

SDSU Outdoor Track and Field All-Time Top 10

100 Meters

1.	Ashley Henderson..10.96 (0.6)..2018
2.	Tonette Dyer.....11.20 (1.3)....2004
3.	Lawreta Ozoh11.42 (0.6)....2011
4.	Karoline Koehler11.43....2009
5.	Micha Auzenne11.46 (0.2)....2017
6.	Shana Solomon.....11.49 (1.6)....2008
7.	Rochene Smith11.50 (0.0)..2018
8.	Simone Glenn11.51 (0.3)..2018
	Meritzer Williams.....11.51 (0.7)....2014
10.	LaQuisha Jackson11.58 (0.1)....2013

200 Meters

1.	Tonette Dyer.....22.34 (1.7)....2004
2.	Ashley Henderson 22.49 (-0.3)..2018
3.	Simone Glenn23.01 (2.0)....2017
4.	LaQuisha Jackson23.23 (0.1)....2013
5.	Nicole Ireland23.30 (1.7)....2004
6.	Lisa-Anne Barrow 23.34 (-0.5)..2018
7.	Melinda Smedley23.32 (0.4)....2002
8.	Lawreta Ozoh23.36 (0.5)....2011
9.	Lori Smith.....23.40 (0.0)....1983
10.	Sherraine Pencil.....23.53 (1.3)....2008

400 Meters

1.	Tonette Dyer51.15....2004
2.	Renee Chambers-Ross.....51.33....1985
3.	Lisa-Anne Barrow51.86..2018
4.	Nicole Stone52.81....2009
5.	Nicole Ireland52.91....2003
6.	Jini Hogg53.08....2002
7.	LaTanya Sheffield.....53.09....1985
8.	Sherraine Pencil53.11....2008
9.	Simone Glenn.....53.56....2017
10.	Jalyn Harris.....53.59..2018

800 Meters

1.	Renee Chambers-Ross.....2:02.88....1985
2.	Monica Joyce.....2:05.57....1982
3.	Mandy Upuu2:06.56....2007
4.	Lisa Naucier2:07.19....2007
5.	Kylie Edwards.....2:07.39....2000
6.	Ellison Grove.....2:07.74....2016
7.	Josefine Koskinen.....2:07.86....2013
8.	Sakura Roberson.....2:08.37..2018
9.	Nicole Carmier.....2:08.50....2005
10.	Jamillah Titus.....2:08.90....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 Nilsson4:32.03....2004
8.	Wendy Peterson4:32.14....1990
9.	Cassidy Towner.....4:32.74..2018
10.	Lisa Naucier4:33.13....2007

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 Nilsson9:39.01....2004
5.	Maureen Bradley.....9:48.51....1987
6.	Eliana Garcia.....9:49.04....1983
7.	Laurie Crisp9:49.94....1983
8.	Liz Baker9:50.19....1981
9.	Debra Chaddock9:54.04....1983
10.	Wendy Peterson9:54.13....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 Williams16:41.96....2009
5.	Debra Chaddock16:42.44....1982
6.	Marie Nilsson16:43.56....2004
7.	Liz Baker16:46.24....1982
8.	Christine Kent.....16:55.51....2017
9.	Laurie Crisp16:58.64....1983
10.	Maureen Bradley.....17:00.80....1987

10,000 Meters

1.	Lynn Kanuka.....34:22.24....1981
2.	Liz Baker34:44.44....1982
3.	Debra Chaddock34:55.24....1982
4.	Marianne Hogan35:19.90....2011
5.	Laurie Crisp36:01.00....1983
6.	Rachel Williams36:08.77....2009
7.	Sherrie Torrans.....36:31.44....1981
8.	Alma Escobar36:40.15....2009
9.	Maureen Bradley.....36:46.44....1986
10.	Mona Lopez37:15.40....1987

100-Meter Hurdles

1.	Miesha McKelvy.....12.82 (1.2)....1999
2.	Deby LaPlante12.86 (2.0)....1979
3.	Micha Auzenne12.97 (1.5)....2017
4.	Darla Vaughn13.00 (0.0)....1992
5.	Felicia Stone.....13.21....2000
6.	Heather Heron.....13.25 (0.6)....2005
7.	Sue Kameli.....13.28....1980
8.	Sierra Brabham-Lawrence..13.29(1.5)....2017
9.	Nicole Ireland13.30 (1.9)....2004
	Allison Reaser13.30 (1.2)....2013
	Daveetta Shepherd13.30....2001

