	March 16	3rd	Aztec Invitational	San Diego, Calif.
Sara Cates	11:52.73 (i)	March 16	4th	Aztec Invitational	San Diego, Calif.

## *100-Meter Hurdles* (NCAA Regional - 13.92)

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Kristin Olafsdottir	14.20	March 17	4th	Aztec Invitational	San Diego, Calif.
Deontee Kaye	14.85	March 10	4th	San Diego City Championships	San Diego, Calif.

## *400-Meter Hurdles* (NCAA Regional - 1:00.82)

<b>Athlete</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Kristin Olafsdottir	1:00.59+	March 10	1st	San Diego City Championships	San Diego, Calif.
Corri Campbell-Fell	1:02.26 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.

## *4x100 Relay* (NCAA Regional - 45.70)

<b>Athletes</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Pencil, Solomon, Stone, Koehler	45.57+ (i)	March 17	2nd	Aztec Invitational	San Diego, Calif.

## *4x400 Relay* (NCAA Regional - 3:42.00)

<b>Athletes</b>	<b>Time</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Fulford, Lowery, Campbell-Fell, Upuu	4:00.00	March 10	4th	San Diego City Championships	San Diego, Calif.

## *High Jump* (NCAA Regional - 5-8.75)

<b>Athlete</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Wendy Bohn	5-1.00	March 10	4th	San Diego City Championships	San Diego, Calif.

## *Pole Vault* (NCAA Regional - 12-5.50)

<b>Athlete</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Dana Van Wagner	13-1.50+	March 10	1st	San Diego City Championships	San Diego, Calif.
Monica Pacas	12-9.50+	March 10	2nd	San Diego City Championships	San Diego, Calif.
Stephanie Bagan	12-6.25+ (i)	March 17	1st	Aztec Invitational	San Diego, Calif.
Dana Jensen	12-1.50	March 10	3rd	San Diego City Championships	San Diego, Calif.
Christin Shibley	11-7.75	March 10	4th	San Diego City Championships	San Diego, Calif.
Jordan Cabral	10-4.00 (o)	March 16	4th	Aztec Invitational	San Diego, Calif.
Joanna Burley	10-2.00	March 10	9th	San Diego City Championships	San Diego, Calif.

## *Long Jump* (NCAA Regional - 19-8.25)

<b>Athlete</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Karoline Koehler	20-4.50 (a)	March 24	1st	Trojan Invitational	Los Angeles, Calif.
Shana Watson	19-0.00 (i)	March 17	1st	Aztec Invitational	San Diego, Calif.
Deontee Kaye	18-3.00 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
Kai Wheeler	17-7.50 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
Raquel Butler	13-9.75 (i)	March 17	17th	Aztec Invitational	San Diego, Calif.

## *Triple Jump* (NCAA Regional - 40-5.00)

<b>Athlete</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Shana Watson	38-4.25	March 10	2nd	San Diego City Championships	San Diego, Calif.
Deontee Kaye	40-1.25 (i)	March 17	1st	Aztec Invitational	San Diego, Calif.
Kai Wheeler	37-1.75 (b)	March 24	4th	Trojan Invitational	Los Angeles, Calif.
Priscilla Chapu	37-1.00	March 10	7th	San Diego City Championships	San Diego, Calif.
Raquel Butler	34-0.75 (b)	March 24	8th	Trojan Invitational	Los Angeles, Calif.

## *Shot Put* (NCAA Regional - 46-11.00)

<b>Athlete</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Michele Dannhausen	41-1.50 (b)	March 24	2nd	Trojan Invitational	Los Angeles, Calif.
Robyn Guzman	32-5.75 (b)	March 24	5th	Trojan Invitational	Los Angeles, Calif.

## *Discus* (NCAA Regional - 155-2)

<b>Athlete</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Michele Dannhausen	137-0 (b)	March 24	7th	Trojan Invitational	Los Angeles, Calif.
Robyn Guzman	112-0	March 10	5th	San Diego City Championships	San Diego, Calif.

## *Hammer Throw* (NCAA Regional - 177-8)

<b>Athlete</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Michele Dannhausen	108-4 (i)	March 16	11th	Aztec Invitational	San Diego, Calif.
Robyn Guzman	89-0 (i)	March 16	13th	Aztec Invitational	San Diego, Calif.

## *Javelin Throw* (NCAA Regional - 142-6)

<b>Athlete</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
Michele Dannhausen	125-1 (b)	March 24	3rd	Trojan Invitational	Los Angeles, Calif.
Kristin Olafsdottir	115-10	March 10	6th	San Diego City Championships	San Diego, Calif.
Karoline Koehler	107-11 (i)	March 16	5th	Aztec Invitational	San Diego, Calif.

