



## WOMEN'S INDOOR RECORDS

### 55-Meter

1. Joni David	7.10 (2000)
2. Nancy Searcy	7.11 (2007)
<b>3. Alicia Truesdale</b>	<b>7.17 (2010)</b>
4. Shanita Bryant	7.21 (2001)
5. Candice Mills	7.22 (2004)
6. Jessica Thomas	7.24 (2005)
7. Crystal Watson	7.25 (1998)
8. Candice Jones	7.30 (2006)
9. Ashlee Gary	7.32 (2003)
10. Seqoia Peggese	7.34 (2006)

### 60-Meter

<b>1. Alicia Truesdale</b>	<b>7.59 (2011)</b>
<b>2. Vanessa Houston</b>	<b>7.70 (2012)</b>
<b>3. Caprice Powell</b>	<b>7.72 (2012)</b>
<b>4. Sakya Bolton</b>	<b>7.73 (2012)</b>
5. Victoria Humphrey	7.79 (2009)
6. Seqoia Peggese	7.80 (2006)
7. Jessica Thomas	7.82 (2006)
8. Nancy Searcy	7.83 (2007)
<b>9. Nicole McGlory</b>	<b>7.84 (2011)</b>

### 55-Meter Hurdles

1. Nancy Searcy	7.83 (2007)
<b>2. Sakya Bolton</b>	<b>7.94 (2010)</b>
<b>3. Moira Robinson</b>	<b>7.96 (2010)</b>
<b>4. Nicole McGlory</b>	<b>8.02 (2010)</b>
5. Ericka Violet	8.05 (2010)
Roshena Duree	8.05 (2003)
7. Myesha Kirtman	8.18 (2000)
<b>8. Alicia Truesdale</b>	<b>8.19 (2010)</b>
9. Catherine Crawford	8.24 (2006)
10. Naima Goodwin	8.27 (2010)

### 60-Meter Hurdles

<b>1. Sakya Bolton</b>	<b>8.37 (2012)</b>
<b>2. Alicia Truesdale</b>	<b>8.44 (2011)</b>
3. Nancy Searcy	8.47 (2007)
4. Ericka Violet	8.56 (2009)
<b>5. Nicole McGlory</b>	<b>8.61 (2012)</b>
Catherine Crawford	8.61 (2006)
<b>7. Moira Robinson</b>	<b>8.62 (2012)</b>
8. Roshena Duree	8.64 (2006)
9. LeClaire Ebow	8.79 (2006)

### 200-Meter

<b>1. Dominique Whittington</b>	<b>24.59 (2012)</b>
Candice Mills	24.59 (2004)
<b>3. Alicia Truesdale</b>	<b>24.83 (2011)</b>
<b>4. Caprice Powell</b>	<b>24.96 (2012)</b>
5. Tyriena Henley-Henderson	24.97 (2008)
6. Victoria Humphrey	24.98 (2010)
7. Brianna Nelson	25.01 (2010)
<b>8. Brianna Cole</b>	<b>25.14 (2012)</b>
9. Joni David	25.21 (1999)
10. Jessica Thomas	25.38 (2005)

### 400-Meter

<b>1. Dominique Whittington</b>	<b>54.54 (2012)</b>
2. Africa Eldridge	55.46 (1999)
3. Victoria Humphrey	56.21 (2009)
4. Brianna Nelson	56.41 (2010)
<b>5. Brianna Cole</b>	<b>56.44 (2012)</b>
6. Lea Wallace	56.52 (2011)
7. Tyriena Henley-Henderson	56.56 (2008)
<b>8. Arrielle Holzendorf</b>	<b>56.57 (2011)</b>
9. Morinsola Keshinro	57.06 (2009)
10. Renisha Robinson	57.28 (2010)

### 800-Meter

1. Lea Wallace	2:03.07 (2011)
2. Renisha Robinson	2:05.38 (2010)
3. Jennifer Burkhalter	2:12.17 (2002)
4. Africa Eldrige	2:12.31 (1998)
5. Angela Mercado	2:13.22 (2005)
<b>6. Lora Marchini</b>	<b>2:14.55 (2011)</b>
<b>7. Veronica Stinnett</b>	<b>2:14.70 (2012)</b>
<b>8. Teresa Mallory</b>	<b>2:15.57 (2012)</b>
9. Stephanie Artis	2:17.70 (1998)
10. Mary O'Reilly	2:18.32 (2009)

