

SDSU TRACK & FIELD



This week: May 10-13, at MWC Championships, Provo, Utah, All Day

2006 OUTDOOR SCHEDULE

DATE	EVENT	TIME/RESULT
March 11	SD City Champs (La Jolla, Calif.)	NTS
March 17-18	Aztec Track Classic (SDSU Sports Deck)	NTS
March 23-25	Jim Click Shootout (Tucson, Ariz.)	NTS
March 31- Apr. 1	Stanford Invitational (Palo Alto, Calif.)	NTS
Apr. 7-8	Duke Invitational (Durham, N.C.)	NTS
Apr. 12-15	Mt. SAC Relays (Walnut, Calif.)	NTS
Apr. 22	UCSD Invitational (La Jolla, Calif.)	NTS
Apr. 29	Steve Scott Invitational (Irvine, Calif.)	NTS
May 6	Claremont Classic (Claremont, Calif.)	NTS
May 10-13	MWC Championships (Provo, Utah)	All Day
May 26-27	NCAA West Regionals (Provo, Utah)	4 p.m.
June 7-10	NCAA Championships (Sacramento, Calif.)	TBA

All times local to site

2006 OUTDOOR ROSTER

Athlete	Events	Yr.	Ht.
Katie Adams	Pole Vault	Fr.	5-8
Erin Asay	Pole Vault	Sr.	5-6
Lital Azulay	Distance	Jr.	5-6
Ali Baker	Distance	Jr.	5-5
Sarah Belger	Distance	Jr.	5-6
Larnie Boyd	Sprints/Hurdles	Sr.	5-6
Joanna Burley	Pole Vault	So.	5-7
Raquel Butler	Sprints	So.	5-7
Corri Campbell-Fell	Hurdles	Fr.	5-5
Nicole Carmier	Sprints/Jumps	Sr.	5-10
Lisa Crampton	Distance	Jr.	5-6
Christal Cuadra	Distance	Sr.	5-7
Michele Dannhausen	Throws	Fr.	5-7
Brittani Dudley	Sprints	So.	5-1
Dana Jensen	Pole Vault	Fr.	5-4
Kristin Karhio	Multi-Events	Jr.	5-9
Deontee Kaye	Jumps/Hurdles	Fr.	5-4
Brittany Lowe	Throws	Fr.	5-8
Amanda Maydeck	Distance	Fr.	5-5
Lisa Naucler	Mid-Distance	Jr.	5-7
Jenelle Nicholas	Mid-Distance	Fr.	5-1
Kristin Olafsdottir	Multi-Events	Fr.	5-8
Monica Pacas	Pole Vault	So.	5-3
Sherraine Pencil	Sprints	So.	5-6
Briana Powell	Mid-Distance	So.	5-4
Christin Shibley	Pole Vault	So.	5-8
Shana Solomon	Sprints	Fr.	5-7
Nicole Stone	Sprints/Hurdles	Fr.	5-6
Leanne Taylor	Throws	Fr.	5-11
Jamillah Titus	Mid-Dist./Jumps	Sr.	5-8
Celeste Tyson	Mid-Distance	Jr.	5-1
Mandy Upuu	Sprints	So.	5-4
Dana Van Wagner	Pole Vault	Jr.	5-6
Anne Vieira	Distance	So.	5-4
Shana Watson	Jumps	Fr.	5-6
Carrie Wick	Pole Vault	Fr.	5-5

Head Coach: Rahn Sheffield (San Diego State '80), 15th Season

Assistant Coaches: Jennifer Nanista (San Diego State '90), 13th season; Mike LoBue (Fresno State '01), second season; Richard Fox (San Diego State '92), ninth season.

SDSU Track and Field Heads To Utah This Week For MWC Championships

● The San Diego State track and field squad looks to improve on its fourth-place finish from a year ago when it competes this week in the 2006 Mountain West Conference Outdoor Championships, May 10-13, in Provo, Utah. The Aztecs are expected to send 21 athletes to the four-day meet, which will take place at Clarence F. Robison Track on the campus of Brigham Young University.

The women's heptathlon and men's decathlon will be the only two events contested on the first two days, May 10-11. The heptathlon begins at noon on Wednesday and resumes at 11:30 a.m. on Thursday. Freshmen Kristin Olafsdottir and Corri Campbell-Fell are slated to represent the scarlet and black in the event, along with junior Kristin Karhio.

The bulk of the competition gets underway on Friday, featuring qualifying heats in the track events with the exception of the steeplechase and 10,000-meter run. Field events will include both trials and finals of the hammer throw, long jump, discus and log jump, starting at 11 a.m.

