

# Outdoor Records



## 100 METERS

Rk.	Name	Mark (Wind)	Meet	Location	Date
1.	Ashley Henderson	10.96 (0.6)	USATF Championships	Eugene, Ore.	June 22, 2018
2.	Tonette Dyer	11.20 (1.3)	NCAA Championships	Austin, Texas	June 10, 2004
3.	<b>Hannah Waller</b>	<b>11.30 (0.7)</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 10, 2024</b>
4.	Jada Moore	11.39 (1.4)	MW Championships	Clovis, Calif.	May 11, 2022
5.	Lawreta Ozoh	11.42 (0.6)	Oxy Invitational	Los Angeles, Calif.	May 7, 2011
	<b>Aji Mbye</b>	<b>11.42 (1.2)</b>	<b>Triton Invitational</b>	<b>La Jolla, Calif.</b>	<b>Apr. 6, 2024</b>
7.	Karoline Koehler	11.43 (2.0)	NCAA West Preliminaries	Eugene, Ore.	May 29, 2009
8.	Micha Auzenne	11.46 (0.2)	MW Championships	Logan, Utah	May 13, 2017
9.	Shana Solomon	11.49 (1.6)	Sea-Ray Relays	Knoxville, Tenn.	Apr. 12, 2008
	Callista Fletcher	11.49 (0.7)	NCAA West Preliminaries	Sacramento, Calif.	May 23, 2019

## 200 METERS

Rk.	Name	Mark (Wind)	Meet	Location	Date
1.	Tonette Dyer	22.34 (1.7)	Steve Scott Invitational	Irvine, Calif.	May 2, 2004
2.	Ashley Henderson	22.49 (-0.3)	NCAA Championships	Eugene, Ore.	June 6, 2018
3.	Simone Glenn	23.01 (2.0)	NCAA West Preliminaries	Austin, Texas	May 25, 2017
4.	Jada Moore	23.11 (1.8)	MW Championships	Clovis, Calif.	May 13, 2021
5.	<b>Shaquena Foote</b>	<b>23.20 (0.5)</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 11, 2024</b>
6.	LaQuisha Jackson	23.23 (0.1)	MW Championships	Las Vegas, Nev.	May 11, 2013
7.	<b>Hannah Waller</b>	<b>23.24 (0.6)</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 9, 2024</b>
8.	Nicole Ireland	23.30 (1.7)	Steve Scott Invitational	Irvine, Calif.	May 2, 2004
9.	Melinda Smedley	23.32 (0.4)	MW Championships	USAF Academy, Colo.	May 18, 2002
	Callista Fletcher	23.32 (0.9)	MW Championships	Clovis, Calif.	May 8, 2019

## 400 METERS

Rk.	Name	Mark	Meet	Location	Date
1.	Tonette Dyer	51.15	MW Championships	Las Vegas, Nev.	May 15, 2004
2.	Renee Chambers-Ross	51.33			1985
3.	<b>Shaquena Foote</b>	<b>51.35</b>	<b>NCAA West Preliminaries</b>	<b>Fayetteville, Ark.</b>	<b>May 23, 2024</b>
4.	Lisa-Anne Barrow	51.86	NCAA West Preliminaries	Sacramento, Calif.	May 24, 2018
5.	Nicole Stone	52.81	MW Championships	Laramie, Wyo.	May 16, 2009
6.	Nicole Ireland	52.91	Mt. SAC Relays	Walnut, Calif.	Apr. 19, 2003
7.	Jini Hogg	53.08	MW Championships	USAF Academy, Colo.	May 18, 2002
8.	LaTanya Sheffield	53.09	Dual Meet vs. UC Irvine	San Diego, Calif.	Apr. 20, 1985
9.	Sherraine Pencil	53.11	MW Championships	Fort Worth, Texas	May 17, 2008
10.	Sakura Roberson	53.35	Mt. SAC Relays	Walnut, Calif.	Apr. 13, 2022

## 800 METERS

Rk.	Name	Mark	Meet	Location	Date
1.	Renee Chambers-Ross	2:02.88	UCLA Pepsi Invitational	Los Angeles, Calif.	May 18, 1985
2.	Alex Lomeli	2:05.04	MW Championships	Clovis, Calif.	May 11, 2024
3.	Nyjari McNeil	2:05.27	MW Championships	Clovis, Calif.	May 8, 2019
4.	Monica Joyce	2:05.57	WAC Championships	Los Angeles, Calif.	May 15, 1982
5.	<b>Lauren Harper</b>	<b>2:06.40</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 14, 2022</b>
6.	Mandy Upuu	2:06.56	California Collegiate Challenge	Berkeley, Calif.	Apr. 28, 2007
7.	Lisa Naucler	2:07.19	NCAA West Preliminaries	Eugene, Ore.	May 25, 2007
8.	Kylie Edwards	2:07.39	MW Championships	Provo, Utah	May 20, 2000
9.	Jessica Kain	2:07.52	Aztec Invitational	San Diego, Calif.	Mar. 23, 2024
10.	Ellison Grove	2:07.74	Payton Jordan Invitational	Palo Alto, Calif.	May 1, 2016
	Sakura Roberson	2:07.74	Desert Heat Classic	Tucson, Ariz.	Apr. 30, 2022

