

Track & Field

This Week's Meet

May 30-31
 at NCAA West Regional (Stanford, Calif.)
 Cobb Track and Angell Field.....



2003 SCHEDULE

Date	Meet	Result/Time
Mar. 8	SD City Championships	1st
Mar. 22	Aztec Classic	NTS
Mar. 28-29	Florida Relays	NTS
Mar. 29	UCSD Spring Break	NTS
Apr. 5	CSU Northridge Meet	NTS
Apr. 11-12	Cal-Nevada Championships	1st
Apr. 17-20	Mt. SAC Relays	NTS
Apr. 24-26	Penn Relays	NTS
Apr. 25-26	UCSD Invitational	NTS
May 3	Steve Scott Invitational	NTS
May 10	Oxy Invitational	NTS
May 14-17	MWC Championships (Albuquerque, N.M.)	1st
May 30-31	NCAA Regional Champs. (Stanford, Calif.)	All Day
June 11-14	NCAA Championships (Sacramento, Calif.)	All Day
June 19-21	USATF Championships (Stanford, Calif.)	All Day

Home meets in bold, held at the SDSU Sports Deck

ROSTER

Athlete	Events	Yr.	Ht.
Julie Amster	Distance	Jr.	5-11
Shayla Balentine	Pole Vault	So.	5-6
Brianne Bricker	Distance	Jr.	5-5
Allison Brown	Distance	Jr.	5-5
Nicole Carmier	Sprints/Jumps	Fr.	5-10
Christal Cuadra	Distance	Fr.	5-7
Jackie Duncan	Mid-Distance	Fr.	5-6
Tonette Dyer	Sprints	Jr.	6-0
Kylie Edwards	Mid-Distance	Sr.	5-4
Jesika Englebretson	Pole Vault	Sr.	5-5
Christian Fairing	Distance	Fr.	5-6
Angie Fitzpatrick	Distance	Jr.	5-5
Tina Fodor	Distance	So.	5-5
Hollann Givens	Sprints	Jr.	5-7
Jennifer Greene	Jumps	Fr.	5-7
Jillita Griffin	Sprints	Jr.	5-4
Candace Hill	Throws	Jr.	6-0
Jini Hogg	Sprints	Sr.	5-7
Julie Hudlow	Pole Vault	So.	5-7
Nicole Ireland	Sprints/Hurdles	Jr.	5-10
Emily Joller	Distance	So.	5-5
Alisha Lasswell	Jumps	So.	5-10
Bianca McNair	Sprints	Fr.	5-10
Shanon Meyer	Multi-Events	Fr.	5-8
Leslie Miller	Multi-Events	Sr.	5-10
Katie Parry	Distance	Fr.	5-5
Ryan Peters	Hurdles	Sr.	5-4
Laura Preston	Distance	Sr.	5-9
Megan Schauermaun	Jumps	So.	6-0
Aishya Shaw	Jumps	So.	5-8
Melinda Smedley	Sprints	Sr.	5-4
Lisa Smith	Jumps	So.	5-11
Jennifer Stakiw	Mid-Distance	Sr.	5-10
Alicia Stewart	Distance	Sr.	5-4
Jamillah Titus	Mid-Distance	Fr.	5-8

Head Coach: Rahn Sheffield, 12th season
Assistant Coaches: Jennifer Nanista, 10th season; Rich Fox, sixth season; David Hepburn, first season

SDSU All-Time @ MWC Meet

Year	Meet Site	Place/Pts.	Place School	Points
2000	Provo	5th/80	1. San Diego State	217
2001	San Diego	3rd/148	2. Brigham Young	206
2002	Colo. Springs	3rd/119.33	3. Colorado State	101
2003	Albuquerque	1st/217	4. Wyoming	78
			5. Utah	73.50
			6. Air Force	58
			7. New Mexico	49.50
			8. UNLV	36



SDSU Contingent Travels To First Ever NCAA Regional At Stanford

• Twelve San Diego State track and field members will head to Stanford this coming weekend for the first ever NCAA West Regional at the Cobb Track and Angell Field. This is the first season that the NCAA is holding regionals as the means of qualifying for the national championship meet, slated for June 11-14 in Sacramento, Calif.