Saturday's schedule begins at 10 a.m. and concludes with the men's 4x400 relay at 3:05 p.m. An awards ceremony will cap off the week's activities at 3:30 p.m. All times are MDT.

In team competition, all nine conference schools will be represented on the women's side, while six squads comprise the men's championship. SDSU, UNLV and Utah do not sponsor men's track and field.

Clarence F. Robison Track was renovated in 2002 and now features a state-of-the-art Mondo X surface. The MWC Championships were also held at the facility in 2000, making it the first league venue to serve as a repeat host for the event.

MWC Championships Redux

● The MWC will crown individual as well as team champions at this week's meet. Eight places in each event will be counted in the final team score with points awarded in descending order as follows: 10-8-6-5-4-3-2-1. Below is a look at how the Aztecs have fared in the six previous MWC Championships:

Year	Place	Score
2000	5th	80 pts.
2001	3rd	148 pts.
2002	3rd	119.33 pts.
2003	1st	217pts.
2004	2nd	160 pts.
2005	4th	88 pts.

Scaling New Heights

● SDSU will be competing at altitude for the first time during the outdoor campaign this year when it travels to the Beehive State. Provo is situated 4,553 feet above sea level. The Aztecs participated in three full meets at elevation during the indoor season, including the MWC Indoor Championships, Feb. 23-25, in Albuquerque, N.M.

Following the meet, SDSU will make a return trip to Provo in two weeks for the NCAA West Regional Championships, May 26-27.

Growing Up Fast

● The Aztecs' heralded freshman class has paid huge dividends in 2006, with several newcomers ranking among the MWC's elite. Leading the way is Kristin Olafsdottir, who boasts the league's top score in heptathlon with 5,402 points. The Reykjavik, Iceland, native also ranks second in the 400 hurdles (1:00.10) and fourth in the 100 hurdles (14.10).

Another conference leader is Deontee Kaye, who possesses the top mark in the triple jump with a leap of 41-9.75. Her distance ties an 18-year-old school record set by Gaylen Ames in 1988.

Meanwhile, Leanne Taylor ranks second in the shot put (47-7) and fourth in the discus (164-0), providing a much-needed spark for SDSU's throwing corps.

Other Aztec freshmen who have made their way to the top of the MWC rankings include Shana Solomon in the 100 meters (third - 11.72), Nicole Stone in the 400 hurdles (fourth - 1:00.72) and Shana Watson in the long jump (third - 19-7) and triple jump (fourth - 39-11.50).

Yes, But Don't Forget...

● In addition to the bevy of freshman talent, Aztec veteran Erin Asay will also figure prominently in SDSU's fortunes this week. The senior pole vaulter owns the MWC's top performance in 2006 with a clearance of 13-9.25, which equals her lifetime best. Asay's height is also ranked sixth in the nation and third in the West region.

Other Aztecs to watch include senior Larnie Boyd (400 meters), juniors Lisa Crampton and Celeste Tyson (steeplechase) as well as sophomores Sherraine Pencil (100, 200) and Mandy Upuu (800).

Pacas Joins The Pack

● Sophomore Monica Pacas added her name to SDSU's growing list of regional qualifiers when she cleared 12-5.50 in the pole vault at the UCSD Triton Invitational on April 22. Pacas' effort was a season best and tied her for fifth in the MWC.

Flashback: 2005 MWC Championships

● Shayla Balentine and Heather Heron captured first-place honors in the pole vault and 100-meter hurdles, respectively, leading the Aztecs to a fourth-place finish at the 2005 MWC Championships in Fort Collins, Colo. SDSU totaled 88 points, trailing Brigham Young (218 pts.), host Colorado State (171 pts.) and Wyoming (92.5 pts.)

Balentine surpassed her own meet record by 8.5 inches with a winning clearance of 13-10 in the pole vault. The previous standard was 13-1.50, which she set in 2002.

Heron emerged victorious in the 100 hurdles with a time of 13.31, and also took second in the 400 hurdles with a 59.06 clocking.

The Aztecs also received top-five performances from Nicole Carmier in the 800 (third - 2:10.28), Monica Pacas in the pole vault (third - 12-0.75), Janine Polischuk in the 400 hurdles (fifth - 1:01.19), Sherraine Pencil in the 100 (fifth - 12.20) and Christin Shibley in the pole vault (fifth - 11-8).

