

# SDSU Outdoor Track and Field All-Time Top 10

## 100 Meters

1.	<b>Ashley Henderson..11.05 (0.2)..2017</b>
2.	Tonette Dyer.....11.20 (1.3)....2004
3.	Lawreta Ozoh.....11.42 (.6)....2011
4.	Karoline Koehler.....11.43....2009
5.	<b>Micha Auzenne.....11.46 (0.2)..2017</b>
6.	Shana Solomon.....11.49 (1.6)....2008
7.	Meritzer Williams.....11.51 (.7)....2014
8.	<b>Rochene Smith.....11.58 (1.8)..2017</b>
	LaQuisha Jackson.....11.58 (0.1)....2013
10.	Nicole Ireland.....11.59 (1.9)....2003

## 200 Meters

1.	Tonette Dyer.....22.34 (1.7)....2004
2.	<b>Ashley Henderson..22.54 (1.0)..2017</b>
3.	<b>Simone Glenn.....23.18 (2.0)..2017</b>
4.	LaQuisha Jackson.....23.23 (1)....2013
5.	Nicole Ireland.....23.30 (1.7)....2004
6.	Melinda Smedley.....23.32 (0.4)....2002
7.	Lawreta Ozoh.....23.36 (.5)....2011
8.	Lori Smith.....23.40 (.0)....1983
9.	Sherraine Pencil.....23.53 (1.3)....2008
10.	Meritzer Williams.....23.62 (0.6)....2014

## 400 Meters

1.	Tonette Dyer.....51.15....2004
2.	Renee Chambers-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.	<b>Simone Glenn.....53.56..2017</b>
9.	Promise Mose.....53.88....2000
10.	Malika Freeman.....53.96....1995

## 800 Meters

1.	Renee Chambers-Ross.....2:02.88....1985
2.	Monica Joyce.....2:05.57....1982
3.	Mandy Upuu.....2:06.56....2007
4.	Lisa Naucier.....2:07.19....2007
5.	Kylie Edwards.....2:07.39....2000
6.	Ellison Grove.....2:07.74....2016
7.	Josefine Koskinen.....2:07.86....2013
8.	Nicole Carmier.....2:08.50....2005
9.	Jamillah Titus.....2:08.90....2003
10.	Jennifer Stakiw.....2:08.96....2003

## 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....1978
7.	Marie Nilsson.....4:32.03....2004
8.	Wendy Peterson.....4:32.14....1990
9.	Lisa Naucier.....4:33.13....2007
10.	Renee Chambers-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....1981
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.	<b>Christine Kent.....16:55.51..2017</b>
9.	Laurie Crisp.....16:58.64....1983
10.	Maureen Bradley.....17:00.80....1987

## 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.	Sherraine Pencil.....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.	Miesha McKelvy.....12.82 (1.2)....1999
2.	Deby LaPlante.....12.86 (2.0)....1979
3.	<b>Micha Auzenne.....12.97 (1.5)..2017</b>
4.	Darla Vaughn.....13.00 (.0)....1992
5.	Felicia Stone.....13.21....2000
6.	Heather Heron.....13.25 (.6)....2005
7.	Sue Kameli.....13.28....1980
8.	<b>Sierra Braham-Lawrence 13.29 (1.5)....2017</b>
9.	Nicole Ireland.....13.30 (1.9)....2004
	Allison Reaser.....13.30 (1.2)....2013
	Daveetta Shepherd.....13.30....2001

## 400-Meter Hurdles

1.	LaTanya Sheffield.....54.64....1985
2.	Nicole Ireland.....56.10....2003
3.	Allison Reaser.....57.80....2014
4.	Madison Gipson.....58.02....2016
5.	<b>Andrenette Knight.....58.25..2017</b>
6.	Deyna Roberson.....58.36....2013
7.	Sharifa Cox.....58.51....1994
8.	Margaret Hemmans.....58.53....1987
9.	Kristin Olafsdottir.....58.82....2008
10.	Gaylen Ames.....58.90....1988

## 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.	Elaine Ribeiro.....11:02.76....2016
5.	Sara Beyers.....11:10.58....2011
6.	Kristin Glen.....11:13.37....2009
7.	Alicia Stewart.....11:21.72....2003
8.	Jennifer Stakiw.....11:22.68....2001
9.	Jackie Duncan.....11:23.42....2007
10.	Lindsay Barajas.....11:35.43....2008