• Besides the west regional at Stanford, there will also be other regional meets at Nebraska (Midwest), Ohio State (Mid-East) and George Mason (East). The west regional consists of 42 division I institutions from the states of Arizona, California, Hawai'i, Idaho, Nevada, Oregon, Utah and Washington.

• The top-five finishers in each individual event and the top three relays will earn automatic entries to the NCAA meet, while the remaining berths will go to the highest ranking individuals and relays not to earn automatic bids.

The fields at the NCAA meet are expected to be about 26 for each individual event and 17 teams in each relay.

• The heptathlon (women) and decathlon (men), along with the 10,000 meters are the only events that directly qualify to the NCAA meet and will not be contested at the regional level. Aztec senior **Leslie Miller (Humble, Texas)** has already automatically qualified for the national meet in the heptathlon, while freshman **Shanon Meyer (Hesperia, Calif.)** is also expected to receive an invitation with her provisional point total, which currently ranks 10th nationally.

• On day one of the regional meet, competition for the women begins at 12:05 p.m. with the javelin, while the last event will be the 5,000 meters, starting at 8:30 p.m. PDT. The women's hammer kicks off Saturday at 10 a.m. and the meet will finish with the 4x400 relay at 6:05 p.m.

• Admission to the regional championship is \$15 (adults) and \$8 (student/child/senior). Two-day passes are also available for \$25 and \$15.

And The Line-Up Is ...

- SDSU will send 12 student-athletes to the meet. The following is an alphabetical list with events:
- **Shayla Balentine (Los Osos, Calif.)** - Pole vault
- **Tonette Dyer (Shreveport, La.)** - 200, 400
- **Jesika Englebretson (Salinas, Calif.)** - Pole vault
- **Hollann Givens (San Diego, Calif.)** - 4x400 alt.
- **Candace Hill (San Diego, Calif.)** - Shot put, discus
- **Nicole Ireland (Las Vegas, Nev.)** - 100 hurdles, 400 hurdles, triple jump
- **Jini Hogg (San Francisco, Calif.)** - 400
- **Bianca McNair (Portland, Ore.)** - 400
- **Ryan Peters (Oakland, Calif.)** - 400 hurdles
- **Melinda Smedley (Stockton, Calif.)** - 100, 200
- **Jennifer Stakiw (Saskatoon, Saskatchewan)** - 800
- **Jamillah Titus (American Canyon, Calif.)** - 800

In The Rankings

• After elevating to as high as third in the coaches' power rankings, SDSU currently stands at No. 12. The Aztecs are rated ninth in the country by track-

shark.com (May 7), but are unranked in the track-wire.com top 25 poll (May 20), which projects a hypothetical score for the upcoming NCAA meet.

2003 MWC Review

• It took a record-setting day by the entire San Diego State track and field team to end Brigham Young University's 20-year reign as the Aztecs claimed their first-ever Mountain West Conference title May 17 at the Great Friends of UNM Track Stadium in Albuquerque, N.M. SDSU beat out the second place Cougars by 11 team points (217-206), breaking BYU's nation's best streak of 20 straight league outdoor titles, dating back to 1983.

• San Diego State overcame a 23-point deficit entering the meet's final day, winning nine of the 21 events over the four-day championship.

• The Aztecs swept all of the individual awards as Shanon Meyer was named MWC Freshman of the Year, junior Nicole Ireland received the High Point award and senior Melinda Smedley was the Outstanding Performance honoree. SDSU head coach Rahn Sheffield also garnered MWC Coach-of-the-Year honors for the second time in the last three seasons (also 2001).

• The Aztecs previous best finish in the conference's four-year history was third behind BYU and second place Colorado State in each of the last two seasons. San Diego State finished fifth in the inaugural Mountain West Conference championship in 2000 and the school's last and only other women's track and field conference title came in 1982.