### Mile

1. Lea Wallace	4:48.19 (2011)
2. Renisha Robinson	4:55.84 (2010)
<b>3. Lora Marchini</b>	<b>4:57.03 (2012)</b>
4. Angela Mercado	4:59.15 (2005)
5. Marisa Avendano	5:01.75 (1997)
6. Michelle Garcia	5:01.89 (2007)
7. Erin Lewis	5:02.75 (2009)
8. Tiffany Hall	5:04.20 (2008)
9. Kristina Holtz	5:05.23 (2008)
<b>10. Rachel Mitchell</b>	<b>5:08.08 (2012)</b>

### 3,000-Meter

<b>1. Rachel Mitchell</b>	<b>9:48.86 (2012)</b>
2. Tiffany Hall	9:56.46 (2008)
3. Kristina Holtz	9:57.77 (2008)
4. Erin Lewis	9:58.24 (2011)
5. Michelle Garcia	10:00.06 (2007)
6. Erica Sahli	10:02.62 (2009)
7. Melissa Madeson	10:04.81 (2001)
8. Katie Fontana	10:36.89 (2000)
9. Sara Swan	10:38.18 (2002)
10. Krystal Buck	10:39.86 (2010)

### 5,000-Meter

1. Kristina Holtz	17:57.20 (2010)
<b>2. Rachel Mitchell</b>	<b>18:12.93 (2011)</b>
3. Virginia Grillo	18:30.35 (2006)
4. Erica Sahli	19:13.43 (2009)
5. Annette Corey	19:41.62 (2002)
6. Sara Swan	19:46.97 (2002)
7. Amy Cockerham	20:39.49 (2002)

### Long Jump

1. Shanita Bryant	20-00.50 (2001)
2. Ericka Violet	20-00.25 (2009)
3. Nancy Searcy	19-08.25 (2007)
4. Lori Vaught	19-07.00 (2008)
5. Karmen Furr	19-05.25 (2000)
6. Jessica Thomas	19-01.50 (2005)
<b>7. Natalia Wright</b>	<b>19-00.50 (2012)</b>
<b>8. Moira Robinson</b>	<b>19-00.00 (2008)</b>
<b>9. Nicole McGlory</b>	<b>18-08.50 (2010)</b>
10. Carlyn Whitney	18-07.75 (2008)

### Triple Jump

<b>1. Lauren McGlory</b>	<b>42-02.00 (2012)</b>
<b>2. Moira Robinson</b>	<b>41-09.75 (2012)</b>
<b>3. Natalia Wright</b>	<b>40-09.50 (2012)</b>
4. Ericka Violet	41-03.00 (2009)
5. Lori Vaught	41-01.75 (2008)
<b>6. Nicole McGlory</b>	<b>40-07.00 (2010)</b>
7. Karmen Furr	40-06.75 (2000)
8. Roshena Duree	40-02.75 (2004)
9. Seqoia Peggese	39-08.75 (2006)
<b>10. Baiba Celma</b>	<b>39-07.75 (2012)</b>

### High Jump

1. Naima Goodwin	5-08.00 (2011)
<b>2. Moira Robinson</b>	<b>5-07.75 (2012)</b>
3. Sandra Butler	5-06.00 (2000)
Alicyn Chappelle	5-06.00 (1999)
5. Jessica Jones	5-05.75 (2004)
<b>6. Baiba Celma</b>	<b>5-04.25 (2009)</b>
Rachel Welz	5-04.25 (2007)
LeClaire Ebow	5-04.25 (2005)
Sumayyah Abdullah	5-04.25 (1998)
10. Roshena Duree	5-03.25 (2006)

