

AZTEC OUTDOOR RECORD BOOK

100 Meters

11.20.....	Tonette Dyer.....	2004
11.43.....	Karoline Koehler.....	2009
11.49.....	Shana Solomon.....	2008
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.....	Lori Smith.....	1982
11.75.....	Alicia Lowery.....	2008
	Sherraine Pencil.....	2007

200 Meters

22.34.....	Tonette Dyer.....	2004
23.30.....	Nicole Ireland.....	2004
23.32(a).....	Melinda Smedley.....	2002
23.40.....	Lori Smith.....	1983
23.53.....	Sherraine Pencil.....	2008
23.59.....	Shana Solomon.....	2007
23.74.....	Renee Ross.....	1985
23.83.....	Miesha McKelvy.....	1999
23.86.....	Darla Vaughn.....	1991
23.91.....	Promise Mose.....	2001

400 Meters

51.15.....	Tonette Dyer.....	2004
51.33.....	Renee Ross.....	1985
52.81(a).....	Nicole Stone.....	2009
52.91.....	Nicole Ireland.....	2003
53.08(a).....	Jini Hogg.....	2002
53.09.....	LaTanya Sheffield.....	1985
53.11.....	Sherraine Pencil.....	2008
53.88.....	Promise Mose.....	2000
53.96.....	Malika Freeman.....	1995
54.01.....	Larnie Boyd.....	2004

800 Meters

2:02.88.....	Renee Ross.....	1985
2:05.57.....	Monica Joyce.....	1982
2:06.56.....	Mandy Upuu.....	2007
2:07.19.....	Lisa Naucner.....	2007
2:07.39.....	Kylie Edwards.....	2000
2:08.47.....	Josefine Koskinen.....	2010
2:08.50.....	Nicole Carmier.....	2005
2:08.90.....	Jamillah Titus.....	2003
2:08.96.....	Jennifer Stakiw.....	2003
2:09.03.....	Kristy Matthews.....	1995

1,500 Meters

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
4:33.13.....	Lisa Naucner.....	2007
4:33.18.....	Renee Ross.....	1986

3,000 Meters

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

15:45.26.....	Monica Joyce.....	1982
15:46.37.....	Eva Ernstrom.....	1982
15:59.34.....	Lynn Kanuka.....	1982
16:41.96.....	Rachel Williams.....	2009
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

10,000 Meters

34:22.24.....	Lynn Kanuka.....	1981
34:44.44.....	Liz Baker.....	1982
34:55.24.....	Debra Chaddock.....	1982
36:01.00.....	Laurie Crisp.....	1983
36:08.77.....	Rachel Williams.....	2009
36:31.44.....	Sherrie Torrans.....	1981
36:40.15.....	Alma Escobar.....	2009
36:46.44.....	Maureen Bradley.....	1986
37:15.40.....	Mona Lopez.....	1987
38:02.32.....	Lisa Gross.....	1983

100-Meter Hurdles

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

54.64.....	LaTanya Sheffield.....	1985
56.10.....	Nicole Ireland.....	2003
58.51.....	Sharifa Cox.....	1994
58.53.....	Margaret Hemmans.....	1987
58.82.....	Kristin Olafsdottir.....	2008
58.90.....	Gaylen Ames.....	1988
59.03.....	Erica Prodanovich.....	1992
59.06.....	Heather Heron.....	2005
59.21.....	Nicole Stone.....	2007
59.82(a).....	Ryan Peters.....	2003

3,000-Meter Steeplechase

10:23.34.....	Marie Nilsson.....	2004
10:42.11.....	Lisa Crampton.....	2006
10:48.32.....	Celeste Tyson.....	2006
11:10.00.....	Kristin Glen.....	2009
11:21.72.....	Alicia Stewart.....	2003
11:22.68.....	Jennifer Stakiw.....	2001
11:23.42.....	Jackie Duncan.....	2007
11:34.21.....	Sara Beyers.....	2010
11:35.43.....	Lindsay Baraja.....	2008
11:36.27.....	Hillery Gemmill.....	2002

High Jump

5-11.50.....	Lori Clark.....	1984
5-11.00.....	Patti Stafford.....	1981
5-10.00.....	Marla Runyan.....	1989
5-09.50.....	Carrie McLaughlin.....	1982
5-09.00.....	Veronica Wuerful.....	1988
5-08.75.....	Nicole Carmier.....	2005
	Deanne Johnson.....	1984
5-08.00.....	Jamillah Titus.....	2004
	Aja Makaila Frary.....	2001
	Lori Smith.....	1983

