

**AZTEC OUTDOOR  
RECORD BOOK**

^ not an NCAA Outdoor Championship event  
@ run at altitude

**Bold** indicates current athlete

*Last updated on June 27, 2011*

**100 Meters**

11.20.....	Tonette Dyer.....	2004
<b>11.42.....</b>	<b>Lawreta Ozoh.....</b>	<b>2011</b>
11.43.....	Karoline Koehler.....	2009
11.49.....	Shana Solomon.....	2008
11.50 @.....	Miesha McKelvy.....	1999
11.50 @.....	Melinda Smedley.....	2003
11.59 @.....	Nicole Ireland.....	2003
11.62.....	Darla Vaughn.....	1992
11.70.....	Brigitte Moon.....	1984
11.72.....	Lori Smith.....	1982

**200 Meters**

22.34.....	Tonette Dyer.....	2004
23.30.....	Nicole Ireland.....	2004
23.32 @.....	Melinda Smedley.....	2002
<b>23.36.....</b>	<b>Lawreta Ozoh.....</b>	<b>2011</b>
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

**400 Meters**

51.15.....	Tonette Dyer.....	2004
51.33.....	Renee Ross.....	1985
52.81 @.....	Nicole Stone.....	2009
52.91.....	Nicole Ireland.....	2003
53.08 @.....	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 Naucler.....	2007
2:07.39.....	Kylie Edwards.....	2000
<b>2:08.47.....</b>	<b>Josefine Koskinen.....</b>	<b>2010</b>
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 Naucler.....	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
<b>17:05.05.....</b>	<b>Marianne Hogan.....</b>	<b>2011</b>

**10,000 Meters**

34:22.24.....	Lynn Kanuka.....	1981
34:44.44.....	Liz Baker.....	1982
34:55.24.....	Debra Chaddock.....	1982
<b>35:19.90.....</b>	<b>Marianne Hogan.....</b>	<b>2011</b>
36:01.00.....	Laurie Crisp.....	1983
36:08.77.....	Rachel Williams.....	2009
36:31.44.....	Sherrie Torrans.....	1981
<b>36:40.15.....</b>	<b>Alma Escobar.....</b>	<b>2009</b>
36:46.44.....	Maureen Bradley.....	1986
37:15.40.....	Mona Lopez.....	1987

**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
<b>59.46.....</b>	<b>Allison Reaser.....</b>	<b>2011</b>

**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
<b>11:10.58.....</b>	<b>Sara Beyers.....</b>	<b>2011</b>
11:21.72.....	Alicia Stewart.....	2003
11:22.68.....	Jennifer Stakiw.....	2001
11:23.42.....	Jackie Duncan.....	2007
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 Fray.....	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 Fray.....	2001
20-01.50.....	Shana Watson.....	2008
19-10.50.....	Carrie McLaughlin.....	1980
<b>19-09.75.....</b>	<b>Allison Reaser.....</b>	<b>2011</b>
19-05.25.....	Tori Respass-Parsons.....	2005
	Gaylen Ames.....	1990
19-04.75.....	Melinda Forest.....	1997

**Triple Jump**

44-09.00.....	Karoline Koehler.....	2009
44-04.25.....	Deontee Kaye.....	2007
<b>42-04.00.....</b>	<b>Shanieka Thomas.....</b>	<b>2011</b>
41-09.75.....	Gaylen Ames.....	1988
41-08.00.....	Angela McKnight.....	1988
41-07.25.....	Shana Watson.....	2008
<b>41-06.00.....</b>	<b>Alex Evans.....</b>	<b>2011</b>
41-05.75.....	Kai Wheeler.....	2009
40-06.75.....	Sharie Green.....	1989
40-04.25.....	Lisa Domico.....	1999

# SDSU TRACK AND FIELD

## Pole Vault

14-03.50	Stephanie James	2008
14-01.25	Shayla Balentine	2005
13-09.25	Erin Asay	2006
<b>13-07.25</b>	<b>Kelsy Hintz</b>	<b>2011</b>
13-07.25	Katie Morgan	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
<b>51-11.25</b>	<b>Whitney Ashley</b>	<b>2011</b>
51-03.00	Laura DeSnoo	1984
49-08.50	Candace Hill	2004
48-09.00	Cheryl Kennedy	1982
47-07.00	Leanne Taylor	2006
<b>46-10.75</b>	<b>Jeannette McConnell</b>	<b>2011</b>
46-09.00	Kartsi Leppaluoto	1988
46-02.75	Bonnie Dasse	1981
45-09.25	Maria Rodriguez	2010

## Discus

196-04.00	Laura DeSnoo	1984
186-06.00	Ramona Pagel	1984
<b>179-07.00</b>	<b>Whitney Ashley</b>	<b>2011</b>
167-08.00	Leanne Taylor	2009
162-09.00	Candace Hill	2003
<b>162-08.00</b>	<b>Jeanette McConnell</b>	<b>2010</b>
161-03.00	Rhonda Loshonkohl	1986
153-01.00	Michele Dannhausen	2009
152-06.00	Andrea Martinez	2009
151-10.00	Julie Dejarlais	1993

## 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

<b>187-06.00</b>	<b>Whitney Ashley</b>	<b>2011</b>
170-07.00	Maria Rodriguez	2010
<b>170-05.00</b>	<b>Ellie Fanaika</b>	<b>2011</b>
168-08.00	Kellie Scott	1998
166-05.00	Andrea Martinez	2008
164-06.00	Candace Hill	2003
163-06.00	Tamara McMillan	2009
<b>161-06.00 @</b>	<b>Jeanette McConnell</b>	<b>2009</b>
156-07.00	Brittany Lowe	2006

## 4x100 Relay

44.24	Givens, Dyer, Hogg, Smedley	2002
44.45	Boyd, Dyer, Heron, Ireland	2003
<b>44.74</b>	<b>King, Koehler, Hornsby, Stone</b>	<b>2009</b>
44.75 @	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
<b>5,408</b>	<b>Allison Reaser</b>	<b>2011</b>
5,402	Kristin Olafsdottir	2006
5,210	Janine Polischuk	2004
5,176	Gaylen Ames	1990
5,169	Marla Runyan	1991

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(a) run at altitude

**Bold** indicates current athlete

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