Head Coach Rahn Sheffield

• The Aztecs are led by Rahn Sheffield, who is in his 12th season as head coach and his 17th year overall. Sheffield is assisted by Jennifer Nanista (distance), Richard Fox (pole vault) and David Hepburn (jumps/throws).

2003 Aztec Season Bests

Event	Name	Time/Mark	2003 Nat.	All-Time SDSU
100M	Melinda Smedley	11.42w [^] (11.50 [^])	23rd	t1st
100H	Nicole Ireland	13.36w [^] (13.71 [^])	22nd	N/A
200M	Melinda Smedley	23.10w [^] (23.40 [^])	17th	N/A
400M	Tonette Dyer	52.60 [^]	17th	N/A
400H	Nicole Ireland	57.30 [^]	7th	2nd
800M	Jamillah Titus	2:08.90 [^]	59th	4th
1,500M	Jamillah Titus	4:34.16	N/A	9th
3,000SC	Alicia Stewart	11:21.72	N/A	1st
3,000M	Tina Fodor	10:33.53	N/A	N/A
5,000M	Alicia Stewart	17:58.47	N/A	N/A
10,000M	Christal Cuadra	43:06.01 [@]	N/A	N/A
HJ	Jamillah Titus	5-7 [^]	141st	10th
LJ	Shanon Meyer	19-04.25 [^]	117th	t6th
TJ	Nicole Ireland	40-03.25 [^]	92nd	5th
PV	Shayla Balentine	13-0 [^]	22nd	N/A
SP	Candace Hill	47-9 [^]	82nd	4th
DT	Candace Hill	162-9 [^]	52nd	3rd
JT	Leslie Miller	144-0 [^]	70th	N/A
HT	Candace Hill	164-6	N/A	2nd
Hep	Leslie Miller	5.602 [^]	3rd	3rd
4x100	SDSU	44.75 [^]	28th	2nd
4x200	SDSU	1:32.99	N/A	1st
4x400	SDSU	3:34.77 [^]	17th	2nd
DMR	SDSU	11:53.59	N/A	2nd

[^]2003 NCAA regional qualifying +NCAA automatic @run at altitude
 w/Wind reading at 2.0 or greater

**2003 SDSU Women's Track and Field Outdoor Season Bests
As of May 20, 2003**

100 meters (Regional: 11.80)

11.43w@^ (11.50msr@^)	Melinda Smedley	(12)	1st
11.47w@^ (11.67^)	Tonette Dyer	(12)	2nd
11.58w@^ (11.59@^)	Nicole Ireland	(12)	4th
12.04w@ (12.16@)	Jillita Griffin	(12)	7th
12.31	Shanon Meyer	(8)	3rd

100-meter hurdles (Regional: 14.10)

13.36w@^ (13.71@^)	Nicole Ireland	(12)	1st
13.92@^	Leslie Miller	(12)	p/2nd
14.14w@ (14.31@)	Ryan Peters	(12)	7th
14.83w (15.09)	Shanon Meyer	(5)	7th
16.50	Lisa Smith	(2)	23rd

200 meters (Regional: 24.00)

23.10w@^ (23.40@^)	Melinda Smedley	(12)	1st
23.15w^ (23.66^)	Nicole Ireland	(5)	1st
23.48w@^ (23.52^)	Tonette Dyer	(12)	2nd
24.25@w (24.46@)	Jini Hogg	(12)	5th
24.34@	Hollann Givens	(12)	p/5th

400 meters (Regional: 55.00)

52.60^	Tonette Dyer	(7)	5th
52.91^	Nicole Ireland	(7)	2nd
53.71@^	Jini Hogg	(12)	3rd
54.60^	Bianca McNair	(6)	2nd
55.61	Melinda Smedley	(2)	8th

400-meter hurdles (Regional: 1:01.50)