**KEY:** + - NCAA Regional, sr - school record, p - preliminaries, i - invitational, o - open, a - Section A, b - Section B

## INDIVIDUAL RESULTS

**Stephanie Armstrong**

Event	Mark	Date	Place	Meet	Site
1,500m	5:08.67	March 10	12th	San Diego City Championships	San Diego, Calif.
3,000m	11:18.43	March 10	9th	San Diego City Championships	San Diego, Calif.
1,500m	5:06.79 (o)	March 16	9th	Aztec Invitational	San Diego, Calif.
5,000m	19:14.29 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
3,000m	10:58.84	March 24	19th	Trojan Invitational	Los Angeles, Calif.

**Lital Azulay**

Event	Mark	Date	Place	Meet	Site
3,000m	10:36.11	March 10	3rd	San Diego City Championships	San Diego, Calif.
5,000m	18:34.46 (i)	March 17	2nd	Aztec Invitational	San Diego, Calif.
3,000m	10:30.62	March 24	15th	Trojan Invitational	Los Angeles, Calif.

**Stephanie Bagan**

Event	Mark	Date	Place	Meet	Site
Pole Vault	12-6.25+ (i)	March 17	1st	Aztec Invitational	San Diego, Calif.
Pole Vault	12-0.00 (a)	March 24	3rd	Trojan Invitational	Los Angeles, Calif.

**Lindsay Barajas**

Event	Mark	Date	Place	Meet	Site
800m	2:22.85	March 10	8th	San Diego City Championships	San Diego, Calif.
1,500m	5:01.71	March 10	10th	San Diego City Championships	San Diego, Calif.
800m	2:27.70 (o) (p)	March 16	6th	Aztec Invitational	San Diego, Calif.
1,500m	4:54.64 (o)	March 16	1st	Aztec Invitational	San Diego, Calif.
800m	2:19.96 (o)	March 17	4th	Aztec Invitational	San Diego, Calif.
800m	2:24.27	March 24	22nd	Trojan Invitational	Los Angeles, Calif.
1,500m	5:00.18	March 24	18th	Trojan Invitational	Los Angeles, Calif.

**Wendy Bohn**

Event	Mark	Date	Place	Meet	Site
High Jump	5-1.00	March 10	4th	San Diego City Championships	San Diego, Calif.
High Jump	4-11.00 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
High Jump	4-11.75 (b)	March 24	5th	Trojan Invitational	Los Angeles, Calif.

**Darien Buc**

Event	Mark	Date	Place	Meet	Site
1,500m	5:07.99	March 10	11th	San Diego City Championships	San Diego, Calif.
3,000m	11:32.35	March 10	13th	San Diego City Championships	San Diego, Calif.
1,500m	4:59.48 (o)	March 16	6th	Aztec Invitational	San Diego, Calif.
5,000m	20:11.08 (i)	March 17	9th	Aztec Invitational	San Diego, Calif.
1,500m	4:59.75	March 24	18th	Trojan Invitational	Los Angeles, Calif.

**Joanna Burley**

Event	Mark	Date	Place	Meet	Site
Pole Vault	10-2.00	March 10	9th	San Diego City Championships	San Diego, Calif.

**Raquel Butler**

Event	Mark	Date	Place	Meet	Site
400m	1:01.10 (o) (p)	March 16	7th	Aztec Invitational	San Diego, Calif.
Long Jump	13-9.75 (i)	March 17	17th	Aztec Invitational	San Diego, Calif.
Triple Jump	34-0.75 (b)	March 24	8th	Trojan Invitational	Los Angeles, Calif.

**Jordan Cabral**

Event	Mark	Date	Place	Meet	Site
Pole Vault	10-4.00 (o)	March 16	4th	Aztec Invitational	San Diego, Calif.
Pole Vault	9-6.25 (b)	March 24	12th	Trojan Invitational	Los Angeles, Calif.

**Corri Campbell-Fell**

Event	Mark	Date	Place	Meet	Site
400m	58.95	March 10	7th	San Diego City Championships	San Diego, Calif.
400m Hurdles	1:03.10	March 10	2nd	San Diego City Championships	San Diego, Calif.
4x400 Relay (Fulford, Lowery, Upuu)	4:00.00	March 10	4th	San Diego City Championships	San Diego, Calif.
400m	59.72 (o) (p)	March 16	5th	Aztec Invitational	San Diego, Calif.
400m Hurdles	1:02.26 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
400m	59.48	March 24	26th	Trojan Invitational	Los Angeles, Calif.
400m Hurdles	1:03.35	March 24	6th	Trojan Invitational	Los Angeles, Calif.

# SDSU TRACK AND FIELD

## Sara Cates

Event	Mark	Date	Place	Meet	Site
3,000m	10:58.97	March 10	6th	San Diego City Championships	San Diego, Calif.
3,000m Steeplechase	11:52.73 (i)	March 16	4th	Aztec Invitational	San Diego, Calif.
5,000m	18:34.46 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
3,000m	10:56.82	March 24	18th	Trojan Invitational	Los Angeles, Calif.

