

# SDSU INDOOR TRACK & FIELD ALL-TIME TOP 10 (updated Feb. 25, 2017)

## 55 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Darla Vaughn	6.90			1992
2.	Promise Mose	7.06	Bill Cosby Invitational	Reno, Nev.	Feb. 10, 2001
3.	Melinda Smedley	7.23	Wolfpack Invitational	Reno, Nev.	Feb. 2, 2002
4.	Tonette Dyer	7.25	Wolfpack Invitational	Reno, Nev.	Feb. 2, 2002
5.	Elaine Harwell	7.27			1999
6.	Miesha McKelvy	7.28			1999
7.	Jillita Griffin	7.32	Bill Cosby Invitational	Reno, Nev.	Feb. 10, 2001
8.	Daveetta Shepherd	7.46	Bill Cosby Invitational	Reno, Nev.	Feb. 10, 2001
9.	Ryan Peters	7.48	Wolf Pack Invitational	Reno, Nev.	Feb. 2, 2002
10.	Aronline Neal	7.49	Bill Cosby Invitational	Reno, Nev.	Feb. 10, 2001

## 60 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Ashley Henderson	7.17a	MW Championships	Albuquerque, N.M.	Feb. 25, 2017
2.	Micha Auzenne	7.31a	Don Kirby Elite	Albuquerque, N.M.	Feb. 11, 2017
3.	Tonette Dyer	7.33a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
4.	Shanae Roach	7.37	ISU NCAA Qualifier	Ames, Iowa	March 5, 2011
5.	Karoline Koehler	7.38a	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
6.	Melinda Smedley	7.45a	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
7.	Starlynn Singleton	7.47a	MW Championships	Albuquerque, N.M.	Feb. 24, 2017
8.	Promise Mose	7.48	MW Championships	USAF Academy, Colo.	Feb. 25, 2000
9.	Lawreta Ozoh	7.51a	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
	Melinda Smedley	7.51a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004

## 200 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Ashley Henderson	22.81a	MW Championships	Albuquerque, N.M.	Feb. 25, 2017
2.	Shanae Roach	23.45a	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
3.	Simone Glenn	23.66a	MW Championships	Albuquerque, N.M.	Feb. 25, 2017
4.	Tonette Dyer	23.75	Boise State Invite	Nampa, Idaho	Feb. 14, 2004
5.	Nicole Ireland	23.84a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
6.	Darla Vaughn	23.89			1992
7.	Rochene Smith	23.91a	MW Championships	Albuquerque, N.M.	Feb. 25, 2017
8.	Melinda Smedley	23.99a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
9.	Lawreta Ozoh	24.04a	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
10.	Karoline Koehler	24.07a	MW Championships	Albuquerque, N.M.	Feb. 27, 2010

## 400 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Tonette Dyer	53.51a	MW Championships	USAF Academy, Colo.	March 1, 2003
2.	Nicole Stone	53.69a	MW Championships	Albuquerque, N.M.	Feb. 27, 2010
3.	Nicole Ireland	54.15a	MW Championships	USAF Academy, Colo.	March 1, 2003
4.	Andrenette Knight	54.42a	Don Kirby Elite	Albuquerque, N.M.	Feb. 11, 2017
5.	Jini Hogg	54.79	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
6.	Tyra Lea	54.98a	Don Kirby Elite	Albuquerque, N.M.	Feb. 11, 2017
7.	Promise Mose	54.99	Daily Sun Indoor Inv.	Flagstaff, Ariz.	Feb. 12, 2000
8.	Larnie Boyd	55.02a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
9.	Sherraine Pencil	55.35a	Mountain T's Invite	Flagstaff, Ariz.	Feb. 2, 2008
10.	Shanieka Thomas	55.67a	MW Championships	Nampa, Idaho	Feb. 23, 2013