Meanwhile in relay competition, the 4x400-meter team of Carmier, Larnie Boyd, Heron and Brittani Dudley placed second with a season-best time of 3:43.39.

2006 NCAA REGIONAL QUALIFIERS

Athlete	Event	Time/Mark
Erin Asay	Pole Vault	13-9.25
Larnie Boyd	400 Meters	54.57
Lisa Crampton	Steeplechase	10:42.11
Deontee Kaye	Triple Jump	41-9.75
Kristin Olafsdottir	400 Hurdles	1:00.10
Monica Pacas	Pole Vault	12-5.50
Nicole Stone	400 Hurdles	1:00.72
Leanne Taylor	Discus	164-0
	Shot Put	47-7
Celeste Tyson	Steeplechase	10:48.32
Shana Watson	Long Jump	19-7
Nicole Stone, Larnie Boyd, Kristin Olafsdottir, Mandy Upuu	4x400 Relay	3:41.22

2006 San Diego State Women's Track & Field

Outdoor Bests

(As of May 8, 2006)

100 METERS (REGIONAL: 11.75)

SDSU RECORD: 11.20, TONETTE DYER-2004 **TIME/MARK**

1. Shana Solomon	Mt. SAC Relays (u/o)	11.72
2. Sherraine Pencil	Stanford Invitational (p)	12.06
3. Shana Watson	UCSD Triton Invitational	12.27
4. Brittani Dudley	Aztec Track Classic (o)	12.41
5. Decontee Kaye	Aztec Track Classic (o)	12.57

200 METERS (REGIONAL: 23.96)

SDSU RECORD: 22.34, TONETTE DYER-2004 **TIME/MARK**

1. Sherraine Pencil	Stanford Invitational (sB)	24.42
2. Shana Solomon	Stanford Invitational (sT)	24.51
3. Nicole Stone	Steve Scott Invitational	24.72
4. Larnie Boyd	Jim Click Shootout	24.98
5. Kristin Olafsdottir	Mt. SAC Relays (hp)	25.12
6. Brittani Dudley	Aztec Track Classic (i)	25.19
7. Shana Watson	UCSD Triton Invitational	25.25
8. Mandy Upuu	Jim Click Shootout	26.14
9. Raquel Butler	Aztec Track Classic (o)	26.36
10. Kristin Karhio	California Invitational (hp)	26.93

400 METERS (REGIONAL: 54.61)

SDSU RECORD: 54.61, TONETTE DYER-2004 **TIME/MARK**

1. Larnie Boyd	Stanford Invitational (sT)	54.57+
2. Nicole Stone	Steve Scott Invitational	54.95
3. Sherraine Pencil	Mt. SAC Relays (u/o)	55.61
4. Mandy Upuu	Jim Click Shootout	56.18
5. Brittani Dudley	UCSD Triton Invitational	56.40
6. Corri Campbell-Fell	UCSD Triton Invitational	57.04
7. Raquel Butler	Aztec Track Classic (o)	58.76
8. Nicole Carmier	Aztec Track Classic (o)	59.13

800 METERS (REGIONAL: 2:09.80)

SDSU RECORD: 2:08.88, RENEE ROSS-1985 **TIME/MARK**

1. Mandy Upuu	Stanford Invitational (sB)	2:12.73
2. Nicole Carmier	Stanford Invitational (sT)	2:12.78
3. Lisa Naucler	Mt. SAC Relays (u/o)	2:13.06
4. Kristin Olafsdottir	Mt. SAC Relays (hp)	2:13.75
5. Celeste Tyson	Aztec Track Classic (o)	2:17.25
6. Briana Powell	Aztec Track Classic (o)	2:17.68
7. Jamillah Titus	Aztec Track Classic (o)	2:25.30
8. Kristin Karhio	Jim Click Shootout (hp)	2:29.71

1,500 METERS (REGIONAL: 4:27.80)

SDSU RECORD: 4:06.69, MONICA JOYCE-1982 **TIME/MARK**

1. Lisa Crampton	UCSD Triton Invitational	4:35.08
2. Celeste Tyson	Duke Invitational	4:36.93
3. Lisa Naucler	Jim Click Shootout	4:37.25
4. Sarah Belger	UCSD Triton Invitational	4:49.24
5. Christal Cuadra	Jim Click Shootout	4:59.32

3,000 METERS (REGIONAL: N/A)