## Priscilla Chapu

Event	Mark	Date	Place	Meet	Site
200m	24.71	March 10	3rd	San Diego City Championships	San Diego, Calif.
400m	56.20	March 10	3rd	San Diego City Championships	San Diego, Calif.
Triple Jump	37-1.00	March 10	7th	San Diego City Championships	San Diego, Calif.

## Michele Dannhausen

Event	Mark	Date	Place	Meet	Site
Shot Put	37-8.75	March 10	3rd	San Diego City Championships	San Diego, Calif.
Discus	134-8	March 10	4th	San Diego City Championships	San Diego, Calif.
Hammer Throw	97-10	March 10	3rd	San Diego City Championships	San Diego, Calif.
Javelin Throw	122-10	March 10	3rd	San Diego City Championships	San Diego, Calif.
Hammer Throw	108-4	March 16	11th	Aztec Invitational	San Diego, Calif.
Javelin Throw	113-6 (i)	March 16	4th	Aztec Invitational	San Diego, Calif.
Shot Put	36-4.75 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
Discus	131-3 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
Shot Put	41-4.50 (b)	March 24	2nd	Trojan Invitational	Los Angeles, Calif.
Discus	137-0	March 24	7th	Trojan Invitational	Los Angeles, Calif.
Javelin Throw	125-1 (b)	March 24	3rd	Trojan Invitational	Los Angeles, Calif.

## Jackie Duncan

Event	Mark	Date	Place	Meet	Site
800m	2:18.05	March 10	4th	San Diego City Championships	San Diego, Calif.
1,500m	4:49.43	March 10	4th	San Diego City Championships	San Diego, Calif.
3,000m Steeplechase	11:33.71 (i)	March 16	3rd	Aztec Invitational	San Diego, Calif.
800m	2:14.27 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
800m	2:15.61	March 24	5th	Trojan Invitational	Los Angeles, Calif.
1,500m	4:48.03	March 24	13th	Trojan Invitational	Los Angeles, Calif.

## Vonnie Fulford

Event	Mark	Date	Place	Meet	Site
100m	12.37	March 10	4th	San Diego City Championships	San Diego, Calif.
200m	25.52	March 10	7th	San Diego City Championships	San Diego, Calif.
4x400 Relay (Lowery, Campbell-Fell, Upuu)	4:00.00	March 10	4th	San Diego City Championships	San Diego, Calif.
100m	12.44 (o) (p)	March 16	3rd	Aztec Invitational	San Diego, Calif.
200m	25.52 (o) (p)	March 16	6th	Aztec Invitational	San Diego, Calif.
100m	12.56	March 24	25th	Trojan Invitational	Los Angeles, Calif.
200m	25.71	March 24	30th	Trojan Invitational	Los Angeles, Calif.

## Robyn Guzman

Event	Mark	Date	Place	Meet	Site
Shot Put	29-6.00	March 10	10th	San Diego City Championships	San Diego, Calif.
Discus	112-0	March 10	5th	San Diego City Championships	San Diego, Calif.
Hammer Throw	86-7	March 10	5th	San Diego City Championships	San Diego, Calif.
Hammer Throw	89-0 (i)	March 16	13th	Aztec Invitational	San Diego, Calif.
Shot Put	28-5.75 (i)	March 17	9th	Aztec Invitational	San Diego, Calif.
Discus	106-3 (i)	March 17	8th	Aztec Invitational	San Diego, Calif.
Shot Put	32-5.75 (b)	March 24	5th	Trojan Invitational	Los Angeles, Calif.
Discus	111-0 (a)	March 24	12th	Trojan Invitational	Los Angeles, Calif.

## Dana Jensen

Event	Mark	Date	Place	Meet	Site
Pole Vault	12-1.50	March 10	3rd	San Diego City Championships	San Diego, Calif.
Pole Vault	11-8.00 (o)	March 16	1st	Aztec Invitational	San Diego, Calif.

## Deontee Kaye

Event	Mark	Date	Place	Meet	Site
100m Hurdles	14.85	March 10	4th	San Diego City Championships	San Diego, Calif.
Long Jump	17-7.00	March 10	5th	San Diego City Championships	San Diego, Calif.
Triple Jump	38-3.25	March 10	3rd	San Diego City Championships	San Diego, Calif.
100m Hurdles	16.55 (i) (p)	March 16	7th	Aztec Invitational	San Diego, Calif.
100m Hurdles	15.33 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
Long Jump	18-3.00 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
Triple Jump	40-1.25 (i)	March 17	1st	Aztec Invitational	San Diego, Calif.

