

SDSU OUTDOOR TRACK AND FIELD ALL-TIME TOP 10

100 Meters

1. Tonette Dyer.....	11.20	..2004
2. Lawreta Ozoh.....	11.42	..2011
3. Karoline Koehler.....	11.43	..2009
4. Shana Solomon.....	11.49	..2008
5. Melinda Smedley.....	11.50	..2003
Meisha McKelvy.....	11.50	..1999
7. Nicole Ireland.....	11.59	..2003
8. Darla Vaughn.....	11.62	..1992
9. Brigitte Moon.....	11.70	..1984
10. Lori Smith.....	11.72	..1982

200 Meters

1. Tonette Dyer.....	22.34	..2004
2. Nicole Ireland.....	23.30	..2004
3. Melinda Smedley.....	23.32	..2002
4. Lawreta Ozoh.....	23.36	..2011
5. Lori Smith.....	23.40	..1983
6. Sherraine Pencil.....	23.53	..2008
7. Shana Solomon.....	23.59	..2008
8. Renee Ross.....	23.74	..1985
9. Miesha McKelvy.....	23.83	..1999
10. Darla Vaughn.....	23.86	..1991

400 Meters

1. Tonette Dyer.....	51.15	..2004
2. Renee Ross.....	51.33	..1985
3. Nicole Stone.....	52.81	..2009
4. Nicole Ireland.....	52.91	..2003
5. Jini Hogg.....	53.08	..2002
6. LaTanya Sheffield.....	53.09	..1985
7. Sherraine Pencil.....	53.11	..2008
8. Promise Rose.....	53.88	..2000
9. Malika Freeman.....	53.96	..1995
10. Larnie Boyd.....	54.01	..2004

800 Meters

1. Renee Ross.....	2:02.88	..1985
2. Monica Joyce.....	2:05.57	..1982
3. Mandy Upuu.....	2:06.56	..2007
4. Lisa Naucler.....	2:07.19	..2007
5. Kylie Edwards.....	2:07.39	..2000
6. Josefina Koskinen.....	2:07.87	..2012
7. Nicole Carmier.....	2:08.50	..2005
8. Jamillah Titus.....	2:08.90	..2003
9. Jennifer Stakiw.....	2:08.96	..2003
10. Kristy Matthews.....	2:09.03	..1995

1,500 Meters

1. Monica Joyce.....	4:06.69	..1982
2. Eva Ernstrom.....	4:16.89	..1982
3. Lynn Kanuka.....	4:17.28	..1982
4. Kylie Edwards.....	4:27.00	..2001
5. Sharon Yaninek.....	4:29.41	..1984
6. Jeanne Abare.....	4:30.64	..1973
7. Marie Nilsson.....	4:32.03	..2004
8. Wendy Peterson.....	4:32.14	..1990
9. Lisa Naucler.....	4:33.13	..2007
10. Renee Ross.....	4:33.18	..1986

3,000 Meters

1. Monica Joyce.....	8:53.24	..1982
2. Eva Ernstrom.....	8:58.44	..1982
3. Lynn Kanuka.....	9:13.13	..1982
4. Marie Nilsson.....	9:39.01	..2004
5. Maureen Bradley.....	9:48.51	..1987
6. Eliana Garcia.....	9:49.04	..1983
7. Laurie Crisp.....	9:49.94	..1983
8. Liz Baker.....	9:50.19	..1981
9. Debra Chaddock.....	9:54.04	..1983
10. Wendy Peterson.....	9:54.13	..1989

5,000 Meters

1. Monica Joyce.....	15:45.26	..1982
2. Eva Ernstrom.....	15:46.37	..1982
3. Lynn Kanuka.....	15:59.34	..1982
4. Rachel Williams.....	16:41.96	..2009
5. Debra Chaddock.....	16:42.44	..1982
6. Marie Nilsson.....	16:43.56	..2004
7. Liz Baker.....	16:46.24	..1982
8. Laurie Crisp.....	16:58.64	..1983
9. Maureen Bradley.....	17:00.80	..1987
10. Marianne Hogan.....	17:05.05	..2011

10,000 Meters

1. Lynn Kanuka.....	34:22.24	..1981
2. Liz Baker.....	34:44.44	..1982
3. Debra Chaddock.....	34:55.24	..1982
4. Marianne Hogan.....	35:19.90	..2011
5. Laurie Crisp.....	36:01.00	..1983
6. Rachel Williams.....	36:08.77	..2009
7. Sherrie Torrans.....	36:31.44	..1981
8. Alma Escobar.....	36:40.15	..2009
9. Maureen Bradley.....	36:46.44	..1986
10. Mona Lopez.....	37:15.40	..1987