## 1,500 METERS

Rk.	Name	Mark	Meet	Location	Date
1.	Monica Joyce	4:06.69	Welklasse Zurich	Zürich, Switzerland	Aug. 18, 1982
2.	Jessica Kain	4:14.07	Bryan Clay Invitational	Azusa, Calif.	Apr. 13, 2024
3.	Eva Ernstrom	4:16.89			1982
4.	Lynn Kanuka	4:17.28	Mt. SAC Relays	Walnut, Calif.	Apr. 27, 1982
5.	Alex Lomeli	4:23.83	Aztec Invitational	San Diego, Calif.	Mar. 22, 2024
6.	Kylie Edwards	4:27.00	Cal/Nevada Championships	Berkeley, Calif.	Apr. 30, 2000
7.	<b>Lauren Harper</b>	<b>4:28.17</b>	<b>Aztec Invitational</b>	<b>San Diego, Calif.</b>	<b>Mar. 26, 2022</b>
8.	<b>Samantha Wood</b>	<b>4:29.20</b>	<b>Aztec Invitational</b>	<b>San Diego, Calif.</b>	<b>Mar. 22, 2024</b>
9.	Sharon Yaninek	4:29.41			1984
10.	Emily Burd	4:30.06	Bryan Clay Invitational	Azusa, Calif.	Apr. 15, 2022

**Bold Italic** indicates current student-athlete.

# Outdoor Records



## 3,000 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Monica Joyce	8:53.24			1982
2.	Eva Ernstrom	8:58.44			1982
3.	Lynn Kanuka	9:13.13	UCI Dual Meet	San Diego, Calif.	Mar. 14, 1982
4.	Marie Nilsson	9:39.01	Sea Ray Relays	Knoxville, Tenn.	Apr. 9, 2004
5.	Maureen Bradley	9:48.51			1987
6.	Eliana Garcia	9:49.04	SDSU Twilight Open	San Diego, Calif.	Apr. 29, 1983
7.	Laurie Crisp	9:49.94	SDSU Tri-Meet	San Diego, Calif.	Feb. 26, 1983
8.	Liz Baker	9:50.19	Long Beach Dual Meet	San Diego, Calif.	Apr. 11, 1981
9.	Debra Chaddock	9:54.04	SDSU Twilight Open	San Diego, Calif.	Apr. 29, 1983
10.	Wendy Peterson	9:54.13	Aztec Invitational	San Diego, Calif.	Mar. 4, 1989

## 5,000 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Monica Joyce	15:45.26			1982
2.	Eva Ernstrom	15:46.37			1982
3.	Jessica Kain	15:57.21	Steve Scott Invitational	Irvine, Calif.	Apr. 26, 2024
4.	Lynn Kanuka	15:59.2ht	MLK Track and Field Games	Palo Alto, Calif.	Apr. 2, 1982
5.	<b>Vanessa Cabello</b>	<b>16:38.76</b>	<b>Bryan Clay Invitational</b>	<b>Azusa, Calif.</b>	<b>Apr. 13, 2024</b>
6.	Laurie Binder	16:41.5ht	Aztec Invitational	San Diego, Calif.	Mar. 8, 1980
7.	Rachel Williams	16:41.96	Mt. SAC Relays	Walnut, Calif.	Apr. 18, 2009
8.	Debra Chaddock	16:42.44	Mt. SAC Relays	Walnut, Calif.	Apr. 27, 1982
9.	Marie Nilsson	16:43.56	Florida Relays	Gainesville, Fla.	Mar. 27, 2004
10.	Liz Baker	16:46.24	Mt. SAC Relays	Walnut, Calif.	Apr. 27, 1982

## 10,000 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Lynn Kanuka	34:22.24			1981
2.	Liz Baker	34:44.4ht	MLK Track and Field Games	Palo Alto, Calif.	Apr. 2, 1982
3.	Debra Chaddock	34:55.24	USC Invitational	Long Beach, Calif.	Mar. 28, 1982
4.	Marianne Hogan	35:19.90	Mt. SAC Relays	Walnut, Calif.	Apr. 14, 2011
5.	Carlene Masar	35:27.53	Bryan Clay Invitational	Azusa, Calif.	Apr. 16, 2021
6.	<b>Vanessa Cabello</b>	<b>35:29.14</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 9, 2024</b>
7.	Laurie Crisp	36:01.00			1983
8.	Rachel Williams	36:08.77	Payton Jordan Invitational	Stanford, Calif.	May 2, 2009
9.	Sherrie Torrans	36:31.3ht	WCAA Championships	San Diego, Calif.	May 2, 1981
10.	<b>Maddie Heller</b>	<b>36:32.55</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 9, 2024</b>