Long Jump 17-7.25 (b) March 24 2nd Trojan Invitational Los Angeles, Calif.

**Karoline Koehler**

Event	Mark	Date	Place	Meet	Site
100m	12.00	March 10	1st	San Diego City Championships	San Diego, Calif.
200m	24.96	March 10	4th	San Diego City Championships	San Diego, Calif.
Long Jump	19-5.25	March 10	1st	San Diego City Championships	San Diego, Calif.
4x100 (Pencil, Solomon, Stone)	45.96	March 10	1st	San Diego City Championships	San Diego, Calif.
200m	24.90 (o) (p)	March 16	2nd	Aztec Invitational	San Diego, Calif.
Javelin Throw	107-11 (i)	March 16	5th	Aztec Invitational	San Diego, Calif.
100m	11.95 (i)	March 17	7th	Aztec Invitational	San Diego, Calif.
4x100 (Pencil, Solomon, Stone)	45.57+ (i)	March 17	2nd	Aztec Invitational	San Diego, Calif.
100m	11.98	March 24	6th	Trojan Invitational	Los Angeles, Calif.
200m	24.71	March 24	12th	Trojan Invitational	Los Angeles, Calif.
4x100 (Pencil, Solomon, Stone)	45.64+	March 24	3rd	Trojan Invitational	Los Angeles, Calif.
Long Jump	20-4.50+ (a)	March 24	1st	Trojan Invitational	Los Angeles, Calif.

**Alicia Lowery**

Event	Mark	Date	Place	Meet	Site
100m	12.41	March 10	5th	San Diego City Championships	San Diego, Calif.
200m	25.37	March 10	6th	San Diego City Championships	San Diego, Calif.
4x400 Relay (Fulford, Campbell-Fell, Upuu)	4:00.00	March 10	4th	San Diego City Championships	San Diego, Calif.
400m	1:01.84 (o) (p)	March 16	11th	Aztec Invitational	San Diego, Calif.
100m	12.38	March 24	19th	Trojan Invitational	Los Angeles, Calif.
200m	25.11	March 24	20th	Trojan Invitational	Los Angeles, Calif.

**Makenzie Mabry**

Event	Mark	Date	Place	Meet	Site
1,500m	5:13.67	March 10	14th	San Diego City Championships	San Diego, Calif.
3,000m	11:15.99	March 10	8th	San Diego City Championships	San Diego, Calif.
1,500m	5:06.85 (o)	March 16	10th	Aztec Invitational	San Diego, Calif.
5,000m	19:44.29 (i)	March 17	6th	Aztec Invitational	San Diego, Calif.
3,000m	11:07.44	March 24	23rd	Trojan Invitational	Los Angeles, Calif.

**Lisa Naucier**

Event	Mark	Date	Place	Meet	Site
800m	2:17.91	March 10	3rd	San Diego City Championships	San Diego, Calif.
1,500m	4:39.49	March 10	1st	San Diego City Championships	San Diego, Calif.
800m	2:09.36+ (i)	March 17	2nd	Aztec Invitational	San Diego, Calif.
1,500m	4:36.99	March 24	3rd	Trojan Invitational	Los Angeles, Calif.

**Kristin Olafsdottir**

Event	Mark	Date	Place	Meet	Site
100m Hurdles	14.21	March 10	2nd	San Diego City Championships	San Diego, Calif.
400m Hurdles	1:00.59+	March 10	1st	San Diego City Championships	San Diego, Calif.
Javelin Throw	115-10	March 10	6th	San Diego City Championships	San Diego, Calif.
Javelin Throw	103-1 (i)	March 16	8th	Aztec Invitational	San Diego, Calif.
100m Hurdles	14.20	March 17	4th	Aztec Invitational	San Diego, Calif.
400m Hurdles	1:01.19 (i)	March 17	1st	Aztec Invitational	San Diego, Calif.
200m	26.13	March 24	36th	Trojan Invitational	Los Angeles, Calif.
100m Hurdles	14.46	March 24	13th	Trojan Invitational	Los Angeles, Calif.
Javelin Throw	112-2 (b)	March 24	8th	Trojan Invitational	Los Angeles, Calif.

**Monica Pacas**

Event	Mark	Date	Place	Meet	Site
Pole Vault	12-9.50+	March 10	2nd	San Diego City Championships	San Diego, Calif.
Pole Vault	12-2.50 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
Pole Vault	12-6.00+ (a)	March 24	2nd	Trojan Invitational	Los Angeles, Calif.