100-Meter Hurdles

1. Meisha McKelvy.....	12.82	..1999
2. Deby LaPlante.....	12.86	..1979
3. Darla Vaughn.....	13.00	..1992
4. Daveeta Shepherd.....	13.13	..2001
5. Felicia Stone.....	13.21	..2000
6. Heather Heron.....	13.25	..2005
7. Sue Kameli.....	13.28	..1980
8. Nicole Ireland.....	13.30	..2004
9. Lori Smith.....	13.44	..1983
10. LaTanya Sheffield.....	13.46	..1986

400-Meter Hurdles

1. LaTanya Sheffield.....	54.64	..1985
2. Nicole Ireland.....	56.10	..2003
3. Allison Reaser.....	58.37	..2012
4. Sharifa Cox.....	58.51	..1994
5. Margaret Hemmans.....	58.53	..1987
6. Kristin Olafsdottir.....	58.82	..2008
7. Gaylen Ames.....	58.90	..1988
8. Erica Prodanovich.....	59.03	..1992
9. Heather Heron.....	59.06	..2005
10. Nicole Stone.....	59.21	..2007

3,000-Meter Steeplechase

1. Marie Nilsson.....	10:23.34	..2004
2. Lisa Crampton.....	10:42.11	..2006
3. Celeste Tyson.....	10:48.32	..2006
4. Kristin Glen.....	11:10.00	..2009
5. Sara Beyers.....	11:10.58	..2011
6. Alicia Stewart.....	11:21.72	..2003
7. Jennifer Stakiw.....	11:22.68	..2001
8. Jackie Duncan.....	11:23.42	..2007
9. Lindsay Baraja.....	11:35.43	..2008
10. Hillery Gemmill.....	11:36.27	..2002

4x100-Meter Relay

1. Givens, Dyer, Hogg, Smedley.....	44.24	..2002
2. Boyd, Dyer, Heron, Ireland.....	44.45	..2003
3. King, Koehler, Hornsby, Stone.....	44.74	..2009
4. Peters, Dyer, Hogg, Smedley.....	44.77	..2002
5. Smedley, Dyer, Peters, Ireland.....	44.78	..2003
6. Smedley, Dyer, Givens, Ireland.....	44.84	..2003
7. Pencil, Solomon, Lowery, Kaye.....	44.88	..2008
8. Sheffield, Robinson, Moon, Ross.....	45.02	..1985
9. Sheffield, Smith, Moon, Ross.....	45.14	..1986
10. Smedley, Dyer, McNair, Ireland.....	45.20	..2003

4x200-Meter Relay

1. Smedley, Dyer, McNair, Ireland.....	1:32.99	..2003
2. Dyer, Ireland, McNair, Boyd.....	1:33.31	..2004
3. Dyer, Hogg, Ireland, Smedley.....	1:34.97	..2003
4. Clemons, Brewer, Moon, Ross.....	1:35.74	..1984
5. Boyd, McNair, Dyer, Givens.....	1:35.98	..2004
6. Frary, Mose, Smedley, Hogg.....	1:37.48	..2001
7. Clemons, Ross, Moon, Russell.....	1:39.39	..1984

Sprint Medley Relay (100-100-200-400)

1. Moon, Robinson, Nilson, Ross.....	1:39.19	..1985
2. Clemons, Brewer, Moon, Ross.....	1:40.10	..1984
3. Hegerle, Charles, Bullard, Collins.....	1:42.04	..1981

4x400-Meter Relay

1. Nilsson, Ross, Robinson, Sheffield.....	3:30.57	..1985
2. Boyd, Ireland, Dyer, Heron.....	3:33.84	..2004
3. Hogg, Ireland, Dyer, Givens.....	3:34.47	..2003
4. McNair, Ireland, Dyer, Givens.....	3:34.77	..2003
5. Dyer, Ireland, Hogg, McNair.....	3:35.19	..2003
6. Smith, Ross, Hemmans, Sheffield.....	3:35.50	..1986
7. Boyd, Heron, Ireland, Givens.....	3:35.89	..2004
8. Dyer, Hogg, McNair, Ireland.....	3:36.67	..2003
9. Dyer, Ireland, Hogg, Givens.....	3:36.77	..2003
10. Smedley, Dyer, Ireland, McNair.....	3:36.80	..2003

4x800-Meter Relay

1. Hemond, Ernstrom, Kanuka, Joyce.....	8:48.13	..1982
2. Spencer, Ross, Garcia, Yaninek.....	8:59.05	..1984
3. Garcia, Collins, O'Connell, Joyce.....	9:09.04	..1981