57.30^	Nicole Ireland	(7)	1st
59.82@^	Ryan Peters	(12)	4th
59.92^	Shanon Meyer	(6)	3rd
1:00.04@^	Leslie Miller	(12)	p/3rd
1:05.04	Nicole Carmier	(3)	32nd

800 meters (Regional: 2:10.30)

2:08.90^	Jamillah Titus	(6)	2nd
2:09.1h^	Jennifer Stakiw	(11)	4th
2:13.81	Kylie Edwards	(2)	3rd
2:14.72	Alisha Lasswell	(2)	7th
2:17.76	Nicole Carmier	(2)	10th

1,500 meters (Regional: 4:31.00)

4:34.16	Jamillah Titus	(3)	7th
4:36.98	Kylie Edwards	(6)	p/3rd
4:36.36@	Jennifer Stakiw	(12)	p/5th
4:48.37	Alicia Stewart	(2)	8th
4:53.07	Christal Cuadra	(1)	2nd

3,000-meter steeplechase (Regional: 10:50.00/11:00.00)

11:21.72sr	Alicia Stewart	(8)	2nd
11:52.99	Brianne Bricker	(6)	17th
12:14.52	Angie Fitzpatrick	(2)	9th

3,000 meters (N/A)

10:33.53	Tina Fodor	(8)	5th
10:36.91	Allison Brown	(6)	13th
10:38.72	Christal Cuadra	(8)	6th
10:59.83	Laura Preston	(8)	11th
11:01.39	Angie Fitzpatrick	(8)	13th

5,000 meters (Regional: 17:00.00)

17:58.47	Alicia Stewart	(3)	14th
18:32.47	Allison Brown	(8)	5th

18:45.28	Tina Fodor	(10)	5th
18:59.16	Christal Cuadra	(7)	31st
19:06.35	Angie Fitzpatrick	(11)	16th

10,000 meters (Auto: 34:10.00, Prov.: 35:15.00)

43:06.01@	Christal Cuadra	(12)	9th
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High Jump (Regional: 5-07.00)

5-07.00^	Jamillah Titus	(7)	7th
5-05.25	Alisha Lasswell	(6)	t2nd
5-03.25	Leslie Miller	(12)	Hp
5-03.25	Shanon Meyer	(12)	Hp
5-02.25	Nicole Carmier	(12)	Hp

Long Jump (Regional: 19-04.25)

19-04.25^	Shanon Meyer	(12)	1st
18-07.00	Lisa Smith	(3)	3rd
18-04.25w (18-02.50)	Megan Schauermann	(5)	4th
18-08.00w	Leslie Miller	(12)	Hp
17-06.25	Jennifer Greene	(8)	10th

Triple Jump (Regional: 40-00.00)

40-03.25^	Nicole Ireland	(12)	1st
39-10.00	Megan Schauermann	(12)	3rd
39-09.75	Lisa Smith	(1)	1st
39-00.25	Hollann Givens	(12)	5th
38-02.00	Alisha Lasswell	(1)	t3rd

Pole Vault (Regional: 12-0)

13-00.00^	Shayla Balentine	(5)	1st
12-08.25^	Jesika Englebretson	(2)	t2nd
11-08.00	Shanon Meyer	(12)	t5th
11-07.00	Julie Hudlow	(4)	1st

Shot Put (Regional: 45-07.25)

47-09.00^	Candace Hill	(12)	4th
39-05.75	Shanon Meyer	(12)	Hp
38-07.00	Leslie Miller	(12)	Hp
26-02.75	Nicole Carmier	(12)	Hp
24-05.75	Alisha Lasswell	(12)	Hp

Discus (Regional: 150-0)

162-09.00^	Candace Hill	(1)	1st
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Javelin (Regional: 136-1)

144-00.00^	Leslie Miller	(12)	Hp
139-03.00	Shanon Meyer	(12)	Hp
99-05.00	Megan Schauermann	(2)	12th
96-03.00	Shayla Balentine	(1)	4th
88-06.00	Jennifer Greene	(10)	16th

Hammer (Regional: 168-4)

164-06.00	Candace Hill	(12)	9th
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Heptathlon (Auto: 5,500 pts., Prov: 5,000 pts.)