## 600 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Ellison Grove	1:61.48a	Cherry & Silver Invite	Albuquerque, N.M.	Jan. 20, 2017
2.	Monique McPherson	1:33.79a	Cherry & Silver Invite	Albuquerque, N.M.	Jan. 20, 2017
3.	Deyna Roberson	1:36.86a	UNM Collegiate Classic	Albuquerque, N.M.	Feb. 2, 2013
4.	Dynasty Gammage	1:37.22a	Don Kirby Elite	Albuquerque, N.M.	Feb. 13, 2015
5.	Renetia James	1:38.90a	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2014
6.	Cindy Flores	1:39.44a	Cherry & Silver Invite	Albuquerque, N.M.	Jan. 20, 2017
7.	Angela Flores	1:40.13a	Cherry & Silver Invite	Albuquerque, N.M.	Jan. 20, 2017
8.	Ansherae Devine	1:41.43a	New Mexico Invitational	Albuquerque, N.M.	Jan. 29, 2011

## 800 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Ellison Grove	2:09.67a	Don Kirby Collegiate	Albuquerque, N.M.	Feb. 13, 2016
2.	Mandy Upuu	2:10.45	Husky Classic	Seattle, Wash.	Feb. 16, 2008
3.	Jamillah Titus	2:11.26	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
4.	Josefine Koskinen	2:11.90a	MW Championships	Albuquerque, N.M.	Feb. 25, 2011
5.	Nicole Carmier	2:13.95a	Holiday Inn Invite	Nampa, Idaho	Feb. 12, 2005
6.	Kylie Edwards	2:15.00a	MW Championships	USAF Academy, Colo.	Feb. 26, 2000
7.	Corri Campbell-Fell	2:15.07a	Bronco Invitational	Nampa, Idaho	Feb. 9, 2008
8.	Lisa Naucner	2:15.85a	Holiday Inn Invite	Nampa, Idaho	Feb. 12, 2005
9.	Amy Brown	2:16.09a	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
10.	Kristin Olafsdottir	2:16.38a	TCR Race Prod. Invite	Albuquerque, N.M.	Feb. 10, 2007

## MILE

Rk.	Name	Time	Meet	Location	Date
1.	Lynn Kanuka	4:37.4a	Jack in the Box Invite	San Diego	Feb. 20, 1981
2.	Monica Joyce	4:45.5a	Jack in the Box Invite	San Diego	Feb. 20, 1981
3.	Chelsea Kruthers	5:01.00	Howie Ryan Invite	Houston, Texas	Feb. 1, 2014
4.	Lisa Crampton	5:04.40a	MW Championships	Albuquerque, N.M.	Feb. 25, 2006
5.	Elaine Ribeiro	5:06.54a	Don Kirby Elite	Albuquerque, N.M.	Jan. 31, 2015
6.	Rachel Roesgen	5:08.10	Howie Ryan Invite	Houston, Texas	Feb. 1, 2014
7.	Marie Nilsson	5:10.91a	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004
8.	Celeste Tyson	5:12.73a	MW Championships	Albuquerque, N.M.	Feb. 24, 2006
9.	Alicia Stewart	5:12.82	UW Invitational	Seattle, Wash.	Feb. 15, 2003
10.	Lisa Naucner	5:13.41a	TCR Race Prods. Invite	Albuquerque, N.M.	Feb. 10, 2007

## 3,000 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Marie Nilsson	9:44.80	Boise State Invite	Nampa, Idaho	Feb. 14, 2004
2.	Elaine Ribeiro	10:06.55	Armory Track Invite	New York, N.Y.	Jan. 31, 2015
3.	Lital Azulay	10:07.23	Holiday Inn Invite	Nampa, Idaho	Feb. 12, 2005
4.	Cassidy Towner	10:15.21	UW Invitational	Seattle, Wash.	Jan. 30, 2016
5.	Lily Seynaeve	10:19.36	UW Invitational	Seattle, Wash.	Jan. 30, 2016
6.	Lisa Crampton	10:20.41a	Albuquerque Invitational	Albuquerque, N.M.	Feb. 11, 2006
7.	Rachel Williams	10:26.70a	New Mexico Classic	Albuquerque, N.M.	Feb. 7, 2009
8.	Rachel Roesgen	10:31.33	UW Invitational	Seattle, Wash.	Jan. 30, 2016
9.	Christal Cuadra	10:32.40	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
10.	Marianne Hogan	10:32.79a	Lumberjack Invitational	Flagstaff, Ariz.	Feb. 19, 2011