## 100-METER HURDLES

Rk.	Name	Time	Meet	Location	Date
1.	Miesha McKelvy	12.82 (1.2)	USA Championships	Eugene, Ore.	June 26, 1999
2.	Deby LaPlante	12.86 (2.0)	Mt. SAC Relays	Walnut, Calif.	June 16, 1979
3.	Micha Auzenne	12.97 (1.5)	MW Championships	Logan, Utah	May 10, 2017
4.	Darla Vaughn	13.00 (0.0)	Mt. SAC Relays	Walnut, Calif.	Apr. 18, 1992
5.	<b>Charlize James</b>	<b>13.05 (1.3)</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 11, 2024</b>
6.	Felicia Stone	13.21	Modesto Relays	Modesto, Calif.	May 13, 2000
7.	Danae Dyer	13.22 (0.7)	MW Championships	Clovis, Calif.	May 11, 2023
8.	Heather Heron	13.25 (-0.6)	NCAA Championships	Sacramento, Calif.	June 8, 2005
9.	<b>Jada Pierre</b>	<b>13.26 (1.3)</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 9, 2024</b>
10.	Sue Kameli	13.28			1980

## 400-METER HURDLES

Rk.	Name	Time	Meet	Location	Date
1.	LaTanya Sheffield	54.64	NCAA Championships	Austin, Texas	May 31, 1985
2.	Nicole Ireland	56.10	NCAA Championships	Sacramento, Calif.	June 13, 2003
3.	Andrenette Knight	57.16	NCAA West Preliminaries	Austin, Texas	May 25, 2017
4.	Allison Reaser	57.80	NCAA West Preliminaries	Fayetteville, Ark.	May 29, 2014
5.	Madison Gipson	58.02	MW Championships	Clovis, Calif.	May 11, 2016
6.	Deyna Roberson	58.36	MW Championships	Las Vegas, Nev.	May 11, 2013
7.	Rhea Hoyte	58.38	MW Championships	Clovis, Calif.	May 11, 2024
8.	Sharifa Cox	58.51			1994
9.	Margaret Hemmans	58.53			1987
10.	Maya Brosch	58.74	Aztec Invitational	San Diego, Calif.	Mar. 25, 2021

**Bold Italic** indicates current student-athlete.

ht indicates hand time

# Outdoor Records



## 3,000 METER STEEPLECHASE

Rk.	Name	Time	Meet	Location	Date
1.	Marie Nilsson	10:23.34	Cal/Nevada Championships	San Luis Obispo, Calif.	Apr. 3, 2004
2.	Lisa Crampton	10:42.11	Duke Invitational	Durham, N.C.	Apr. 8, 2006
3.	Celeste Tyson	10:48.32	UCSD Triton Invitational	La Jolla, Calif.	Apr. 22, 2006
4.	Elaine Ribeiro	11:02.76	UCSD Triton Invitational	La Jolla, Calif.	Apr. 23, 2016
5.	<b><i>Eva Rethmeier</i></b>	<b>11:04.95</b>	<b><i>Steve Scott Invitational</i></b>	<b><i>Irvine, Calif.</i></b>	<b><i>Apr. 26, 2024</i></b>
6.	Marissa D'Atri	11:07.62	Bob Larsen Distance Carnival	Los Angeles, Calif.	Mar. 29, 2019
7.	Sara Beyers	11:10.58	Aztec Invitational	San Diego, Calif.	Mar. 19, 2011
8.	Kristin Glen	11:13.37	Cal/Nevada Championships	Los Angeles, Calif.	Mar. 28, 2009
9.	Alicia Stewart	11:21.72	UCSD Triton Invitational	La Jolla, Calif.	Apr. 25, 2003
10.	Jennifer Stakiw	11:22.68	MW Championships	San Diego, Calif.	May 18, 2001