5,602+	Leslie Miller	(12)	1st
5,481*	Shanon Meyer	(12)	2nd
4,364	Alisha Lasswell	(12)	7th
4,229	Nicole Carmier	(12)	8th

4x100-Meter Relay (46.20)

44.75@^	Smedley/Dyer/Peters/Ireland(12)	1st
44.78^	Smedley/Dyer/Peters/Ireland(11)	1st
45.20^	Smedley/Dyer/McNair/Ireland(6)	1st
45.23^	(6)	p/1st
45.24^	Smedley/Dyer/McNair/Ireland(9)	3rd

4x200-Meter Relay (N/A)

1:32.99sr	Smedley/Dyer/McNair/Ireland(9)	p/3rd
1:34.97	Dyer/Hogg/Ireland/Smedley (3)	4th

4x400-Meter Relay (3:45.50)

3:34.77^	McNair/Ireland/Dyer/Givens (7)	4th
3:36.67^	Dyer/Hogg/McNair/Ireland (3)	6th
3:36.80^	Smedley/Dyer/Ireland/McNair(6)	1st
3:37.05@^	Hogg/Ireland/Dyer/Smedley (12)	1st
3:39.50^	McNair/Ireland/Dyer/Givens (9)	p/7th

Distance Medley Relay (N/A)

11:53.59	Titus/Givens/Edwards/Stewart	(3)	4th
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MEET KEY

- (1) San Diego City Championships, La Jolla, CA, Mar. 8: SDSU 217.50, UCSD 206.50, PLNC 109, CSUSM 70, USD 6, AU 1
- (2) Aztec Classic, San Diego, CA, Mar. 22: NTS
- (3) Florida Relays, Gainesville, FL, Mar. 28-29: NTS
- (4) UCSD Spring Break, La Jolla, CA, March 29: NTS
- (5) CSU Northridge Meet, Northridge, CA, April 5: NTS
- (6) Cal-Nevada Championships, San Diego, CA, April 11-12
- (Top 5): SDSU 159, UCLA 124.5, Nevada 123, CSUN 93, UCI 48
- (7) Mt. SAC Relays, Walnut, CA, Apr. 17-20: NTS
- (8) UCSD Invitational, La Jolla, CA, Apr. 25-26: NTS
- (9) Penn Relays, Philadelphia, PA, Apr. 25-26: NTS
- (10) Steve Scott Invitational, Irvine, CA, May 4: NTS
- (11) Oxy Invitational, Los Angeles, CA, May 10: NTS
- (12) MWC Championships, Albuquerque, NM, May 14-17: 1. SDSU, 217; 2. BYU, 206; 3. CSU, 101; 4. WYO, 78; 5. Utah, 73.50; 6. AFA, 58; 7. New Mexico, 49.50; 8. UNLV, 36.
- (13) NCAA Outdoor Regionals, Stanford, CA, May 30-31
- (14) NCAA Championships, Sacramento, CA, June 11-14
- (15) USATF Outdoor Championships, Stanford, CA, June 19-21

KEY

+	NCAA Automatic Standard
*	NCAA Provisional Standard
^	NCAA Regional Qualifying Standard
h	Hand Time
t	Tie
m	Meet Record
sr	School Record
p	Preliminaries
@	Run At Altitude
Hp	Heptathlon
w	Wind reading +2.0