## 4x100-Meter Relay

1.	<b>Auzenne, Glenn, Smith, Henderson</b> ..... <b>42.99</b>
2.	Singleton, Glenn, Auzenne, Henderson .....43.55....2016
3.	<b>Auzenne, Glenn, Smith, Singleton</b> ..... <b>44.03..2017</b>
4.	Givens, Dyer, Hogg, Smedley .....44.24....2002
5.	<b>Auzenne, Glenn, Singleton, Henderson</b> ..... <b>44.40..2017</b>
6.	Boyd, Dyer, Heron, Ireland .....44.45....2004
7.	King, Koehler, Hornsby, Stone .....44.74....2009
8.	Smedley, Dyer, Hogg, Ireland .....44.75....2003
9.	Peters, Dyer, Hogg, Smedley .....44.77....2002
10.	Smedley, Dyer, Peters, Ireland .....44.78....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.	Clemmons, Brewer, Moon, Ross .....1:35.74....1984
5.	Boyd, McNair, Dyer, Givens .....1:35.98....2004
6.	<b>Singleton, Lea, Barrow, Smith</b> ..... <b>1:35.99..2017</b>
7.	Al Reaser, Toatley, Campbell, Jackson .....1:37.06....2013
8.	Frary, Mose, Smedley, Hogg .....1:37.48....2001
9.	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
4.	LaPlante, Abare, Pope, Smallwood .....1:44.60....1979
5.	Bell, Smith, Abare, Pope .....1:46.60....1979
	Bell, Abare, Pope, Smith .....1:46.60....1979
7.	Cicchetto, Niehues, Farnum, McPhatter .....1:50.37....1975

## 4x400-Meter Relay

1.	Nilson, 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, Smedley .....3:34.77....2003
5.	Dyer, Ireland, Hogg, McNair .....3:35.19....2003
6.	Thomas, Toatley, Roberson, Jackson .....3:35.41....2013
7.	Thomas, Toatley, Roberson, James .....3:35.42....2013
8.	Smith, Ross, Hemmans, Sheffield .....3:35.50....1986
9.	Boyd, Ireland, Heron, Givens .....3:35.89....2004
10.	<b>Lea, Barrow, Knight, McPherson</b> ..... <b>3:36.42..2017</b>

## 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
4.	Santich, Askin, Clarke, Callahan .....9:27.50....1979

\* Happened in 2017

\* Updated on May 16, 2017

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## 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
4. Titus, Edwards, Givens, Stewart .....11:53.59 ....2003
5. Buc, Hornsby, Brown, Williams .....12:06.42 ....2009
6. Buc, Stone, Brown, Martinez .....12:41.68 ....2009

## Shuttle Hurdles Relay

1. **Brabham-Lawrence, Knight, Auzenne, Ellis .....54.34 ..2017**
2. Brown, Evans, Sper, Al. Reaser .....1:00.45 ....2013

## 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

## Pole Vault

1. Stephanie James .....14-03.50 ....2008
2. **Bonnie Draxler .....14-03.25 ..2017**
3. Shayla Balentine .....14-01.25 ....2005
4. Kristen Brown .....14-00.50 ....2014
5. Kelsy Hintz .....13-10.00 ....2012
6. Erin Asay .....13-09.25 ....2006
7. **Marissa Berry .....13-08.25 ..2017**
8. Kortney Ross .....13-07.25 ....2015
- Katie Morgan .....13-07.25 ....2010
10. Karen Snapper .....13-06.25 ....2016

## Long Jump

1. Karoline Koehler .....21-09.50 (1.8) ....2009
2. Lisa Domico .....20-05.75 (0) ....1999
3. Allison Reaser .....20-04.50 (1.8) ....2014
4. Aja Frary .....20-04.25 (1.0) ....2001
- Deontee Kaye .....20-04.25 (.5) ....2007
6. Shana Watson .....20-01.50 (1.2) ....2008
- Brittany Bozeman .....20-01.50 (1.5) ....2014
8. Carrie McLaughlin .....19-10.75 (0) ....1980
9. Shanieka Thomas .....19-10.50 (0.5) ....2014
10. **Starlynn Singleton...19-08.25 (0.6) ...2017**