SDSU RECORD: 8:53.24, MONICA JOYCE-1982 **TIME/MARK**

1. Lisa Crampton	San Diego City Championships	10:08.22
2. Celeste Tyson	San Diego City Championships	10:14.59
3. Christal Cuadra	UCSD Triton Invitational	10:35.54
4. Sarah Belger	Aztec Track Classic	10:39.89
5. Anne Vieira	Claremont Classic	11:38.23
6. Amanda Maydeck	San Diego City Championships	11:47.85

2006 SDSU Track and Field Outdoor Bests (As of May 8, 2006)

5,000 METERS (REGIONAL: 16:52.00)

SDSU RECORD: 15:45.26, MONICA JOYCE-1982 **TIME/MARK**

1. Lisa Crampton	Mt. SAC Relays (u/o)	17:15.94
2. Christal Cuadra	Stanford Invitational (s4)	18:08.59
3. Sarah Belger	Mt. SAC Relays (u/o)	18:11.79
4. Anne Vieira	Aztec Track Classic (o)	19:41.79
5. Amanda Maydeck	Aztec Track Classic (o)	20:50.02

10,000 METERS (AUTO: 33:55.00, PROV.:35:00.00)

SDSU RECORD: 34:22.24, LYNN KANUKA-1981 **TIME/MARK**

n/a

100-METER HURDLES (REGIONAL: 13.92)

SDSU RECORD: 12.82, MIESHA MCKELVEY-1999 **TIME/MARK**

1. Kristin Olafsdottir	Steve Scott Invitational	14.10
2. Deontee Kaye	Jim Click Shootout	14.41
3. Corri Campbell-Fell	Steve Scott Invitational	14.74
4. Shana Solomon	Aztec Track Classic (o)	15.19
5. Kristin Karhio	California Invitational (hp)	15.37

400-METER HURDLES (REGIONAL: 1:00.82)

SDSU RECORD: 54.64, LATANYA SHEFFIELD-1985 **TIME/MARK**

1. Kristin Olafsdottir	Duke Invitational	1:00.10+
2. Nicole Stone	Mt. SAC Relays (u/o)	1:00.72+
3. Corri Campbell-Fell	Mt. SAC Relays (u/o)	1:01.17
4. Brittani Dudley	Mt. SAC Relays (u/o)	1:03.41

3000-METER STEEPLECHASE (REGIONAL: 10:50.25)

SDSU RECORD: 10:23.34, MARIE NILSSON-2004 **TIME/MARK**

1. Lisa Crampton	Duke Invitational	10:42.11+
2. Celeste Tyson	UCSD Triton Invitational	10:48.32+

4x100-METER RELAY (REGIONAL: 45.70)

SDSU RECORD: 44.24, GIVENS, DYER, HOGG, SMEDLEY-2002 **TIME/MARK**

1. Boyd, Pencil, Olafsdottir, Solomon	Jim Click Shootout	46.08
2. Boyd, Solomon, Stone, Watson	Steve Scott Invitational	46.26
2. Pencil, Solomon, Olafsdottir, Dudley	Stanford Invitational	46.49
3. Dudley, Solomon, Stone, Boyd	UCSD Triton Invitational	46.85
4. Pencil, Solomon, Kaye, Dudley	San Diego City Championships	48.92

4x400-METER RELAY (REGIONAL: 3:42.00)

SDSU RECORD: 3:30.57, NILSSON, ROSS, ROBINSON, SHEFFIELD-1985 **TIME/MARK**

1. Stone, Boyd, Olafsdottir, Upuu	Jim Click Shootout	3:41.22+
2. Stone, Boyd, Pencil, Upuu	Mt. SAC Relays (u/o)	3:41.42+
3. Stone, Olafsdottir, Upuu, Dudley	Aztec Track Classic	3:46.70
4. Carmier, Pencil, Campbell-Fell, Titus	Aztec Track Classic	3:54.82
5. Carmier, Powell, Campbell-Fell, Titus	San Diego City Championships	3:57.86

HIGH JUMP (REGIONAL: 5-8.75)

SDSU RECORD: 5-11.50, LORI CLARK-1984 **TIME/MARK**

1. Kristin Karhio	Steve Scott Invitational	5-5.00
Jamillah Titus	UCSD Triton Invitational	5-5.00
Kristin Olafsdottir	Mt. SAC Relays (hp)	5-5.00
4. Nicole Carmier	Stanford Invitational (sB)	5-3.75
5. Katie Adams	UCSD Triton Invitational	4-9.00

LONG JUMP (REGIONAL: 19-7.00)