SCHOOL RECORDS

100 meters	11.50@, Miesha McKelvy	1999
	11.50@, Melinda Smedley	2003
200 meters	23.32, Melinda Smedley	2002
400 meters	51.33, Renee Ross	1985
800 meters	2:02.88, Renee Ross	1985
1,500 meters	4:06.69, Monica Joyce	1982
3,000 meters	8:53.24, Monica Joyce	1982
5,000 meters	15:45.26, Monica Joyce	1982
10,000 meters	34:22.24, Lynn Kanuka	1981
3,000 SC	11:21.72, Alicia Stewart	2003
100 hurdles	12.82, Miesha McKelvy	1999
400 hurdles	54.64, LaTanya Sheffield	1985
High Jump	5-11.50, Lori Clark	1984
Long Jump	20-05.75, Lisa Domico	1999
Triple Jump	41-09.75, Gaylen Ames	1988
Pole Vault	13-02.25, Aimee Crabtree	2001
Shot Put	58-03.75, Ramona Pagel	1984
Discus	196-4.00, Laura DeSnoo	1984
Hammer	168-8.00, Kellie Scott	1998
Javelin	178-3.00, Liz Mueller	1983
Heptathlon	5,751 pts., Aja Fray	2001
4x100 Relay		
44.24	Givens, Dyer, Hogg, Smedley	2002
4x200 Relay		
1:32.99	Smedley, Dyer, McNair, Ireland	2003
4x400 Relay		
3:30.57	Nilson, Ross, Robinson, Sheffield	1985
Distance Medley Relay		
11:06.64	Hemond, Sheffield, Joyce, Kanuka	1982

(SDSU records/top 10 non-wind aided, not converted for altitude)

All-Time Bests

Miesha McKelvy



100 Meters *(11.80)

11.50A	Miesha McKelvy	1999
11.50A	Melinda Smedley	2003
11.59A	Nicole Ireland	2003
11.62	Darla Vaughn	1992
11.67	Tonette Dyer	2003
11.70	Brigitte Moon	1984
11.72	Lori Smith	1982
11.76	LaTanya Sheffield	1983
11.79	Promise Mose	2000
11.91	Daveeta Shepherd	2001

200 Meters *(24.00)

23.32A	Melinda Smedley	2002
23.36	Tonette Dyer	2002
23.40	Lori Smith	1983
23.66	Nicole Ireland	2003
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 *(55.00)

51.33	Renee Ross	1985
52.41	Tonette Dyer	2002
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
54.12	Margaret Hemmans	1987
54.50	Janine Stewart	1992
54.60	Bianca McNair	2003

800 Meters *(2:10.30)

2:02.88	Renee Ross	1985
2:05.57	Monica Joyce	1982
2:07.39	Kylie Edwards	2000
2:08.90	Jamillah Titus	2003
2:09.03	Kristy Matthews	1995
2:09.1h	Jennifer Stakiv	2003
2:09.69	Sharon Yaninek	1984
2:09.95	Sue Hemond	1982
2:10.82	Meriah Earle	1998
2:11.34	Lynn Kanuka	1980

1,500 Meters *(4:31.00)

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
4:32.14	Wendy Peterson	1990
4:33.18	Renee Ross	1986
4:34.16	Jamillah Titus	2003
4:35.44	Tracy Wright	1990

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
9:48.51	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
10:00.45	Michele Cox	1998

5,000 Meters *(17:00.00)

15:45.26	Monica Joyce	1982
15:46.37	Eva Ernstrom	1982
15:59.34	Lynn Kanuka	1982
16:42.44	Debra Chaddock	1982
16:46.24	Liz Baker	1982
16:58.64	Laurie Crisp	1983
17:00.80	Maureen Bradley	1987
17:25.15	Michele Cox	1998
17:26.73	Chrystee Perkins	1990
17:32.68	Sophia Hawker	2000

10,000 Meters *(34:10.00, 35:15.00)

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 *(14.10)

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
13.28	Sue Kameli	1980
13.44	Lori Smith	1983
13.46	LaTanya Sheffield	1986
13.49	Marisa Robinson	2001
13.57	Sonya Smith	1987

400-Meter Hurdles *(1:01.50)

54.64	LaTanya Sheffield	1985
57.30	Nicole Ireland	2003
58.51	Sharifa Cox	1994
58.53	Margaret Hemmans	1987
58.90	Gaylen Ames	1988
59.03	Erica Prodanovich	1992
59.82A	Ryan Peters	2003
59.86	Aja Frary	2001
59.92	Shanon Meyer	2003
59.98	Sue Kameli	1980