## 4x100-METER RELAY

Rk.	Names	Time	Meet	Location	Date
1.	Auzenne, Glenn, Smith, Henderson	42.99	MW Championships	Logan, Utah	May 25, 2017
2.	Waller, Moore, Foote, Mbye	43.45	NCAA West Preliminaries	Fayetteville, Ark.	May 25, 2024
3.	Smith, Glenn, Harris, Henderson	43.46	Desert Heat Classic	Tucson, Ariz.	Apr. 28, 2018
4.	Singleton, Glenn, Auzenne, Henderson	43.55	NCAA Championships	Eugene, Ore.	June 9, 2016
5.	Waller, Foote, Moore, Mbye	43.79	Mt. SAC Relays	Walnut, Calif.	Apr. 20, 2024
6.	Auzenne, Glenn, Smith, Singleton	44.03	Beach Invitational	Long Beach, Calif.	Apr. 14, 2017
7.	Watt, Moore, Dyer, Foote	44.08	MW Championships	Clovis, Calif.	May 11, 2023
8.	McDonald, Dyer, Watt, J. Moore	44.15	MW Championships	Clovis, Calif.	May 13, 2021
9.	Smith, Glenn, Fletcher, Henderson	44.23	MW Championships	Clovis, Calif.	May 9, 2018
	<b><i>Waller, Young, Pierre, Mbye</i></b>	<b>44.23</b>	<b><i>NCAA Championships</i></b>	<b><i>Eugene, Ore.</i></b>	<b><i>June 6, 2024</i></b>

## 4x200-METER RELAY

Rk.	Names	Time	Meet	Location	Date
1.	Smedley, Dyer, McNair, Ireland	1:32.99	Penn Relay Carnival	Philadelphia, Penn.	Apr. 25, 2003
2.	Dyer, Ireland, McNair, Boyd	1:33.31	Sea Ray Relays	Knoxville, Tenn.	Apr. 10, 2004
3.	Dyer, Hogg, Ireland, Smedley	1:34.97	Florida Relays	Gainesville, Fla.	Mar. 28, 2003
4.	Clemmons, Brewer, Moon, Ross	1:35.75			1984
5.	Boyd, McNair, Dyer, Givens	1:35.98	Florida Relays	Gainesville, Fla.	Mar. 27, 2004
6.	Singleton, Lea, Barrow, Smith	1:35.99	Penn Relays	Philadelphia, Penn.	Apr. 25, 2017
7.	Reaser, Toatley, Campbell, Jackson	1:37.06	Penn Relays	Philadelphia, Penn.	Apr. 26, 2013
8.	Frary, Mose, Smedley, Hogg	1:37.48	Florida Relays	Gainesville, Fla.	Mar. 30, 2001
9.	Clemons, Ross, Moon, Russell	1:39.55	Aztec Invitational	San Diego, Calif.	Mar. 5, 1983
10.	Moore, Hoyte, Alexander, Bentley	1:40.70	Penn Relays	Philadelphia, Penn.	Apr. 27, 2023

## 4x400-METER RELAY

Rk.	Names	Time	Meet	Location	Date
1.	Nilson, Ross, Robinson, Sheffield	3:30.57	NCAA Championships	Austin, Texas	May 30, 1985
2.	Harris, Watt, Dyer, Roberson	3:33.42	NCAA West Preliminaries	Fayetteville, Ark.	May 25, 2022
3.	Roberson, Barrow, J. Harris, McNeil	3:33.48	NCAA West Preliminaries	Sacramento, Calif.	May 23, 2019
4.	McNeil, Harris, Watt, Roberson	3:33.68	MW Championships	Clovis, Calif.	May 11, 2022
5.	Hoyte, Major, Bentley, Foote	3:33.78	MW Championships	Clovis, Calif.	May 11, 2024
6.	Boyd, Ireland, Dyer, Heron	3:33.84	NCAA Championships	Austin, Texas	June 10, 2004
7.	Hatcher, Barrow, J. Harris, Lea	3:34.11	Desert Heat Classic	Tucson, Ariz.	Apr. 28, 2018
8.	Hogg, Ireland, Dyer, Givens	3:34.47	NCAA West Preliminaries	Palo Alto, Calif.	May 31, 2003
9.	McNeil, Roberson, Watt, Harris	3:34.57	Sun Angel Classic Invitational	Tempe, Ariz.	Apr. 7, 2022
10.	McNair, Ireland, Dyer, Smedley	3:34.77	Mt. SAC Relays	Walnut, Calif.	Apr. 19, 2003

## HIGH JUMP

Rk.	Name	Mark	Meet	Location	Date
1.	Lori Clark	5-11.50 (1.82m)	UC Irvine Tri-Meet	Irvine, Calif.	Mar. 10, 1984
2.	Patti Stafford	5-11.00 (1.80m)	WCAA Championships	San Diego, Calif.	May 3, 1981
3.	Marla Runyan	5-10.00 (1.78m)			1989
4.	Carrie McLaughlin	5-09.75 (1.77m)	NCAA Championships	Provo, Utah	May 31, 1982
	Jade Cany	5-09.75 (1.77m)	MW Championships	Clovis, Calif.	May 13, 2021
6.	<b><i>Jenna Fee Feyerabend</i></b>	<b>5-09.25 (1.76m)</b>	<b><i>Aztec Invitational</i></b>	<b><i>San Diego, Calif.</i></b>	<b><i>Mar. 26, 2022</i></b>
7.	Deanne Johnson	5-09.00 (1.75m)	WCAA Championships	Stanford, Calif.	May 11, 1984
	Nicole Carmier	5-09.00 (1.75m)	Steve Scott Invitational	Irvine, Calif.	Apr. 30, 2005
9.	Lori Smith	5-08.00 (1.73m)			1983
	Aja Makaila Frary	5-08.00 (1.73m)	NCAA Championships	Eugene, Ore.	June 1, 2001
	Jamillah Titus	5-08.00 (1.73m)	MW Championships	Las Vegas, Nev.	May 15, 2004