**Sherraine Pencil**

Event	Mark	Date	Place	Meet	Site
100m	12.21	March 10	3rd	San Diego City Championships	San Diego, Calif.
200m	24.60	March 10	2nd	San Diego City Championships	San Diego, Calif.
4x100 (Solomon, Stone, Koehler)	45.96	March 10	1st	San Diego City Championships	San Diego, Calif.
400m	55.02 (o) (p)	March 16	1st	Aztec Invitational	San Diego, Calif.
100m	11.81 (i)	March 17	4th	Aztec Invitational	San Diego, Calif.
200m	24.17 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
4x100 (Solomon, Stone, Koehler)	45.57+ (i)	March 17	2nd	Aztec Invitational	San Diego, Calif.
100m	12.09	March 24	10th	Trojan Invitational	Los Angeles, Calif.
200m	24.21	March 24	6th	Trojan Invitational	Los Angeles, Calif.
4x100 (Solomon, Stone, Koehler)	45.64+	March 24	3rd	Trojan Invitational	Los Angeles, Calif.

# SDSU TRACK AND FIELD

## Christin Shibley

Event	Mark	Date	Place	Meet	Site
Pole Vault	11-7.75	March 10	4th	San Diego City Championships	San Diego, Calif.
Pole Vault	11-3.75	March 24	13th	Trojan Invitational	Los Angeles, Calif.

## Shana Solomon

Event	Mark	Date	Place	Meet	Site
100m	12.04	March 10	2nd	San Diego City Championships	San Diego, Calif.
200m	24.46	March 10	1st	San Diego City Championships	San Diego, Calif.
4x100 (Pencil, Stone, Koehler)	45.96	March 10	1st	San Diego City Championships	San Diego, Calif.
100m	11.84 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
200m	24.27 (i)	March 17	6th	Aztec Invitational	San Diego, Calif.
4x100 (Pencil, Stone, Koehler)	45.57+ (i)	March 17	2nd	Aztec Invitational	San Diego, Calif.
100m	11.94	March 24	5th	Trojan Invitational	Los Angeles, Calif.
200m	24.13	March 24	4th	Trojan Invitational	Los Angeles, Calif.
4x100 (Pencil, Stone, Koehler)	45.64+	March 24	3rd	Trojan Invitational	Los Angeles, Calif.

## Nicole Stone

Event	Mark	Date	Place	Meet	Site
200m	25.08	March 10	5th	San Diego City Championships	San Diego, Calif.
400m	55.02	March 10	1st	San Diego City Championships	San Diego, Calif.
4x100 (Pencil, Solomon, Koehler)	45.96	March 10	1st	San Diego City Championships	San Diego, Calif.
200m	25.34 (o) (p)	March 16	5th	Aztec Invitational	San Diego, Calif.
400m	54.48+ (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
4x100 (Pencil, Solomon, Koehler)	45.57+ (i)	March 17	2nd	Aztec Invitational	San Diego, Calif.
200m	25.09	March 24	18th	Trojan Invitational	Los Angeles, Calif.
400m	54.55+	March 24	5th	Trojan Invitational	Los Angeles, Calif.
4x100 (Pencil, Solomon, Koehler)	45.64+	March 24	3rd	Trojan Invitational	Los Angeles, Calif.

## Celeste Tyson

Event	Mark	Date	Place	Meet	Site
1,500m	4:46.67	March 10	3rd	San Diego City Championships	San Diego, Calif.
3,000m	10:27.64	March 10	2nd	San Diego City Championships	San Diego, Calif.
3,000m Steeplechase	11:19.59 (i)	March 16	2nd	Aztec Invitational	San Diego, Calif.

## Mandy Upuu

Event	Mark	Date	Place	Meet	Site
400m	56.01	March 10	2nd	San Diego City Championships	San Diego, Calif.
4x400 Relay (Fulford, Lowery, Campbell-Fell)	4:00.00	March 10	4th	San Diego City Championships	San Diego, Calif.
400m	55.79 (o) (p)	March 16	2nd	Aztec Invitational	San Diego, Calif.
800m	2:09.16+ (i)	March 17	1st	Aztec Invitational	San Diego, Calif.
400m	56.24	March 24	12th	Trojan Invitational	Los Angeles, Calif.

## Dana Van Wagner

Event	Mark	Date	Place	Meet	Site
Pole Vault	13-1.50+	March 10	1st	San Diego City Championships	San Diego, Calif.
Pole Vault	12-6.25+ (i)	March 17	1st	Aztec Invitational	San Diego, Calif.
Pole Vault	12-0.00 (a)	March 24	4th	Trojan Invitational	Los Angeles, Calif.

## Anne Vieira

Event	Mark	Date	Place	Meet	Site
3,000m	11:24.00	March 10	11th	San Diego City Championships	San Diego, Calif.
5,000m	20:24.23 (i)	March 17	11th	Aztec Invitational	San Diego, Calif.