Distance Medley Relay (1200-400-800-1600)

1. Hemond, Sheffield, Joyce, Kanuka.....	11:07.64	..1982
2. Boyd, Givens, Carmier, Nilsson.....	11:37.77	..2004
3. Titus, McNair, Boyd, Nilsson.....	11:45.80	..2004

High Jump

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

* Happened in 2012

*(last updated on May 19, 2012)

SDSU OUTDOOR TRACK AND FIELD ALL-TIME TOP 10

Pole Vault

1. Stephanie James.....14-03.50...2008
2. Shayla Balentine.....14-01.25...2005
3. Kelsy Hintz13-10.00 .2012
4. Erin Asay13-09.25...2006
5. Katie Morgan13-07.25...2010
6. Monica Pacas13-03.50...2008
7. Aimee Crabtree13-02.25...2001
8. Dana VanWagner13-01.75...2007
9. Holly Waseloff.....13-00.25 .2012
10. Patricia Gutierrez.....12-09.00...2001

Long Jump

1. Karoline Koehler21-09.50...2009
2. Lisa Domico20-05.75...1999
3. Deontee Kaye20-04.25...2007
- Aja Makaila Frary.....20-04.25...2001
5. Shana Watson20-01.50...2008
6. Carrie McLaughlin19-10.50...1980
7. Allison Reaser19-09.75...2011
8. Tori Respass-Parsons..19-05.25...2005
- Gaylen Ames19-05.25...1990
10. Melinda Forest.....19-04.75...1997

Triple Jump

1. Karoline Koehler44-09.00...2009
2. Deontee Kaye44-04.25...2007
3. Shanika Thomas.43-11.25 .2012
4. Gaylen Ames41-09.75...1988
5. Angela McKnight41-08.00...1988
6. Shana Watson41-07.25...2008
7. Alex Evans.....41-06.00...2011
8. Kai Wheeler41-05.75...2009
9. Sharie Green40-06.75...1989
10. Lisa Domico40-04.25...1999

Shot Put

1. Ramona Pagel.....58-03.75...1984
2. Whitney Ashley54-01.00 .2012
3. Laura DeSnoo51-03.00...1984
4. Candace Hill49-08.50...2004
5. Jasmine Burrell49-06.25 .2012
6. Cheryl Kennedy48-09.00...1982
7. Leanne Taylor47-07.00...2006
8. Jeanette McConnell..46-10.75...2011
9. Kartsi Leppaluoto.....46-09.00...1988
10. Bonnie Dasse46-02.75...1981

Discus Throw

1. Laura DeSnoo196-04...1984
2. Ramona Pagel.....186-06...1984
3. Jasmine Burrell.....186-04 .2012
4. Whitney Ashley183-01 .2012
5. Leanne Taylor167-08...2009
6. Candace Hill162-09...2003
7. Jeanette McConnell.....162-08...2010
8. Rhonda Loshonkohl.....161-03...1986
9. Michele Dannhausen153-01...2009
10. Andrea Martinez152-06...2009

Hammer Throw

1. Whitney Ashley187-06...2011
2. Ellie Fanaika184-04 .2012
3. Maria Rodriguez170-07...2010
4. Kellie Scott.....168-08...1998
5. Andrea Martinez166-05...2008
6. Candace Hill164-06...2003
7. Tamara McMillan163-06...2009
8. Jeanette McConnell.....161-06...2009
9. Jasmine Burrell.....156-09 .2012
10. Brittany Lowe.....156-07...2006

Javelin Throw

1. Liz Mueller178-03...1983
2. Donna Dietrich.....169-10...1978
3. Lynn Dunton163-02...1979
4. Debbie Dibb160-07...1982
5. Angela Rock160-01...1984
6. L. Hallman158-09...1974
7. Diana Collier.....155-10...1989
8. Monica Stoltenburg.....154-06...1979
9. Louise Joubert153-06...1990
10. Leslie Miller.....152-00...2003

Heptathlon

1. Aja Makaila Frary5,751...2001
2. Allison Reaser5,653 .2012
3. Carrie McLaughlin.....5,620...1983
4. Leslie Miller.....5,602...2003
5. Shanon Meyer5,481...2003
6. Lori Smith.....5,435...1983
7. Kristin Olafsdottir5,402...2006
8. Janine Polischuk.....5,210...2004
9. Gaylen Ames5,176...1990
10. Marla Runyan5,169...1991

* Happened in 2012

*(last updated on May 19, 2012)