High Jump *(5-7.00)

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
5-08.00	Lori Smith	1983
	Aja Frary	2001
5-07.75	Gaylen Ames	1990
5-07.00	Jennifer Delroy	1992
	Kelley Cummins	1985
	Wendy Craig	1984
	Alisha Lasswell	2002
	Jamillah Titus	2003

Long Jump *(19-4.25)

20-05.75	Lisa Domico	1999
20-04.25	Aja Frary	2001
19-10.50	Carrie McLaughlin	1980
19-05.25	Gaylen Ames	1990
19-04.75	Melinda Forest	1997
19-04.25	Angela McKnight	1987

1985 Record-Setting
4x400 Relay Team





All-Time Bests



LaTanya Sheffield

19-04.25 **Shanon Meyer** **2003**
 19-03.75 Lynn Page 1979
 19-00.25 Nedra Dillon 1994
 18-10.00 Lori Smith 1983

Triple Jump *(40-0.00)

41-09.75 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 Schauermann** **2003**
39-09.75 **Lisa Smith** **2003**
 38-11.75 Karla Martinez 1994

Pole Vault *(12-0.00)

13-02.25 Aimee Crabtree 2001
 13-01.25 **Shayla Balentine** 2002
 12-09.00 Patricia Gutierrez 2001
12-08.25 **Jesika Englebretson** **2002,03**
 12-06.25 Kristi Draher 2000
11-08.00 **Shanon Meyer** **2003**
 11-07.75 Stephanie Heup 1999
11-07.00 **Julie Hudlow** **2003**
 11-05.00 **Beth Vieira** 2002
 11-04.50 Karin Erkkila 2000

Shot Put *(45-07.25)

58-03.75 Ramona Pagel 1984
 51-03.00 Laura DeSnoo 1984
 48-09.00 Cheryl Kennedy 1982
47-09.00 **Candace Hill** **2003**
 46-09.00 Kartsi Leppaluato 1988
 46-02.75 Bonnie Dasse 1981
 45-03.50 Carolyn Peters 1990
 45-02.00 M. Stottenberg 1979
 43-10.00 Julie Dejarlais 1992
 43-06.50 Louise Joubert 1990

Discus *(150-00.00)

196-04.00 Laura DeSnoo 1984
 186-06.00 Ramona Pagel 1984
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
 142-03.00 Mirna Hernandez 1999

Javelin *(136-1.00)

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 M. Stottenberg 1979
 153-06.00 Louise Joubert 1990
 150-02.00 Ramona Pagel 1984

Hammer *(168-4.00)

168-08.00 Kellie Scott 1998
164-06.00 **Candace Hill** **2003**

4x100 Relay *(46.20)

44.24 . . **Givens, Dyer, Hogg, Smedley** . . 2002
44.75A **Smedley, Dyer, Peters, Ireland** **2003**
 44.77 . . **Peters, Dyer, Hogg, Smedley** . . 2002
 45.02 . . Sheffield, Robinson, Moon, Ross . 1985
 45.14 . . Sheffield, Smith, Moon, Ross . . 1986
45.20 . **Smedley, Dyer, McNair, Ireland** **2003**
 45.22 . . Bourne, Sheffield, Charles, Smith . 1982
 45.47 . . Frary, McKelvy, Mose, Harwell . . 1998
 45.48 . . Sheffield, Moon, Smith, Chambers . 1983
 Frary, Mose, **Smedley, Shepherd** 2001
 Hogg, Dyer, Peters, Smedley . 2002

4x200 Relay

1:32.99 . . **Smedley, Dyer, McNair, Ireland** **2003**
1:34.97 . **Dyer, Hogg, Ireland, Smedley** **2003**
 1:35.74 . . Clemons, Brewer, Moon, Ross . 1984

Sprint Medley (1-1-2-4)

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 *(3:45.50)