## 5,000 METERS

Rk.	Name	Time	Meet	Location	Date
1.	Marianne Hogan	17:55.31a	MW Championships	Albuquerque, N.M.	Feb. 25, 2011
2.	Rachel Williams	18:28.29a	New Mexico Classic	Albuquerque, N.M.	Feb. 5, 2010
3.	Kristin Glen	18:42.37	Bronco Invitational	Nampa, Idaho	Feb. 9, 2008
4.	Marie Nilsson	18:53.60hta	MW Championships	USAF Academy, Colo.	Feb. 27, 2004
5.	Sophia Hawker	19:14.90a			1999
6.	Jordan Davis	19:23.87a	New Mexico Classic	Albuquerque, N.M.	Feb. 5, 2010
7.	Michelle Martinez	19:43.36a	New Mexico Classic	Albuquerque, N.M.	Feb. 5, 2010
8.	Sara Beyers	19:46.07a	New Mexico Classic	Albuquerque, N.M.	Feb. 5, 2010
9.	Alma Escobar	20:14.52a	MW Championships	USAF Academy, Colo.	Feb. 27, 2009
10.	Christal Cuadra	20:21.00hta	MW Championships	USAF Academy, Colo.	Feb. 27, 2004

## 55-METER HURDLES

Rk.	Name	Time	Meet	Location	Date
1.	Darla Vaughn	7.64			1992
2.	Felicia Stone	7.74	San Diego Indoor Games	San Diego	Jan. 22, 2000
3.	Miesha McKelvy	7.77	San Diego Indoor Invite	San Diego	Jan. 23, 1999
4.	Aja Makaila Frary	8.23			2000
5.	Marisa Robinson	8.28			2000
6.	Daveeta Shepherd	8.32a	Bill Cosby Invitational	Reno, Nev.	Feb. 12, 2001
	Erica Prodanovich	8.32			1991
8.	Alisha Lasswell	8.43a	Wolfpack Invitational	Reno, Nev.	Feb. 2, 2002
9.	Chanel Day	8.57a	Bill Cosby Invitational	Reno, Nev.	Feb. 10, 2001

## 60-METER HURDLES

Rk.	Name	Time	Meet	Location	Date
1.	Micha Auzenne	8.11a	MW Championships	Albuquerque, N.M.	Feb. 27, 2017
2.	Miesha McKelvy	8.24	WAC Championships	USAF Academy, Colo.	Feb. 20, 1999
3.	Kristen Brown	8.28a	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
4.	Sierra Brabham-Lawrence	8.29a	MW Championships	Albuquerque, N.M.	Feb. 27, 2016
	Felicia Stone	8.29	Daily Sun Indoor Inv.	Flagstaff, Ariz.	Feb. 12, 2000
6.	Allison Reaser	8.30a	MW Championships	USAF Academy, Colo.	Feb. 27, 2014
7.	Marisa Robinson	8.39	MW Championships	USAF Academy, Colo.	Feb. 25, 2000
8.	Andrenette Knight	8.40a	MW Championships	Albuquerque, N.M.	Feb. 25, 2017
9.	Nicole Ireland	8.43a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
10.	Madison Gipson	8.47a	MW Championships	Albuquerque, N.M.	Feb. 27, 2016

## 4x400-METER RELAY (4x440-yard relay without conversion)

Rk.	Names	Time	Meet	Location	Date
1.	McPherson, Lea, Glenn, Knight	3:40.16a	MW Championships	Albuquerque, N.M.	Feb. 25, 2017
2.	Stone, Pencil, Chapu, Upuu	3:41.55a	MW Championships	Albuquerque, N.M.	Feb. 24, 2007
3.	Al. Reaser, Toatley, Roberson, Thomas	3:42.11	MW Championships	Nampa, Idaho	Feb. 23, 2013
4.	Auzenne, Gipson, Glenn, Lea	3:43.44a	MW Championships	Albuquerque, N.M.	Feb. 27, 2016
5.	Stone, Upuu,	3:43.63a	MW Championships	Albuquerque, N.M.	Feb. 23, 2006