***Bold Italic*** indicates current student-athlete.

# Outdoor Records



## POLE VAULT (expanded to include all athletes who clear 13-00.25 (3.97m))

Rk.	Name	Mark	Meet	Location	Date
1.	Bonnie Draxler	14-09.50 (4.51m)	NCAA Championships	Austin, Texas	June 5, 2019
2.	Stephanie James	14-03.75 (4.36m)	NCAA West Preliminaries	Northridge, Calif.	May 30, 2008
	Kaitlin Heri	14-03.75 (4.36m)	MW Championships	Clovis, Calif.	May 11, 2022
4.	Shayla Balentine	14-01.25 (4.30m)	NCAA Championships	Sacramento, Calif.	June 11, 2005
5.	Kristen Brown	14-00.50 (4.28m)	MW Championships	San Diego, Calif.	May 15, 2015
6.	Kelsy Hintz	13-10.25 (4.22m)	UCSD Triton Invitational	La Jolla, Calif.	Apr. 28, 2012
	Ashley Callahan	13-10.25 (4.22m)	MW Championships	Clovis, Calif.	May 11, 2022
8.	Erin Asay	13-09.25 (4.20m)	UCSD Triton Invitational	La Jolla, Calif.	Apr. 22, 2006
9.	Marissa Berry	13-08.25 (4.17m)	California Collegiate Invitational	San Diego, Calif.	Apr. 1, 2017
10.	Katie Morgan	13-07.25 (4.15m)	Cal/Nevada Championships	Los Angeles, Calif.	Mar. 27, 2010
	Kortney Ross	13-07.25 (4.15m)	SD Imperial USATF Open Championships	Chula Vista, Calif.	June 13, 2015
12.	Karen Snapper	13-06.25 (4.12m)	Payton Jordan Invitational	Palo Alto, Calif.	May 1, 2016
13.	Alysia Allen	13-04.25 (4.07m)	NCAA Championships	Austin, Texas	June 5, 2019
	<b>Jordan Leveque</b>	<b>13-04.25 (4.07m)</b>	<b>Aztec Invitational</b>	<b>San Diego, Calif.</b>	<b>Mar. 23, 2024</b>
15.	Holly Waseloff	13-03.75 (4.06m)	MW Championships	San Diego, Calif.	May 15, 2015
	Corey Friedenbach	13-03.75 (4.06m)	Aztec Invitational	San Diego, Calif.	Mar. 24, 2022
17.	Moncica Pacas	13-03.50 (4.05m)	Sea-Ray Relays	Knoxville, Tenn.	Apr. 11, 2008
18.	Aimee Crabtree	13-02.25 (4.02m)	Cal/Nevada Championships	Irvine, Calif.	Apr. 29, 2001
	Elizabeth Funk	13-02.25 (4.02m)	MW Championships	Clovis, Calif.	May 13, 2021
20.	Dana Van Wagner	13-01.50 (4.00m)	MW Championships	San Diego, Calif.	May 11, 2007

## LONG JUMP

Rk.	Name	Mark/Metric (Wind)	Meet	Location	Date
1.	Karoline Koehler	21-09.50/6.64m (1.8)	NCAA West Preliminaries	Eugene, Ore.	May 29, 2009
2.	<b>Hannah Waller</b>	<b>21-01.25/6.43m (-0.1)</b>	<b>Mt. SAC Relays</b>	<b>Walnut, Calif.</b>	<b>Apr. 19, 2024</b>
3.	Lisa-Anne Barrow	20-09.25/6.33m (0.9)	Mountain West Challenge	San Diego, Calif.	Apr. 6, 2018
4.	Lisa Domico	20-05.75/6.24m (0.0)	WAC Championships	Fort Collins, Colo.	May 21, 1999
5.	Allison Reaser	20-04.50/6.21m (1.8)	USATF Championships	Sacramento, Calif.	June 28, 2014
6.	Aja Fray	20-04.00/6.20m (1.0)	NCAA Championships	Eugene, Ore.	June 2, 2001
	Decontee Kaye	20-04.00/6.20m (0.5)	MW Championships	San Diego, Calif.	May 11, 2007
8.	<b>Xiamara Young</b>	<b>20-03.75/6.19m (0.0)</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 10, 2024</b>
9.	Shana Watson	20-01.25/6.13m (1.2)	MW Championships	Fort Worth, Texas	May 16, 2008
	Brittany Bozeman	20-01.25/6.13m (1.5)	Mt. SAC Relays	Walnut, Calif.	Apr. 18, 2014