400-Meter Hurdles

1.	LaTanya Sheffield.....54.64....1985
2.	Nicole Ireland56.10....2003
3.	Andrenette Knight57.16....2017
4.	Allison Reaser.....57.80....2014
5.	Madison Gipson.....58.02....2016
6.	Deyna Roberson58.36....2013
7.	Sharifa Cox58.51....1994
8.	Margaret Hemmans.....58.53....1987
9.	Kristin Olafsdottir58.82....2008
10.	Gaylen Ames.....58.90....1988

3,000-Meter Steeplechase

1.	Marie Nilsson10:23.34....2004
2.	Lisa Crampton10:42.11....2006
3.	Celeste Tyson.....10:48.32....2006
4.	Elaine Ribeiro11:02.76....2016
5.	Sara Beyers.....11:10.58....2011
6.	Kristin Glen11:13.37....2009
7.	Alicia Stewart11:21.72....2003
8.	Jennifer Stakiw11:22.68....2001
9.	Jackie Duncan11:23.42....2007
10.	Lindsay Barajas.....11:35.43....2008

4x100-Meter Relay

1.	Auzenne, Glenn, R. Smith, Henderson42.99....2017
2.	R. Smith, Glenn, J. Harris, Henderson43.46..2018
3.	Singleton, Glenn, Auzenne, Henderson43.55....2016
4.	Auzenne, Glenn, R. Smith, Singleton44.03....2017
5.	R. Smith, Glenn, Fletcher, Henderson44.23..2018
6.	Givens, Dyer, Hogg, Smedley44.24....2002
7.	R. Smith, Glenn, Fletcher, Barrow44.39..2018
8.	Auzenne, Glenn, Singleton, Henderson44.40....2017
9.	Boyd, Dyer, Heron, Ireland44.45....2004
10.	Fletcher, Barrow, J. Harris, Henderson44.54..2018

4x200-Meter Relay

1.	Smedley, Dyer, McNair, Ireland1:32.99....2003
2.	Dyer, Ireland, McNair, Boyd1:33.31....2004
3.	Dyer, Hogg, Ireland, Smedley1:34.97....2003
4.	Clemmons, Brewer, Moon, Ross1:35.74....1984
5.	Boyd, McNair, Dyer, Givens1:35.98....2004
6.	Singleton, Lea, Barrow, Smith1:35.99....2017
7.	Al. Reaser, Toatley, Campbell, Jackson1:37.06....2013
8.	Frary, Mose, Smedley, Hogg1:37.48....2001
9.	Clemons, Ross, Moon, Russell1:39.39....1984

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

1.	Moon, Robinson, Nilson, Ross1:39.19....1985
2.	Clemons, Brewer, Moon, Ross1:40.10....1984
3.	Hegerle, Charles, Bullard, Collins1:42.04....1981
4.	LaPlante, Abare, Pope, Smallwood1:44.60....1979
5.	Bell, Smith, Abare, Pope1:46.60....1979
	Bell, Abare, Pope, Smith1:46.60....1979
7.	Cicchetto, Niehues, Farnum, McPhatter1:50.37....1975

4x400-Meter Relay

1.	Nilson, Ross, Robinson, Sheffield3:30.57....1985
2.	Boyd, Ireland, Dyer, Heron3:33.84....2004
3.	Hatcher, Barrow, J. Harris, Lea3:34.11..2018
4.	Hogg, Ireland, Dyer, Givens3:34.47....2003
5.	McNair, Ireland, Dyer, Smedley3:34.77....2003
6.	Dyer, Ireland, Hogg, McNair3:35.19....2003
7.	Thomas, Toatley, Roberson, Jackson3:35.41....2013
8.	Thomas, Toatley, Roberson, James3:35.42....2013
9.	Smith, Ross, Hemmans, Sheffield3:35.50....1986
10.	Boyd, Ireland, Heron, Givens3:35.89....2004

4x800-Meter Relay

1.	Hemond, Ernstrom, Kanuka, Joyce8:48.13....1982
2.	Spencer, Ross, Garcia, Yaninek8:59.05....1984
3.	Garcia, Collins, O'Connell, Joyce9:09.04....1981
4.	Santich, Askin, Clarke, Callahan9:27.50....1979

* Happened in 2018

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

1. Hemond, Sheffield, Joyce, Kanuka
.....11:07.641982
2. Boyd, Givens, Carmier, Nilsson
.....11:37.772004
3. Titus, McNair, Boyd, Nilsson
.....11:45.802004
4. Titus, Edwards, Givens, Stewart
.....11:53.592003
5. Buc, Hornsby, Brown, Williams
.....12:06.422009
6. Buc, Stone, Brown, Martinez
.....12:41.682009