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6.	Olafsdottir, Dudley Boyd, Ireland, Dyer, McNair	3:43.66	Boise State Invite	Nampa, Idaho	Feb. 14, 2004
7.	Pencil, Stone, Olafsdottir, Chapu	3:45.20a	TCR Race Prod. Invite	Albuquerque, N.M.	Feb. 10, 2007
8.	Boyd, Ireland, Dyer, Medley	3:45.70a	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
8.	Pencil, Thomas, Hornsby, Upuu	3:45.92	Bronco Invitational	Nampa, Idaho	Feb. 9, 2008
9.	<b>Knight, Gipson, Lea, McPherson</b>	<b>3:46.65a</b>	<b>UW Indoor Preview</b>	<b>Seattle, Wash.</b>	<b>Jan. 14, 2017</b>

## 4x800-METER RELAY

Rk.	Names	Time	Meet	Location	Date
1.	Royal, Petersen, Wright, Ritchie	9:31.14			1991

## DISTANCE MEDLEY RELAY

Rk.	Names	Time	Meet	Location	Date
1.	Gammage, Toatley, Kruthers, Roesgen	12:05.71	Howie Ryan Invite	Houston, Texas	Jan. 31, 2014
2.	Roesgen, Barrow, Grove, Ribeiro	12:06.14	UW Invitational	Seattle, Wash.	Jan. 29, 2016
3.	Naucler, Dudley, Carmier, Azulay	12:13.23	Holiday Inn Invite	Nampa, Idaho	Feb. 11, 2005
4.	Titus, Ireland, Edwards, Cuadra	12:13.80ht	Washington Indoor Inv.	Seattle, Wash.	Feb. 15, 2003
5.	<b>Flores, Hatcher, McPherson, Ribeiro</b>	<b>12:13.90</b>	<b>MW Championships</b>	<b>Albuquerque, N.M.</b>	<b>Feb. 23, 2017</b>
6.	Gammage, Draxler, Grove, Ribeiro	12:14.49a	MW Championships	Albuquerque, N.M.	Feb. 27, 2015
7.	Brown, Kirkland, Novak, Koskinen	12:21.81a	MW Championships	Albuquerque, N.M.	Feb. 25, 2011
8.	Koskinen, Devine, Brown, Martinez	12:26.39a	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
9.	Crampton, Upuu, Carmier, Belger	12:27.56a	MW Championships	Albuquerque, N.M.	Feb. 24, 2006
10.	Tyson, Dudley, Upuu, Naucler	12:32.62a	MW Championships	Albuquerque, N.M.	Feb. 23, 2007

## HIGH JUMP

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Aja Makaila Frary	5-08.00	1.73m			1999
	Marla Runyan	5-08.00	1.73m			1992
3.	Shanieka Thomas	5-07.00	1.70m	MW Championships	Albuquerque, N.M.	Feb. 26, 2011
4.	Nicole Carmier	5-06.50	1.69m	MW Championships	Albuquerque, N.M.	Feb. 25, 2006
5.	Carrington Mahr	5-06.00	1.68m	MW Championships	Nampa, Idaho	Feb. 22, 2013
6.	Alisha Laswell	5-05.75	1.67m	MW Championships	USAF Academy, Colo.	Feb. 23, 2002
7.	Leslie Miller	5-05.25	1.66m	MW Championships	USAF Academy, Colo.	Feb. 26, 2004
8.	Karsen Sper	5-05.00	1.65m	MW Championships	Nampa, Idaho	Feb. 21, 2013
	Sheehan Mitchell	5-05.00	1.65m	MW Championships	USAF Academy, Colo.	Feb. 28, 2009
	Karoline Koehler	5-05.00	1.65m	MW Championships	USAF Academy, Colo.	March 1, 2008
	Kristin Olafsdottir	5-05.00	1.65m	MW Championships	Albuquerque, N.M.	Feb. 23, 2006
	Jamillah Titus	5-05.00	1.65m	Mountain T's Invite	Flagstaff, Ariz.	Feb. 5, 2005