SDSU RECORD: 20-5.75, LISA DOMICO-1999 **TIME/MARK**

1. Shana Watson	Jim Click Shootout	19-7.00+
2. Kristin Olafsdottir	Mt. SAC Relays (hp)	19-1.50
3. Deontee Kaye	UCSD Triton Invitational	18-5.00

2006 SDSU Track and Field Outdoor Bests (As of May 8, 2006)

4. Kristin Karhio	California Invitational (hp)	17-2.00
5. Corri Campbell-Fell	UCSD Triton Invitational	16-4.50
6. Brittani Dudley	UCSD Triton Invitational	16-0.25

TRIPLE JUMP (REGIONAL: 40-5.00)

SDSU RECORD: 41-9.75, DECONTEE KAYE-2006, TIME/MARK
GAYLEN AMES-1988

1. Deontee Kaye	Duke Invitational	41-9.75sr+
2. Shana Watson	Duke Invitational	39-11.50

POLE VAULT (REGIONAL: 12-5.75)

SDSU RECORD: 14-1.25, SHAYLA BALENTINE-2005 TIME/MARK

1. Erin Asay	UCSD Triton Invitational	13-9.25+
2. Monica Pacas	Steve Scott Invitational	12-5.50+
3. Dana Van Wagner	UCSD Triton Invitational	12-1.50
4. Joanna Burley	Aztec Track Classic	12-0.00
5. Katie Adams	Aztec Track Classic	11-7.25
6. Christin Shibley	Claremont Classic	11-5.75
Carrie Wick	UCSD Triton Invitational	11-5.75

SHOT PUT (REGIONAL: 46-11.00)

SDSU RECORD: 58-3.75, RAMONA PAGEL-1984) TIME/MARK

1. Leanne Taylor	UCSD Triton Invitational	47-7.00+
2. Brittany Lowe	Jim Click Shootout	41-0.25
3. Michele Dannhausen	Steve Scott Invitational	36-9.75
4. Kristin Karhio	California Invitational (hp)	33-6.50
5. Kristin Olafsdottir	Mt. SAC Relays (hp)	33-3.00

DISCUS (REGIONAL: 155-2.00)

SDSU RECORD: 196-4.00, LAURA DESNOO-1984) TIME/MARK

1. Leanne Taylor	UCSD Triton Invitational	164-0+
2. Brittany Lowe	Duke Invitational	139-4
3. Michele Dannhausen	Jim Click Shootout	134-4

JAVELIN (REGIONAL: 142-6.00)

SDSU RECORD: 178-3, LIZ MUELLER-1983) TIME/MARK

1. Michele Dannhausen	Claremont Classic	122-10
2. Kristin Olafsdottir	Steve Scott Invitational	115-4
3. Brittany Lowe	San Diego City Championships	100-9
4. Kristin Karhio	California Invitational (hp)	91-10
5. Monica Pacas	San Diego City Championships	91-2

HAMMER THROW (REGIONAL: 177-8.00)

SDSU RECORD: 168-8.00, KELLY SCOTT-1998) TIME/MARK

1. Brittany Lowe	UCSD Triton Invitational	154-5
2. Leanne Taylor	San Diego City Championships	103-10
3. Michele Dannhausen	San Diego City Championships	96-00

HEPTATHLON (AUTO: 5,500 PTS., PROV.: 5,000 PTS.)

SDSU RECORD: 5,751 PTS., AJA MAKAILA FRARY-2001 POINTS

1. Kristin Olafsdottir	Mt. SAC Relays	5,402*
2. Kristin Karhio	California Invitational	4,570

KEY	
+	NCAA Regional Qualifying Standard
*	NCAA Provisional Qualifying Mark
hp	heptathlon
i	invitational
o	open
OD	Olympic Development section
s	section number
sr	school record
u/o	University/Open section

All-Time Aztec Outdoor Bests

100 Meters *(11.75) (a = Altitude)

11.20	Tonette Dyer	2004
11.50a	Miesha McKelvy	1999
11.50a	Melinda Smedley	2003
11.59a	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) (a = Altitude)

22.34	Tonette Dyer	2004
23.30	Nicole Ireland	2004
23.32a	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
24.01	LaTanya Sheffield	1986
24.09	Jini Hogg	2002

400 Meters *(54.61) (a = Altitude)

51.15	Tonette Dyer	2004
51.33	Renee Ross	1985
52.91	Nicole Ireland	2003
53.08a	Jini Hogg	2002
53.09	LaTanya Sheffield	1985
53.88	Promise Mose	2000
53.96	Malika Freeman	1995
54.01	Larnie Boyd	2004
54.12	Margaret Hemmans	1987
54.50	Janine Stewart	1992