### Pole Vault

1. Lizzy Norvell	13-05.75 (2011)
2. Ericka Violet	12-11.75 (2009)
3. Kaitlyne Moore	12-05.50 (2009)
4. Melissa Adams	11-07.75 (2006)
5. Jillian Schlenker	11-06.25 (2006)
Iran Serrano	11-06.25 (2003)
7. Tracy Dahl	11-05.75 (2000)
8. Shawna Peterman	11-04.25 (2002)
9. Hilary Herndon	11-02.25 (2000)
10. Dylan Swisley	10-11.75 (2011)

### Shot Put

1. Andi Behring	50-03.50 (2011)
<b>2. Ify Agwuenu</b>	<b>49-00.25 (2012)</b>
<b>3. Erinn Jones</b>	<b>48-05.25 (2012)</b>
4. Monica Gomez	47-05.75 (2008)
5. Ashley Arbuckle	46-04.00 (2006)
6. Tatiana Clark	45-02.50 (2009)
7. Holly Lohse	44-10.25 (2010)
8. Nicole McClure	44-06.00 (2009)
9. Sabrina Kirkwood	43-08.00 (2004)
<b>10. Markita Hinton</b>	<b>43-07.75 (2011)</b>

### Weight Throw

<b>1. Ify Agwuenu</b>	<b>64-05.25 (2012)</b>
2. Ashley Arbuckle	59-00.00 (2006)
<b>3. Erinn Jones</b>	<b>57-01.50 (2012)</b>
4. Nicole McClure	56-00.00 (2009)
<b>5. Jessica Bonner</b>	<b>55-11.75 (2012)</b>
<b>6. Sarah Yoldi</b>	<b>55-06.50 (2012)</b>
7. Monica Gomez	54-04.75 (2009)
8. Laura Cadranell	53-11.00 (2006)
9. Wendi Selle	53-01.50 (2002)
10. Tatiana Clark	51-09.00 (2009)

### Pentathlon

1. Naima Goodwin	3,691 (2010)
<b>2. Baiba Celma</b>	<b>3,686 (2012)</b>
<b>3. Moira Robinson</b>	<b>3,603 (2008)</b>
4. LeClaire Ebow	3,478 (2005)
5. Carlyn Whitney	3,475 (2007)
<b>6. Mariah Rogers</b>	<b>3,424 (2012)</b>
<b>7. Zarrja McKearney</b>	<b>3,421 (2012)</b>
8. Emily Griffin	3,390 (2005)
9. Ileah Jackson	3,358 (2004)
10. Roshena Duree	3,338 (2006)

### 4x400-Meter Relay

1. 1999	3:45.91
2. 1999	3:46.14
3. 2011	3:46.19
<b>4. 2012</b>	<b>3:47.31</b>
5. 2010	3:47.71

### Distance Medley Relay

1. 2011	11:31.67
2. 2010	11:45.54
3. 2008	12:01.04
4. 2011	12:08.67
5. 2009	12:10.29



## MEN'S INDOOR RECORDS

### 55-Meter

1. Tyrone Taylor	6.31 (1998)
2. Jonathan Davis	6.33 (2002)
3. Jody Johnson	6.34 (2007)
4. Raphael McFarlane	6.38 (2007)
5. Ronald Brookins	6.39 (2010)
6. A.J. Reed	6.40 (2010)
Stephen Thames	6.40 (1998)
8. Darin Carter	6.42 (1999)
9. Andy White	6.42 (2010)
10. Chauncey Corbin	6.45 (2005)

### 60-Meter

1. Andy White	6.70 (2011)
Raphael McFarlane	6.70 (2008)
3. Jody Johnson	6.76 (2007)
4. Ronald Brookins	6.82 (2011)
5. A.J. Reed	6.86 (2010)
6. Arsenio Corbin	6.91 (2006)
7. Evan Meehan	6.92 (2012)
8. Louis Burress	7.01 (2006)
9. Jason Nelson	7.02 (2009)
10. Justin Nesbitt	7.05 (2010)

### 55-Meter Hurdles

1. Ronald Brookins	7.28 (2010)
2. A.J. Reed	7.43 (2010)
3. Chauncey Corbin	7.59 (2003)
4. André Wright	7.61 (2006)
5. Chris Santana	7.63 (2004)
6. Charles Amey	7.65 (2001)
7. Nick Santana	7.66 (2004)
Tony Galaviz	7.66 (1999)
9. Jeff Santana	7.77 (2005)
10. D.J. Wright	7.90 (2010)
Larry Harris	7.90 (2003)