3:30.57 . . Nilson, Ross, Robinson, Sheffield . 1985
3:34.77 . . **McNair, Ireland, Dyer, Givens** **2003**
 3:35.50 . . Smith, Ross, Hemmans, Sheffield . 1986
3:36.67 . **Dyer, Hogg, McNair, Ireland** **2003**
 3:36.82 . . **Dyer, Peters, Hogg, Givens** . . 2002
3:36.80 . **Smedley, Dyer, Ireland, McNair** . **2003**
3:37.05A **Hogg, Ireland, Dyer, Smedley** **2003**
 3:38.51 . . Smith, Hemmans, Samuels, Lowe . 1987
 3:38.81 . . **Hogg, Smedley, Givens, Dyer** 2002
 3:39.12 . . Charles, Chambers, Hatley, Sheffield . 1983
 3:40.11 . . S.Freeman, Matthews, M.Freeman, Hodges . 1995

4x800 Relay

8:48.13 . . Hemond, Emstrom, 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
11:53.59 . **Titus, Givens, Edwards, Stewart** **2003**
 12:09.18 . **Edwards, Hogg, Stakiw, Stewart** . 2001

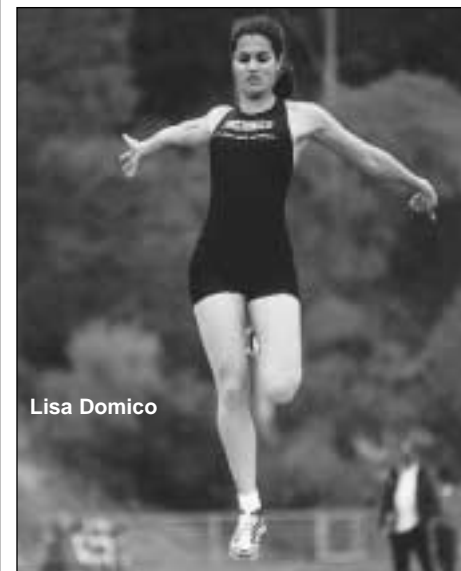
Heptathlon *(5,500, 5,000)

5,751 Aja Frary 2001
 5,620 Carrie McLaughlin 1983
5,602 **Leslie Miller** **2003**
5,481 **Shanon Meyer** **2003**
 5,435 Lori Smith 1983
 5,176 Gaylen Ames 1990
 5,169 Marla Runyan 1991
 5,127 Deanne Johnson 1984
 4,970 Lori Clark 1984
 4,758 Stasia Allen 1982

3,000-Meter Steeplechase *(10:50.00/11:00.00)

11:21.72 . . **Alicia Stewart** **2003**
 11:22.68 . . **Jennifer Stakiw** 2001
 11:36.27 Hillery Gemmill 2002

*2003 NCAA Outdoor Regional Qualifying Standards
 & = 2003 NCAA Championship Qualifying Standard
Bold indicates current athlete ^New event in 2000
 A = Run at altitude



Lisa Domico

INDOOR BESTS

55	Darla Vaughn	6.90	1992
60	Tonette Dyer	7.42A	2003
200	Darla Vaughn	23.89	1992
400	Tonette Dyer	53.51	2003
800	Jamillah Titus	2:11.26	2003
Mile	Alicia Stewart	5:12.82	2003
3,000	Christal Cuadra	10:32.40	2003
5,000	Sophia Hawker	19:15.06	2000
55 Hurdles	Darla Vaughn	7.64	1992
60 Hurdles	Miesha McKelvy	8.24	1999
High Jump	Aja Frary	5-8	2000
	Marla Runyan	5-8	1991
Long Jump	Lisa Domico	19-10.25	1999
Triple Jump	Lisa Domico	38-8.25	1999
Pole Vault	Shayla Balentine	12-10	2003
Shot Put	Candace Hill	48-7.50	2003
Pentathlon	Aja Frary	3,902 pts	2000
4x400			
Hogg, Dyer, Carmier, Ireland		3:47.88	2003
4x800			
Royal, Petersen, Wright, Ritchie		9:31.14	1991