## Triple Jump

1. Shanieka Thomas .....46-05.25 (1.8) ....2013
2. Karoline Koehler .....44-09.00 (2.0) ....2009
3. Deontee Kaye .....44-04.25 (1.1) ....2007
4. Gaylen Ames .....41-09.75 (2.0) ....1988
5. Angela McKnight .....41-08.00 (2.0) ....1988
6. Shana Watson .....41-07.25 (0) ....2008
7. Je'Neal Ainsworth .....41-04.50 (1.6) ....2016
8. Sharie Green .....40-06.75 (2.0) ....1989
9. Lisa Domico .....40-04.25 (2.0) ....1999
10. Nicole Ireland .....40-03.00 (0.6) ....2003

## Shot Put

1. Ramona Pagel .....58-03.75 ....1984
2. Whitney Ashley .....55-05.00 ....2012
3. Jasmine Burrell .....52-08.00 ....2015
4. Laura DeSnoo .....51-03.00 ....1984
5. Rachel Alesi .....49-09.25 ....2016
6. Candace Hill .....49-08.50 ....2004
7. Cheryl Kennedy .....48-09.00 ....1982
8. Ariel Oliver .....47-09.25 ....2015
9. Leanne Taylor .....47-07.00 ....2006
10. Alexa Evans .....47-00.25 ....2015

## Discus Throw

1. Whitney Ashley .....196-10 ....2012
2. Laura DeSnoo .....196-4 ....1984
3. Ramona Pagel .....186-6 ....1984
4. Alexa Evans .....185-3 ....2016
5. Jasmine Burrell .....181-7 ....2014
6. Rachel Alesi .....180-4 ....2016
7. Leanne Taylor .....167-8 ....2009
8. Ariel Oliver .....162-10 ....2014
9. Candace Hill .....162-9 ....2003
10. Jeanette McConnell .....162-8 ....2010

## Hammer Throw

1. Whitney Ashley .....187-06 ....2011
2. Jasmine Burrell .....186-11 ....2013
3. Freja Liljedahl .....178-02 ....2016
4. Ellie Fanaika .....184-04 ....2012
5. Victoria Dickerson .....181-03 ....2016
6. Maria Rodriguez .....170-07 ....2010
7. Kellie Scott .....168-08 ....1998
8. Andrea Martinez .....166-05 ....2008
9. Candace Hill .....164-06 ....2003
10. Mikayla Howden .....164-00 ....2013

## Javelin Throw (New)

1. Niki Oudenaarden .....160-5 ....2014
2. Leslie Miller .....152-0 ....2003
3. Monica Stoltenburg .....151-7 ....1979
4. **Melody Harris .....150-9 ..2017**
5. Linn Dunton .....149-5 ....1979
6. Michele Dannhausen .....143-9 ....2009
7. Brittany Bozeman .....143-6 ....2013
8. Shanon Meyer .....139-3 ....2003
9. Janine Polischuk .....135-4 ....2004
10. Allison Reaser .....132-0 ....2012

## Javelin Throw (Old)

1. Liz Mueller .....178-03 ....1983
2. Donna Dietrich .....169-09 ....1978
3. Linn Dunton .....163-02 ....1979
4. Debbie Dibb .....160-06 ....1982
5. Angela Rock .....160-01 ....1984
6. Vicki Hallman .....158-08 ....1974
7. Diana Collier .....155-10 ....1989
8. Monica Stoltenburg .....154-06 ....1979
9. Louise Joubert .....153-05 ....1990
10. Desiree Snellman .....151-10 ....1983

## Heptathlon

1. Allison Reaser .....5,917 ....2014
2. Nicole Oudenaarden .....5,774 ....2013
3. Aja Makaila Frary .....5,751 ....2001
4. Carrie McLaughlin .....5,620 ....1983
5. Leslie Miller .....5,602 ....2003
6. Shanon Meyer .....5,481 ....2003
7. Lori Smith .....5,435 ....1983
8. Kristin Olafsdottir .....5,402 ....2006
9. Cassidy Ellis .....5,238 ....2016
10. Brittany Bozeman .....5,221 ....2013

\* Happened in 2017

\* Updated on May 16, 2017