## TRIPLE JUMP

Rk.	Name	Mark/Metric (Wind)	Meet	Location	Date
1.	Shanieka Thomas	46-05.00/14.15m (1.8)	MW Championships	Las Vegas, Nev.	May 11, 2013
2.	Karoline Koehler	44-09.00/13.64m (2.0)	NCAA West Preliminaries	Eugene, Ore.	May 30, 2009
3.	Decontee Kaye	44-04.25/13.52m (1.1)	NCAA Championships	Sacramento, Calif.	June 9, 2007
4.	<b>Xiamara Young</b>	<b>44-04.00/13.51m (1.5)</b>	<b>NCAA West Preliminaries</b>	<b>Fayetteville, Ark.</b>	<b>May 11, 2024</b>
5.	Simone Johnson	44-00.25/13.42m (2.0)	NCAA Championships	Austin, Texas	June 7, 2023
6.	Alex Evans	42-09.00/13.03m (2.0)	MW Championships	Las Vegas, Nev.	May 11, 2013
7.	Gaylen Ames	41-09.75/12.74m (2.0)			1988
8.	Angela McKnight	41-08.00/12.70m (2.0)			1988
9.	Shana Watson	41-07.25/12.68m (0.0)	Cal-Nev Championships	Fresno, Calif.	Mar. 29, 2008
10.	Je'Neal Ainsworth	41-04.50/12.61m (1.6)	MW Championships	Clovis, Calif.	May 11, 2016

## SHOT PUT

Rk.	Name	Mark (Metric)	Meet	Location	Date
1.	Ramona Pagel	58-03.50 (17.77m)	USC Invitational	Los Angeles, Calif.	Mar. 24, 1984
2.	Whitney Ashley	55-05.00 (16.90m)	NCAA West Preliminaries	Austin, Texas	May 24, 2012
3.	Jasmine Burrell	52-08.00 (16.05m)	MW Championships	San Diego, Calif.	May 16, 2015
4.	Jordyn Bryant	51-03.25 (15.63m)	Long Beach Throws/Jumps	Long Beach, Calif.	Apr. 30, 2021
5.	Laura DeSnoo	51-03.00 (15.62m)			1984
6.	Rachel Alesi	49-09.25 (15.17m)	MW Championships	Fresno, Calif.	May 11, 2016
7.	Candace Hill	49-08.50 (15.15m)	Aztec Invitational	San Diego, Calif.	Mar. 20, 2004
8.	Cheryl Kennedy	48-09.00 (14.86m)			1982
9.	Ariel Oliver	47-09.25 (14.56m)	Linfield Open	McMinnville, Ore.	May 9, 2015
10.	Leanne Taylor	47-07.00 (14.50m)	UCSD Triton Invitational	La Jolla, Calif.	Apr. 22, 2006

**Bold Italic** indicates current student-athlete.



# Outdoor Records



## DISCUS THROW

Rk.	Name	Mark	Meet	Location	Date
1.	Whitney Ashley	196-10 (59.99m)	NCAA Championships	Des Moines, Iowa	June 6, 2012
2.	Laura DeSnoo	196-4 (59.84m)	Mt. SAC Relays	Walnut, Calif.	Apr. 28, 1984
3.	Ramona Pagel	186-6 (56.84m)	Arizona State Tri-Meet	Phoenix, Ariz.	Mar. 31, 1984
4.	Alexa Evans	185-3 (56.46m)	NCAA West Preliminaries	Lawrence, Kan.	May 28, 2016
5.	Erica Grotegeer	182-5 (55.61m)	MW Championships	Clovis, Calif.	May 13, 2021
6.	Jasmine Burrell	181-7 (55.35m)	Jim Bush Championships	Los Angeles, Calif.	June 7, 2014
7.	Rachel Alesi	180-4 (54.98m)	NCAA West Preliminaries	Lawrence, Kan.	May 28, 2016
8.	Jordyn Bryant	172-5 (52.56m)	Aztec Invitational	San Diego, Calif.	Mar. 25, 2021
9.	Felicia Crenshaw	170-8 (52.02m)	MW Championships	Clovis, Calif.	May 11, 2023
10.	Leanne Taylor	167-8 (51.10m)	Beach Invitational	Long Beach, Calif.	Apr. 18, 2009