## Jessica Walker

Event	Mark	Date	Place	Meet	Site
1,500m	5:13.62	March 10	13th	San Diego City Championships	San Diego, Calif.
3,000m	11:28.67	March 10	12th	San Diego City Championships	San Diego, Calif.
1,500m	5:13.80 (o)	March 16	12th	Aztec Invitational	San Diego, Calif.
5,000m	19:49.33 (i)	March 17	7th	Aztec Invitational	San Diego, Calif.
3,000m	11:34.79	March 24	27th	Trojan Invitational	Los Angeles, Calif.

## Amber Waddell

Event	Mark	Date	Place	Meet	Site
100m	12.97	March 10	12th	San Diego City Championships	San Diego, Calif.
200m	26.87	March 10	15th	San Diego City Championships	San Diego, Calif.
100m	12.80 (o) (p)	March 16	8th	Aztec Invitational	San Diego, Calif.
200m	26.49 (o) (p)	March 16	13th	Aztec Invitational	San Diego, Calif.
100m	12.89 (o)	March 17	7th	Aztec Invitational	San Diego, Calif.
100m	12.88	March 24	30th	Trojan Invitational	Los Angeles, Calif.
200m	26.13	March 24	36th	Trojan Invitational	Los Angeles, Calif.

**Shana Watson**

<b>Event</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
100m	12.53	March 10	9th	San Diego City Championships	San Diego, Calif.
Long Jump	18-10.00	March 10	2nd	San Diego City Championships	San Diego, Calif.
Triple Jump	38-4.25	March 10	2nd	San Diego City Championships	San Diego, Calif.
100m	12.23 (o) (p)	March 16	1st	Aztec Invitational	San Diego, Calif.
100m	12.25 (o)	March 17	1st	Aztec Invitational	San Diego, Calif.
Long Jump	19-0.00 (i)	March 17	1st	Aztec Invitational	San Diego, Calif.
Long Jump	18-7.00 (a)	March 24	9th	Trojan Invitational	Los Angeles, Calif.

**Kai Wheeler**

<b>Event</b>	<b>Mark</b>	<b>Date</b>	<b>Place</b>	<b>Meet</b>	<b>Site</b>
100m	12.73	March 10	11th	San Diego City Championships	San Diego, Calif.
Long Jump	12-2.25	March 10	15th	San Diego City Championships	San Diego, Calif.
Triple Jump	35-9.25	March 10	8th	San Diego City Championships	San Diego, Calif.
100m	12.56 (o) (p)	March 16	4th	Aztec Invitational	San Diego, Calif.
100m	12.67 (o)	March 17	5th	Aztec Invitational	San Diego, Calif.
Long Jump	17-7.50 (i)	March 17	5th	Aztec Invitational	San Diego, Calif.
Triple Jump	35-8.50 (i)	March 17	3rd	Aztec Invitational	San Diego, Calif.
Long Jump	17-1.75 (b)	March 24	4th	Trojan Invitational	Los Angeles, Calif.

**KEY:** + - NCAA Regional, sr - school record, p - preliminaries, i - invitational, a - Section A, b - Section B

# SDSU TRACK AND FIELD

## AZTEC OUTDOOR BESTS

### 100 Meters (\*11.75)

11.20.....	Tonette Dyer.....	2004
11.50(a).....	Miesha McKelvy.....	1999
11.50(a).....	Melinda Smedley.....	2003
11.59(a).....	Nicole Ireland.....	2003
11.62.....	Darla Vaughn.....	1992
11.70.....	Brigitte Moon.....	1984
11.72.....	Shana Solomon.....	2006
11.72.....	Lori Smith.....	1982
11.76.....	LaTanya Sheffield.....	1983
11.79.....	Promise Mose.....	2000

### 200 Meters (\*23.96)

22.34.....	Tonette Dyer.....	2004
23.30.....	Nicole Ireland.....	2004
23.32(a).....	Melinda Smedley.....	2002
23.40.....	Lori Smith.....	1983
23.74.....	Renee Ross.....	1985
23.83.....	Miesha McKelvy.....	1999
23.86.....	Darla Vaughn.....	1991
23.91.....	Promise Mose.....	2001
23.97(a).....	Sherraine Pencil.....	2006
24.01.....	LaTanya Sheffield.....	1986

### 400 Meters (\*54.61)

51.15.....	Tonette Dyer.....	2004
51.33.....	Renee Ross.....	1985
52.91.....	Nicole Ireland.....	2003
52.94(a).....	Nicole Stone.....	2006
53.08a.....	Jini Hogg.....	2002
53.09.....	LaTanya Sheffield.....	1985
53.88.....	Promise Mose.....	2000
53.96.....	Malika Freeman.....	1995
54.01.....	Larnie Boyd.....	2004
54.12.....	Margaret Hemmans.....	1987