### 60-Meter Hurdles

1. Ronald Brookins	7.75 (2011)
2. A.J. Reed	8.02 (2010)
Andre Wright	8.02 (2006)
4. Paul Lyons	8.08 (2012)
5. Marcus McMillan	8.15 (2009)
6. Chauncey Corbin	8.29 (2006)
7. Tirrell Day	8.31 (2012)
8. Tyler Creswell	8.32 (2011)
9. Anthony Williams	8.34 (2012)
10. Tony Galaviz	8.35 (1999)

### 200-Meter

1. Jody Johnson	21.40 (2008)
Raphael McFarlane	21.40 (2008)
3. Justin Nesbitt	21.81 (2010)
4. Jason Nelson	21.83 (2010)
5. Tyrone Taylor	21.85 (1998)
6. Evan Crayton-Crogan	21.96 (2012)
7. Chauncey Corbin	21.99 (2007)
8. Tymone Archie	22.00 (1998)
9. Evan Meehan	22.06 (2012)
10. Jordan Archie	22.12 (2011)
Darin Carter	22.12 (1999)

### 400-Meter

1. Evan Crayton-Crogan	47.19 (2012)
2. Kenny Gowan	47.33 (1998)
2. Jason Nelson	47.74 (2010)
4. Mike Kenyon	48.06 (1999)
5. Eddie Johnson	48.10 (1998)
6. Alex Jackson	48.64 (2008)
7. Kirk Anderson	48.75 (2011)
8. Kenan Smith	49.21 (2002)
9. Justin Nesbitt	49.33 (2012)
10. Andy Kotko	49.40 (1998)

### 800-Meter

1. Nathanael Litwiller	1:51.03 (2011)
2. David Rabinowitz	1:51.39 (2010)
3. Jeffrey Paneda	1:52.22 (2007)
4. Cole Younger	1:53.19 (2010)
5. Myko Lucas	1:53.23 (2010)
6. Dustin Diaz	1:53.34 (2001)
7. Zach Kaylor	1:53.40 (2012)
8. V.J. Blair	1:53.66 (2006)
9. Terrell Kirtz	1:54.29 (2010)
10. Robert McNeil	1:54.64 (2003)

### Mile

1. Jeffrey Paneda	4:09.64 (2008)
2. Nathanael Litwiller	4:09.77 (2011)
3. Zach Kaylor	4:11.81 (2012)
4. David Rabinowitz	4:12.17 (2010)
5. Scott Grose	4:12.40 (2010)
6. Chris Romo	4:13.87 (2012)
7. Cuco Chavez	4:17.02 (2003)
8. Cole Younger	4:17.13 (2011)
9. Daniel Grech	4:18.32 (2006)
10. Juan Vazquez	4:19.48 (2003)

### 3,000-Meter

1. Reese Byers	8:11.25 (2012)
2. Chris Romo	8:23.99 (2012)
3. Colin Szechner	8:32.01 (2008)
4. Dominic Vogl	8:38.35 (2007)
5. Jose E. Garcia	8:49.62 (2007)
6. Jose A. Garcia	8:57.60 (2007)
7. Cuco Chavez	9:00.75 (2002)
8. Enrique Torres	9:02.13 (1998)
9. Tom Getchell	9:04.15 (2003)
10. Jason Tackett	9:09.00 (1998)

### 5,000-Meter

1. Colin Szechner	15:05.06 (2010)
2. Steven Schenck	15:19.14 (2006)
3. Daniel Carlson	15:19.38 (2010)
4. Jose Garcia	15:29.01 (2007)
5. Jason Tackett	15:39.73 (1998)
6. Dominic Vogl	15:41.87 (2007)
7. Erik Mencarini	15:49.33 (1999)