Shuttle Hurdles Relay

1. Brabham-Lawrence, Knight, Auzenne, Ellis
.....54.342017
2. Brown, Evans, Sper, Al. Reaser
.....1:00.452013

High Jump

1. Lori Clark5-11.501984
2. Patti Stafford5-11.001981
3. Marla Runyan5-10.001989
4. Carrie McLaughlin5-09.501982
5. Veronica Wuerful5-09.001982
6. Nicole Carmier5-08.752005
- Deanne Johnson5-08.751984
8. Jamillah Titus5-08.002004
- Aja Makaila Frary5-08.002001
- Lori Smith5-08.001983

Pole Vault

1. Stephanie James14-03.502008
2. Bonnie Draxler14-03.252017
3. Shayla Balentine14-01.252005
4. Kristen Brown14-00.502014
5. Kelsy Hintz13-10.002012
6. Erin Asay13-09.252006
7. Marissa Berry13-08.252017
8. Kortney Ross13-07.252015
- Katie Morgan13-07.252010
10. Karen Snapper13-06.252016

Long Jump

1. Karoline Koehler21-09.50 (1.8)2009
2. **Lisa-Anne Barrow20-09.25 (0.9) 2018**
3. Lisa Domico20-05.75 (0.0)1999
4. Allison Reaser20-04.50 (1.8)2014
5. Aja Frary20-04.25 (1.0)2001
- Deontee Kaye20-04.25 (0.5)2007
7. Shana Watson20-01.50 (1.2)2008
- Brittany Bozeman20-01.50 (1.5)2014
9. Carrie McLaughlin19-10.75 (0.0)1980
10. Shanieka Thomas19-10.50 (0.5)2014

Triple Jump

1. Shanieka Thomas46-05.25 (1.8)2013
2. Karoline Koehler44-09.00 (2.0)2009
3. Deontee Kaye44-04.25 (1.1)2007
4. Gaylen Ames41-09.75 (2.0)1988
5. Angela McKnight41-08.00 (2.0)1988
6. Shana Watson41-07.25 (0.0)2008
7. Je'Neal Ainsworth41-04.50 (1.6)2016
8. Sharie Green40-06.75 (2.0)1989
9. Lisa Domico40-04.25 (2.0)1999
10. Nicole Ireland40-03.00 (0.6)2003

Shot Put

1. Ramona Pagel58-03.751984
2. Whitney Ashley55-05.002012
3. Jasmine Burrell52-08.002015
4. Laura DeSnoo51-03.001984
5. Rachel Alesi49-09.252016
6. Candace Hill49-08.502004
7. Cheryl Kennedy48-09.001982
8. Ariel Oliver47-09.252015
9. Leanne Taylor47-07.002006
10. Alexa Evans47-00.252015

Discus Throw

1. Whitney Ashley196-102012
2. Laura DeSnoo196-41984
3. Ramona Pagel186-61984
4. Alexa Evans185-32016
5. Jasmine Burrell181-72014
6. Rachel Alesi180-42016
7. Leanne Taylor167-82009
8. Ariel Oliver162-102014
9. Candace Hill162-92003
10. Jeanette McConnell162-82010

Hammer Throw

1. Whitney Ashley187-062011
2. Jasmine Burrell186-112013
3. Freja Liljedahl178-022016
4. Ellie Fanaika184-042012
5. Victoria Dickerson181-032016
6. Maria Rodriguez170-072010
7. Kellie Scott168-081998
8. Andrea Martinez166-052008
9. Candace Hill164-062003
10. Mikayla Howden164-002013

Javelin Throw (New)

1. Niki Oudenaarden160-52014
2. Leslie Miller152-02003
3. Monica Stoltenburg151-71979
4. Melody Harris150-92017
5. Linn Dunton149-51979
6. Michele Dannhausen143-92009
7. Brittany Bozeman143-62013
8. Shanon Meyer139-32003
9. Janine Polischuk135-42004
10. Allison Reaser132-02012

Javelin Throw (Old)

1. Liz Mueller178-031983
2. Donna Dietrich169-091978
3. Linn Dunton163-021979
4. Debbie Dibb160-061982
5. Angela Rock160-011984
6. Vicki Hallman158-081974
7. Diana Collier155-101989
8. Monica Stoltenburg154-061979
9. Louise Joubert153-051990
10. Desiree Snellman151-101983

Heptathlon

1. Allison Reaser5,9172014
2. Nicole Oudenaarden5,7742013
3. Aja Makaila Frary5,7512001
4. Carrie McLaughlin5,6201983
5. Leslie Miller5,6022003
6. Shanon Meyer5,4812003
7. Lori Smith5,4351983
8. Kristin Olafsdottir5,4022006
9. Cassidy Ellis5,2382016
10. Brittany Bozeman5,2212013

* Happened in 2018