### 800 Meters (\*2:09.80)

2:02.88.....	Renee Ross.....	1985
2:05.57.....	Monica Joyce.....	1982
2:07.39.....	Kylie Edwards.....	2000
2:08.50.....	Nicole Carmier.....	2005
2:08.90.....	Jamillah Titus.....	2003
2:08.96.....	Jennifer Stakiw.....	2003
2:09.03.....	Kristy Matthews.....	1995
2:09.16.....	Mandy Upuu.....	2007
2:09.36.....	Lisa Naucler.....	2007
2:09.69.....	Sharon Yaninek.....	1984

### 1,500 Meters (\*4:27.80)

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
4:32.03.....	Marie Nilsson.....	2004
4:32.14.....	Wendy Peterson.....	1990
4:33.18.....	Renee Ross.....	1986
4:34.16.....	Jamillah Titus.....	2003

### 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
9:39.01.....	Marie Nilsson.....	2004
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

### 5,000 Meters (\*16:52.00)

15:45.26.....	Monica Joyce.....	1982
15:46.37.....	Eva Ernstrom.....	1982
15:59.34.....	Lynn Kanuka.....	1982
16:42.44.....	Debra Chaddock.....	1982
16:43.56.....	Marie Nilsson.....	2004
16:46.24.....	Liz Baker.....	1982
16:58.64.....	Laurie Crisp.....	1983
17:00.80.....	Maureen Bradley.....	1987
17:15.94.....	Lisa Crampton.....	2006
17:16.08.....	Lital Azulay.....	2005

### 10,000 Meters (#33:30.00; \*35:00.00)

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 (\*13.92)

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
13.25.....	Heather Heron.....	2005
13.28.....	Sue Kameli.....	1980
13.30.....	Nicole Ireland.....	2004
13.44.....	Lori Smith.....	1983
13.46.....	LaTanya Sheffield.....	1986

### 400-Meter Hurdles (\*1:00.82)

54.64.....	LaTanya Sheffield.....	1985
56.10.....	Nicole Ireland.....	2003
58.51.....	Sharifa Cox.....	1994
58.53.....	Margaret Hemmans.....	1987
58.90.....	Gaylen Ames.....	1988
59.03.....	Erica Prodanovich.....	1992
59.06.....	Heather Heron.....	2005
59.33(a).....	Kristin Olafsdottir.....	2006
59.82(a).....	Ryan Peters.....	2003
59.86.....	Aja Makaila Frary.....	2001

### High Jump (\*5-8.75)

5-11.50.....	Lori Clark.....	1984
5-11.00.....	Patti Stafford.....	1981
5-10.00.....	Marla Runyan.....	1989
5-9.50.....	Carrie McLaughlin.....	1982
5-9.00.....	Veronica Wuerful.....	1988
5-8.75.....	Nicole Carmier.....	2005
	Deanne Johnson.....	1984
5-8.00.....	Jamillah Titus.....	2004
	Aja Makaila Frary.....	2001
	Lori Smith.....	1983

### Long Jump (\*19-8.25)

20-5.75.....	Lisa Domico.....	1999
20-4.50.....	Karoline Koehler.....	2007
20-4.25.....	Aja Makaila Frary.....	2001
20-1.00.....	Shana Watson.....	2006
19-10.50.....	Carrie McLaughlin.....	1980
19-5.25.....	Tori Respess-Parsons.....	2005
	Gaylen Ames.....	1990
19-4.75.....	Melinda Forest.....	1997
19-4.25.....	Angela McKnight.....	1987
19-4.25.....	Shanon Meyer.....	2003

### Triple Jump (\*40-5.00)

41-9.75.....	Decontee Kaye.....	2006
	Gaylen Ames.....	1988
41-8.00.....	Angela McKnight.....	1988
40-10.50.....	Shana Watson.....	2006
40-6.75.....	Sharie Green.....	1989
40-4.25.....	Lisa Domico.....	1999
40-3.25.....	Nicole Ireland.....	2003
40-1.25.....	Melinda Forest.....	1998
40-0.50.....	Marisa Taylor.....	2001
39-10.00.....	Megan Schauermann.....	2003

### Pole Vault (\*12-5.50)

14-1.25.....	Shayla Balentine.....	2005
13-9.25.....	Erin Asay.....	2006
13-2.25.....	Aimee Crabtree.....	2001
13-1.50.....	Dana Van Wagner.....	2007
12-11.75.....	Monica Pacas.....	2006
12-9.00.....	Patricia Gutierrez.....	2001
12-8.25.....	Jesika Englebretson.....	2002-03
12-6.25.....	Stephanie Bagan.....	2007
12-6.25.....	Kristi Draher.....	2000
12-3.50.....	Cara Walker.....	2004