## POLE VAULT

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Stephanie James	14-01.25	4.30m	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
2.	Erin Asay	14-00.50	4.28m	Albuquerque Invite	Albuquerque, N.M.	Feb. 11, 2006
3.	Kelsy Hintz	14-00.00	4.27m	MW Championships	Nampa, Idaho	Feb. 21, 2012
	Shayla Balentine	14-00.00	4.27m	MW Championships	USAF Academy, Colo.	Feb. 27, 2005
5.	Kristen Brown	13-10.00	4.22m	Don Kirby Elite	Albuquerque, N.M.	Feb. 8, 2013
6.	<b>Marissa Berry</b>	<b>13-09.25</b>	<b>4.20</b>	<b>MW Championships</b>	<b>Albuquerque, N.M.</b>	<b>Feb. 24, 2017</b>
	Bonnie Draxler	13-09.25	4.20m	MW Championships	Albuquerque, N.M.	Feb. 26, 2016
8.	Karen Snapper	13-02.25	4.02m	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2015
	Holly Waseloff	13-02.25	4.02m	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
10.	Kortney Ross	13-00.75	3.98m	MW Championships	Albuquerque, N.M.	Feb. 27, 2015

## LONG JUMP

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Karoline Koehler	21-07.50	6.59m	NCAA Championships	Fayetteville, Ark.	March 12, 2010
2.	Allison Reaser	20-05.00	6.22m	MW Championships	USAF Academy, Colo.	Feb. 27, 2014
3.	Deontee Kaye	20-02.25	6.15m	Bronco Invitational	Nampa, Idaho	Feb. 8, 2008
4.	Shana Watson	19-10.75	6.06m	MW Championships	USAF Academy, Colo.	Feb. 29, 2008
5.	Lisa Domico	19-10.25	6.05m	WAC Championships	USAF Academy, Colo.	Feb. 19, 1999
6.	Shanieka Thomas	19-09.75	6.04m	Bronco Invitational	Nampa, Idaho	Jan. 21, 2012
7.	Nicole Oudenaarden	19-07.50	5.98m	MW Championships	Nampa, Idaho	Feb. 21, 2013
8.	Kai Wheeler	19-04.75	5.91m	MW Championships	Albuquerque, N.M.	Feb. 26, 2010
9.	<b>Starlynn Singleton</b>	<b>19-02.755.86m</b>		<b>Don Kirby Elite</b>	<b>Albuquerque, N.M.</b>	<b>Feb. 10, 2017</b>
10.	Kassidy Ellis	19-00.75	5.81m	MW Championships	Albuquerque, N.M.	Feb. 25, 2016

## TRIPLE JUMP

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Shanieka Thomas	46-02.50	14.08m	Don Kirby Elite	Albuquerque, N.M.	Feb. 8, 2013
2.	Karoline Koehler	44-10.75	13.68m	NCAA Championships	Fayetteville, Ark.	March 13, 2010
3.	Deontee Kaye	43-08.50	13.32m	MW Championships	USAF Academy, Colo.	Feb. 28, 2009
4.	Shana Watson	41-05.75	12.64m	MW Championships	USAF Academy, Colo.	March 1, 2008
5.	Alex Evans	41-03.75	12.59m	MW Championships	Albuquerque, N.M.	Feb. 25, 2012
6.	Nicole Ireland	40-04.00	12.29m	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004
7.	Kai Wheeler	39-08.50	12.10m	New Mexico Classic	Albuquerque, N.M.	Feb. 6, 2010
8.	Je'Neal Ainsworth	39-07.75	12.08m	UW Invitational	Seattle, Wash.	Jan. 30, 2016
9.	Hollan Givens	39-06.75	12.06m	Mountain T's Invite	Flagstaff, Ariz.	Feb. 7, 2004
10.	Lisa Domico	38-08.25	11.79m	WAC Championships	USAF Academy, Colo.	Feb. 20, 1999