## HAMMER THROW

Rk.	Name	Mark	Meet	Location	Date
1.	Whitney Ashley	187-5 (57.14m)	MW Championships	Fort Collins, Colo.	May 13, 2011
2.	Jasmine Burrell	186-11 (56.98m)	MW Championships	Las Vegas, Nev.	May 11, 2013
3.	Ellie Fanaika	184-4 (56.19m)	Beach Invitational	Norwalk, Calif.	Apr. 20, 2012
4.	Victoria Dickerson	181-3 (55.26m)	MW Championships	Fresno, Calif.	May 13, 2016
5.	Freja Liljedahl	178-2 (54.30m)	Trojan Invitational	Los Angeles, Calif.	Mar. 18, 2016
6.	Maria Rodriguez	170-7 (52.01m)	Steve Scott Invitational	Irvine, Calif.	May 2, 2010
7.	Kellie Scott	168-8 (51.42m)	WAC Championships	Houston, Texas	May 23, 1998
8.	Andrea Martinez	166-9 (50.84m)	Aztec Invitational	San Diego, Calif.	Mar. 13, 2009
9.	Felicia Crenshaw	165-5 (50.41m)	Long Beach Invitational	Long Beach, Calif.	Apr. 16, 2021
10.	Candace Hill	164-6 (50.14m)	MW Championships	Albuquerque, N.M.	May 16, 2003

## JAVELIN THROW (pre-1999)

Rk.	Name	Mark	Meet	Location	Date
1.	Liz Mueller	178-3 (54.33m)			1983
2.	Linn Dunton	173-1 (52.76m)	Aztec Invitational	San Diego, Calif.	Mar. 8, 1980
3.	Donna Dietrich	169-10 (51.76m)			1978
4.	Angela Rock	160-10 (49.02m)	Stanford Quad Meet	Stanford, Calif.	Apr. 21, 1984
5.	Debbie Dibb	160-7 (48.94m)			1982
6.	Vicki Hallman	158-9 (48.39m)	SCWIAA League Meet	San Diego, Calif.	Apr. 20, 1974
7.	Diane Collier	155-10 (47.50m)			1989
8.	Monica Stoltenburg	154-6 (47.10m)	WCAA Championships	Los Angeles, Calif.	Apr. 27, 1979
9.	Louise Joubert	153-6 (46.78m)			1990
10.	Desiree Snelleman	151-10 (46.28m)	Dual Meet vs. UC Irvine	San Diego, Calif.	Mar. 12, 1983

## JAVELIN THROW (1999-present)

Rk.	Name	Mark	Meet	Location	Date
1.	Niki Oudenaarden	160-5 (48.90m)	NACAC U-23 Championships	Kamploops, Canada	Aug. 9, 2014
2.	Thaila Wilson	155-6 (47.41m)	MW Championships	Clovis, Calif.	May 11, 2023
3.	Leslie Miller	151-11 (46.32m)	NCAA Championships	Sacramento, Calif.	June 14, 2003
4.	Melody Harris	150-9 (46.14m)	Penn Relays	Philadelphia, Penn.	Apr. 29, 2017
5.	<b>Jenna Fee Feyerabend</b>	<b>144-8 (44.09m)</b>	<b>Aztec Invitational</b>	<b>San Diego, Calif.</b>	<b>Mar. 23, 2024</b>
6.	Michele Dannhausen	143-9 (43.82m)	Cal-Nevada Championships	Los Angeles, Calif.	Mar. 28, 2009
7.	Brittany Bozeman	143-6 (43.74m)	MW Championships	Las Vegas, Nev.	May 10, 2013
8.	Shanon Meyer	139-3 (42.44m)	MW Championships	Albuquerque, N.M.	May 15, 2003
9.	Janine Polischuk	135-5 (41.27m)	Steve Scott Invitational	Irvine, Calif.	May 2, 2004
10.	Allison Reaser	132-1 (40.25m)	NCAA Championships	Des Moines, Iowa	June 8, 2012

## HEPTATHLON

Rk.	Names	Points	Meet	Location	Date
1.	Allison Reaser	5,917	USATF Championships	Sacramento, Calif.	June 28, 2014
2.	<b>Jenna Fee Feyerabend</b>	<b>5,812</b>	<b>NCAA Championships</b>	<b>Eugene, Ore.</b>	<b>June 8, 2024</b>
3.	Nicole Oudenaarden	5,774	Mt. SAC/CA Multis	Azusa, Calif.	Apr. 18, 2013
4.	Aja Makaila Fray	5,751	NCAA Championships	Eugene, Ore.	June 2, 2001
5.	Carrie McLaughlin	5,620	NCAA Championships	Houston, Texas	May 31, 1983
6.	Leslie Miller	5,602	MW Championships	Albuquerque, N.M.	May 15, 2003
7.	Sara Absten	5,503	MW Championships	Clovis, Calif.	May 11, 2022
8.	Shanon Meyer	5,481	MW Championships	Albuquerque, N.M.	May 15, 2003
9.	Lori Smith	5,435	NCAA Championships	Houston, Texas	May 31, 1983
10.	Kristin Olafsdottir	5,402	MW Championships	Provo, Utah	May 11, 2006