### Shot Put (\*46-11)

58-3.75.....	Ramona Pagel.....	1984
51-3.00.....	Laura DeSnoo.....	1984
49-8.50.....	Candace Hill.....	2004
48-9.00.....	Cheryl Kennedy.....	1982
47-7.00.....	Leanne Taylor.....	2006
46-9.00.....	Kartsi Leppaluato.....	1988
46-2.75.....	Bonnie Dasse.....	1981
45-3.50.....	Carolyn Peters.....	1990
45-2.00.....	Monica Stoltenburg.....	1979
43-10.00.....	Julie Dejarlais.....	1992

### Discus (\*155-2.00)

196-4.00.....	Laura DeSnoo.....	1984
186-6.00.....	Ramona Pagel.....	1984
164-0.00.....	Leanne Taylor.....	2006
162-9.00.....	Candace Hill.....	2003
161-3.00.....	Rhonda Loshonkohl.....	1986
151-10.00.....	Julie Dejarlais.....	1993
147-1.00.....	Laura Standing.....	1986
146-8.00.....	Carolyn Peters.....	1990
145-2.00.....	Katrina Crouch.....	1999
144-2.00.....	Bonnie Dasse.....	1981

### Javelin (\*142-6.00)

178-3.00.....	Liz Mueller.....	1983
169-10.00.....	Donna Dietrich.....	1978
163-2.00.....	Lynn Dunton.....	1979
160-7.00.....	Debbie Dibb.....	1982
160-1.00.....	Angela Rock.....	1984
158-9.00.....	L. Hallman.....	1974
155-10.00.....	Diane Collier.....	1989
154-6.50.....	Monica Stoltenburg.....	1979
153-6.00.....	Louise Joubert.....	1990
152-0.00.....	Leslie Miller.....	2003

### Hammer (\*177-8.00)

168-8.00.....	Kellie Scott.....	1998
164-6.00.....	Candace Hill.....	2003
156-7.00.....	Brittany Lowe.....	2006

### 4x100 Relay (\*45.70)

44.24.....	Givens, Dyer, Hogg, Smedley.....	2002
44.45.....	Boyd, Dyer, Heron, Ireland.....	2003
44.75(a).....	Smedley, Dyer, Peters, Ireland.....	2003
44.77.....	Peters, Dyer, Hogg, Smedley.....	2002
44.84.....	Smedley, Dyer, Givens, 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.....Givens, Dyer, Heron, Ireland.....2004  
 45.22.....Bourne, Sheffield, Charles, Smith ....1982

***4x200 Relay***

1:32.99.....Smedley, Dyer, McNair, Ireland ...2003  
 1:33.31.....Dyer, Ireland, McNair, Boyd .....2004  
 1:34.97.....Dyer, Hogg, Ireland, Smedley .....2003  
 1:35.74.....Clemons, Brewer, Moon, Ross .....1984  
 1:35.98.....Boyd, McNair, Dyer, Givens .....2004  
 1:37.48.....Frary, Mose, Smedley, Hogg.....2001  
 1:39.39.....Clemons, Ross, Moon, Russell .....1984

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

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 (\*3:42.00)***

3:30.57.....Nilsson, Ross, Robinson, Sheffield....1985  
 3:33.84.....Boyd, Ireland, Dyer, Heron.....2004  
 3:34.47.....Hogg, Ireland, Dyer, Givens .....2003  
 3:34.77.....McNair, Ireland, Dyer, Givens .....2003  
 3:35.19.....Dyer, Ireland, Hogg, McNair.....2003  
 3:35.50.....Smith, Ross, Hemmans, Sheffield....1986  
 3:35.89.....Boyd, Heron, Ireland, Givens .....2004  
 3:36.67.....Dyer, Hogg, McNair, Ireland.....2003  
 3:36.77.....Dyer, Ireland, Hogg, Givens .....2003  
 3:36.80.....Smedley, Dyer, Ireland, McNair ....2003

***4x800 Relay***

8:48.13.....Hemond, Ernstrom, 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  
 11:37.77...Boyd, Givens, Carmier, Nilsson ....2004  
 11:45.80...Titus, McNair, Boyd, Nilsson .....2004

***Heptathlon (#5,500; \*5,050)***

5,751.....Aja Makaila Frary .....2001  
 5,620.....Carrie McLaughlin .....1983  
 5,602.....Leslie Miller .....2003  
 5,481.....Shanon Meyer .....2003  
 5,435.....Lori Smith .....1983  
 5,402.....Kristin Olafsdottir.....2006  
 5,210.....Janine Polischuk.....2004  
 5,176.....Gaylen Ames .....1990  
 5,169.....Marla Runyan.....1991  
 5,127.....Deanne Johnson .....1984

***3,000-Meter Steeplechase \*(10:50.25)***

10:23.34.....Marie Nilsson .....2004  
 10:42.11.....Lisa Crampton.....2006  
 10:48.32.....Celeste Tyson .....2006  
 11:21.72.....Alicia Stewart .....2003  
 11:22.68.....Jennifer Stakiw .....2001

(a) run at altitude