## SHOT PUT

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Whitney Ashley	55-07.50	16.95m	Don Kirby Elite	Albuquerque, N.M.	Feb. 10, 2012
2.	Jasmine Burrell	51-10.50	15.81m	MW Championships	Nampa, Idaho	Feb. 23, 2013
3.	Brittany Gonter	48-10.00	14.88m	MW Championships	USAF Academy, Colo.	March 1, 2014
4.	Candace Hill	48-08.75	14.85m	MW Championships	USAF Academy, Colo.	Feb. 28, 2004
5.	<b>Rachel Alesi</b>	<b>48-06.00</b>	<b>14.78m</b>	<b>MW Championships</b>	<b>Albuquerque, N.M.</b>	<b>Feb. 25, 2017</b>
6.	Nicole Oudenaarden	47-07.25	14.51m	Don Kirby Elite	Albuquerque, N.M.	Feb. 8, 2013
7.	Ariel Oliver	46-01.50	14.06m	NAU FN Duals	Flagstaff, Ariz.	Jan. 16, 2015
8.	Jeanette McConnell	45-10.75	13.99m	Don Kirby Elite	Albuquerque, N.M.	Feb. 11, 2011
9.	Alexa Evans	44-00.50	13.42m	NAU Lum. Challenge	Flagstaff, Ariz.	Jan. 16, 2016
10.	Lima Lefiti	43-07.75	13.30m	MW Championships	Albuquerque, N.M.	Feb. 26, 2011

## WEIGHT THROW

Rk.	Name	Mark	Metric	Meet	Location	Date
1.	Jasmine Burrell	68-01.00	20.75m	Don Kirby Elite	Albuquerque, N.M.	Feb. 14, 2014
2.	Whitney Ashley	62-11.50	19.19m	MW Championships	Albuquerque, N.M.	Feb. 24, 2012
3.	Ellie Fanaika	59-01.50	18.02m	MW Championships	Albuquerque, N.M.	Feb. 24, 2012
4.	Tamara McMillan	56-07.50	17.26m	New Mexico Classic	Albuquerque, N.M.	Feb. 7, 2009
5.	Mikayla Howden	56-02.50	17.13m	MW Championships	USAF Academy, Colo.	Feb. 28, 2014
6.	Andrea Martinez	54-08.25	16.67m	MW Championships	USAF Academy, Colo.	Feb. 29, 2008
7.	Candace Hill	53-01.50	16.19m	Mountain T's Invite	Flagstaff, Ariz.	Feb. 8, 2003
8.	Maria Rodriguez	51-03.75	15.64m	Mountain T's Invite	Flagstaff, Ariz.	Jan. 30, 2010
9.	Alexa Evans	50-09.50	15.48m	UW Invitational	Seattle, Wash.	Jan. 29, 2016
10.	Ariel Oliver	50-00.50	15.25m	MW Championships	Albuquerque, N.M.	Feb. 28, 2015

## PENTATHLON

Rk.	Names	Points	Meet	Location	Date
1.	Allison Reaser	4,145	MW Championships	USAF Academy, Colo.	Feb. 27, 2014
2.	Nicole Oudenaarden	3,969	MW Championships	Nampa, Idaho	Feb. 21, 2013
3.	Aja Makaila Frary	3,902	MW Championships	USAF Academy, Colo.	Feb. 24, 2000
4.	Leslie Miller	3,858	MW Championships	USAF Academy, Colo.	Feb. 26, 2004
5.	Kristin Olafsdottir	3,843	MW Championships	Albuquerque, N.M.	Feb. 23, 2006
6.	Kassidy Ellis	3,690	MW Championships	Albuquerque, N.M.	Feb. 25, 2016
7.	Shana Watson	3,595	MW Championships	USAF Academy, Colo.	Feb. 28, 2008
8.	Karsen Sper	3,564	MW Championships	Nampa, Idaho	Feb. 21, 2013
9.	Shanon Meyer	3,546	MW Championships	USAF Academy, Colo.	Feb. 27, 2003
10.	Brittany Bozeman	3,440	MW Championships	Nampa, Idaho	Feb. 21, 2013

\* Happened in 2017