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
2:09.69	Sharon Yaninek	1984
2:09.95	Sue Hemond	1982
2:10.32	Lisa Naucner	2005

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 (#33:55.00; *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) (a = Altitude)

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
59.82a	Ryan Peters	2003
59.86	Aja Makaila Frary	2001
59.92	Shanon Meyer	2003

High Jump *(5-08.75)

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

Long Jump *(19-07.00)

20-05.75	Lisa Domico	1999
20-04.25	Aja Makaila Frary	2001
19-10.50	Carrie McLaughlin	1980
19-07.00	Shana Watson	2006

19-05.25	Gaylen Ames	1990
	Tori Respass-Parsons	2005
19-04.75	Melinda Forest	1997
19-04.25	Angela McKnight	1987
19-04.25	Shanisa Meyer	2003
19-03.75	Lynn Page	1979

Triple Jump *(40-05.00)

41-09.75	Decontee Kaye	2006
	Gaylen Ames	1988
41-08.00	Angela McKnight	1988
40-06.75	Sharie Green	1989
40-04.25	Lisa Domico	1999
40-03.25	Nicole Ireland	2003
40-01.25	Melinda Forest	1998
40-00.50	Marisa Taylor	2001
39-10.00	Megan Schaueremann	2003
39-09.75	Lisa Smith	2003

Pole Vault *(12-5.50)

14-01.25	Shayla Balentine	2005
13-09.25	Erin Asay	2006
13-02.25	Aimee Crabtree	2001
12-09.00	Patricia Gutierrez	2001
12-08.25	Jesika Englebretson	2002-03
12-06.25	Kristi Draher	2000
	Monica Pacas	2005
12-03.50	Cara Walker	2004
12-02.00	Christin Shibley	2005
12-01.50	Dana Van Wagner	2006

Shot Put *(46-11)

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
45-03.50	Carolyn Peters	1990
45-02.00	Monica Stoltenburg	1979
43-10.00	Julie Dejarlais	1992

Discus *(155-02.00)

196-04.00	Laura DeSnoo	1984
186-06.00	Ramona Pagel	1984
164-00.00	Leanne Taylor	2006
162-09.00	Candace Hill	2003
161-03.00	Rhonda Loshonkohl	1986
151-10.00	Julie Dejarlais	1993
147-01.00	Laura Standring	1986
146-08.00	Carolyn Peters	1990
145-02.00	Katrina Crouch	1999
144-02.00	Bonnie Dasse	1981

Javelin *(142-06.00)

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

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Hammer *(177-08.00)

168-08.00	Kellie Scott	1998
164-06.00	Candace Hill	2003
154-05.00	Brittany Lowe	2006

4x100 Relay *(45.70) (a = Altitude)

44.24	Givens, Dyer, Hogg, Smedley	2002
44.45	Boyd, Dyer, Heron, Ireland	2003
44.75a	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; *5,000)

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

AZTEC OUTDOOR RECORDS

100	Tonette Dyer	11.20	2004
200	Tonette Dyer	22.34	2004
400	Tonette Dyer	51.15	2004
800	Renee Ross	2:02.88	1985
1,500	Monica Joyce	4:06.69	1982
3,000	Monica Joyce	8:53.24	1982
5,000	Monica Joyce	15:45.26	1982
10,000	Lynn Kanuka	34:22.24	1981
Steeplechase	Marie Nilsson	10:23.34	2004
100 Hurdles	Miesha McKelvy	12.82	1999
400 Hurdles	LaTanya Sheffield	54.64	1985
4x100	Givens, Dyer, Hogg, Smedley	44.24	2002
4x400	Nilsson, Ross, Robinson, Sheffield	3:30.57	1985
High Jump	Lori Clark	5-11.5	1984
Pole Vault	Shayla Balentine	14-1.25	2005
Long Jump	Lisa Domico	20-5.75	1999
Triple Jump	Deontee Kaye	41-9.75	2006
	Gaylen Ames	41-9.75	1988
Shot Put	Ramona Pagel	58-3.75	1984
Discus	Laura DeSnoo	196-4	1984
Hammer	Kellie Scott	168-8	1998
Javelin	Liz Mueller	178-3	1983
Heptathlon	Aja Makaila Frary	5,751 pts.	2001

*2006 NCAA Outdoor Regional Qualifying Standards
= 2006 NCAA Championship Qualifying Standard
Bold indicates current athlete (outdoor competition only)