**Bold Italic** indicates current student-athlete.



## AZTECS IN THE MOUNTAIN WEST RECORD BOOKS

Event	Rank	Names	Mark	Meet	Location	Date
100m	#2	Ashley Henderson	10.96	USATF Championships	Eugene, Ore.	June 22, 2018
200m	#1	Tonette Dyer	22.34	Steve Scoot Invitational	Irvine, Calif.	May 2, 2004
200m	#2	Ashley Henderson	22.44	MW Championships	Clovis, Calif.	May 14, 2016
400m	#1	Tonette Dyer	51.15	MW Championships	Las Vegas, Nev.	May 15, 2004
400m	#3	Shaquena Foote	51.35	NCAA West Preliminaries	Fayetteville, Ark.	May 22, 2024
400m	#5	Lisa-Anne Barrow	51.86	NCAA West Preliminaries	Sacramento, Calif.	May 24, 2018
100mH	#2	Micha Auzenne	12.97	MW Championships	Logan, Utah	May 13, 2017
100mH	#3	Danae Dyer	12.99	MW Championships	Logan, Utah	May 13, 2021
<b>100mH</b>	<b>#5</b>	<b>Charlize James</b>	<b>13.05</b>	<b>MW Championships</b>	<b>Clovis, Calif.</b>	<b>May 9, 2024</b>
400mH	#2	Nicole Ireland	56.10	NCAA Championships	Sacramento, Calif.	June 13, 2003
4x100m	#1	Auzenne, Glenn, Smith, Henderson	42.99	MW Championships	Logan, Utah	May 13, 2017
4x100m	#2	Waller, Moore, Foote, Mbye	43.45	NCAA Preliminaries	Fayetteville, Ark.	May 22, 2024
4x100m	#4	Waller, Foote, Moore, Mbye	43.79	Mt. SAC Relays	Walnut, Calif.	Apr. 20, 2024
4x400m	#4	Harris, Watt, Dyer, Roberson	3:33.42	NCAA West Preliminaries	Fayetteville, Ark.	May 25, 2022
4x400m	#5	Roberson, Barrow, Harris, McNeil	3:33.48	NCAA West Preliminaries	Sacramento, Calif.	May 23, 2019
Triple Jump	#1	Shanieka Thomas	46-05.25 (14.15m)	MW Championships	Las Vegas, Nev.	May 11, 2013
Triple Jump	#4	Decontee Kaye	44-07.00 (13.59m)	NCAA West Preliminaries	Eugene, Ore.	May 25, 2007
Pole Vault	#1	Bonnie Draxler	14-09.50 (4.51m)	NCAA Championships	Austin, Texas	June 8, 2019
Pole Vault	#2	Kaitlin Heri	14-03.50 (4.36m)	MW Championships	Fresno, Calif.	May 11, 2022
Pole Vault	#3	Stephanie James	14-03.25 (4.35m)	Cal/Nevada Championships	Los Angeles, Calif.	Mar. 27, 2010
Pole Vault	#5	Shayla Balentine	14-01.25 (4.30m)	NCAA Championships	Sacramento, Calif.	June 11, 2005
Discus	#4	Whitney Ashley	196-10.00 (59.99m)	NCAA Championships	Des Moines, Iowa	June 6, 2012
Heptathlon	#1	Allison Reaser	5,836 points	NCAA Championships	Eugene, Ore.	June 13, 2014
<b>Heptathlon</b>	<b>#4</b>	<b>Jenna Fee Feyerabend</b>	<b>5,812 points</b>	<b>NCAA Championships</b>	<b>Eugene, Ore.</b>	<b>June 8, 2024</b>
Heptathlon	#5	Nicole Oudenaarden	5,774 points	Mt. SAC Relays	Walnut, Calif.	Apr. 17, 2013



## AZTECS IN THE NCAA RECORD BOOKS

Event	Rank	Names	Mark	Meet	Location	Date
4x100m	#20	Auzenne, Glenn, Smith, Henderson	42.99	MW Championships	Logan, Utah	May 13, 2017
Triple Jump	#10	Shanieka Thomas (Ricketts)	46-05.25 (14.15m)	MW Championships	Las Vegas, Nev.	May 11, 2013

***Bold Italic*** indicates current student-athlete.

Events listed are standard events only. Relays are only team's all-time best (i.e. SDSU cannot have two placements in NCAA Top 25 no matter the four student-athletes).