Long Jump

21-09.50.....	Karoline Koehler.....	2009
20-05.75.....	Lisa Domico.....	1999
20-04.25.....	Deontee Kaye.....	2007
	Aja Makaila Frary.....	2001
20-01.50.....	Shana Watson.....	2008
19-10.50.....	Carrie McLaughlin.....	1980
19-05.25.....	Tori Respass-Parsons.....	2005
	Gaylen Ames.....	1990
19-04.75.....	Melinda Forest.....	1997
19-04.25.....	Angela McKnight.....	1987
19-04.25.....	Shanon Meyer.....	2003

Triple Jump

44-09.00.....	Karoline Koehler.....	2009
44-04.25.....	Deontee Kaye.....	2007
41-09.75.....	Gaylen Ames.....	1988
41-08.00.....	Angela McKnight.....	1988
41-07.25.....	Shana Watson.....	2008
41-05.75.....	Kai Wheeler.....	2009
41-00.25.....	Alex Evans.....	2010
40-06.75.....	Sharie Green.....	1989
40-04.25.....	Lisa Domico.....	1999
40-03.25.....	Nicole Ireland.....	2003

SDSU TRACK AND FIELD

Pole Vault

14-03.50	Stephanie James.....	2008
14-01.25	Shayla Balentine.....	2005
13-09.25	Erin Asay.....	2006
13-07.25	Katie Morgan.....	2010
13-03.50	Kelsy Hintz	2010
13-03.50	Monica Pacas	2008
13-02.25	Aimee Crabtree.....	2001
13-01.75	Dana VanWagner.....	2007
12-09.00	Patricia Gutierrez.....	2001
12-08.25	Jesika Englebretson	2003

Shot Put

58-03.75	Ramona Pagel.....	1984
51-03.00	Laura DeSnoo.....	1984
49-08.50	Candace Hill	2004
48-09.00	Cheryl Kennedy	1982
47-07.00	Leanne Taylor	2006
46-09.00	Kartsi Leppaluoto	1988
46-02.75	Bonnie Dasse	1981
45-11.75	Jeannette McConnell	2010
45-09.25	Maria Rodriguez	2010
45-03.50	Carolyn Peters	1990

Discus

196-04.00	Laura DeSnoo.....	1984
186-06.00	Ramona Pagel.....	1984
167-08.00	Leanne Taylor	2009
162-09.00	Candace Hill	2003
162-08.00	Jeanette McConnell	2010
161-03.00	Rhonda Loshonkohl	1986
153-01.00	Michele Dannhausen.....	2009
152-06.00	Andrea Martinez.....	2009
151-10.00	Julie Dejarlais	1993
147-01.00	Laura Standing	1986

Javelin

178-03.00	Liz Mueller.....	1983
169-10.00	Donna Dietrich	1978
163-02.00	Lynn Dunton	1979
160-07.00	Debbie Dibb	1982
160-01.00	Angela Rock.....	1984
158-09.00	L. Hallman	1974
155-10.00	Diane Collier.....	1989
154-06.50	Monica Stoltenburg	1979
153-06.00	Louise Joubert	1990
152-00.00	Leslie Miller	2003

Hammer

170-07.00	Maria Rodriguez	2010
168-08.00	Kellie Scott	1998
166-05.00	Andrea Martinez.....	2008
164-06.00	Candace Hill	2003
163-06.00	Tamara McMillan.....	2009
161-06.00(a)	Jeanette McConnell	2009
156-07.00	Brittany Lowe	2006

4x100 Relay

44.24.....	Givens, Dyer, Hogg, Smedley.....	2002
44.45.....	Boyd, Dyer, Heron, Ireland	2003
44.74.....	King, Koehler, Hornsby, Stone	2009
44.75(a).....	Smedley, Dyer, Peters, Ireland	2003
44.77.....	Peters, Dyer, Hogg, Smedley	2002
44.84.....	Smedley, Dyer, Givens, Ireland.....	2003
44.88.....	Pencil, Solomon, Lowery, Kaye.....	2008
45.02.....	Sheffield, Robinson, Moon, Ross...	1985
45.14.....	Sheffield, Smith, Moon, Ross	1986
45.20.....	Smedley, Dyer, McNair, Ireland....	2003

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.....	Frery, 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

3:30.57.....	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^ (1,200-400-800-1,600)

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

5,751.....	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

1^ not an NCAA Outdoor Championship event

(a) run at altitude

Bold indicates current athlete