### Long Jump

1. Raphael McFarlane	25-07.75 (2008)
2. Ronald Brookins	25-02.75 (2009)
3. Brandon Parker	24-09.50 (2005)
4. Jimmithee Banks	24-08.25 (2000)
5. Greg Mayo	23-08.00 (2011)
6. Philip Burks	23-06.75 (2009)
7. David Houghton	23-06.25 (2009)
8. Emilio Hernandez	23-05.25 (2011)
9. Jay D. Coles	23-03.50 (2003)
10. Sam Schur	23-01.75 (2010)

### Triple Jump

1. Ron Scurlock	49-05.50 (1998)
2. Emilio Hernandez	48-09.50 (2011)
3. Raphael McFarlane	48-06.25 (2008)
4. Philip Burks	48-05.25 (2009)
5. Greg Mayo	47-09.25 (2011)
6. Jimmithee Banks	47-06.50 (1999)
7. Nick Taylor	47-04.50 (2011)
8. Jay D. Coles	46-09.50 (2003)
9. Bryan Parker	46-09.00 (2005)
10. Scott Towne	46-08.75 (1999)

### High Jump

1. Joe Radan	7-03.75 (1979)
2. Emilio Hernandez	6-11.75 (2011)
3. Anthony Williams	6-10.75 (2012)
4. Rokeem Osby	6-08.75 (2001)
5. Billy Eng	6-07.50 (2012)
6. Larry Harris	6-07.00 (2003)
7. Sam Schur	6-06.75 (2011)
Oleg Ryabokorovka	6-06.75 (2012)
James Sumner	6-06.75 (2000)
10. Nick Taylor	6-04.25 (2011)

### Pole Vault

1. Daniel Imlach	17-06.50 (2008)
2. Robert Brazier	16-02.75 (2008)
3. Jimmy Williamson	16-01.25 (2009)
4. Blair Wallingford	15-11.00 (2009)
5. Theotis Daniels	15-08.25 (2003)
6. Brett Thompson	15-03.00 (2012)
7. Andrew Lohse	15-01.75 (2010)
8. Charles Nichols	15-01.50 (2007)
9. Kyle Fraley	14-11.00 (2012)
10. Sam Schur	14-09.50 (2011)

### Shot Put

1. David Nichols	62-02.25 (2007)
2. Zach Coniglio	58-03.00 (2012)
3. Geoff Fong	53-05.75 (2004)
4. Marcus Sannadan	52-10.25 (2012)
5. Alberto Millan	52-08.75 (2012)
6. Taylor Weldon	51-08.50 (2011)
7. Jason Wacker	51-02.75 (2011)
8. Tanner Harrah	50-11.50 (2007)
9. Derek Baumer	49-02.00 (1997)
10. Alan Duben	48-01.00 (1997)

### Weight Throw

1. Geoff Fong	63-03.50 (2005)
2. Derek Baumer	63-00.00 (1997)
3. Robert Linkul	59-06.25 (2004)
4. Alberto Millan	59-01.50 (2012)
5. Justin Carvalho	55-09.75 (1997)
6. Joel Johnson	55-05.00 (2004)
7. Zach Coniglio	55-04.25 (2012)
8. Taylor Weldon	54-07.50 (2010)
9. Callen Duffy	53-09.00 (2011)
10. Marcus Sannadan	53-05.50 (2012)

### Heptathlon

1. Sam Schur	5,375 (2011)
2. Robert Brazier	5,062 (2008)
3. Richard Duhaime	4,748 (2006)
4. Daniel Renich	4,663 (2006)
5. Matt Williamson	4,587 (2010)
6. Jesse Elvrom	4,517 (2012)
7. Jordan Stevenson	4,047 (2005)
8. Ron Tilton	3,430 (2004)

### 4x400-Meter Relay

1. 2008	3:13.43
2. 2010	3:14.34
3. 2012	3:14.41
4. 2007	3:15.54
5. 2003	3:15.84

### Distance Medley Relay

1. 2011	10:01.18
2. 2003	10:09.16
3. 2000	10:14.12
1999	10:14.12
5. 2002	10:15.49



## WOMEN'S OUTDOOR RECORDS



Marisa Avendano finished second at the 1997 NCAA Div. I Outdoor Track Championships in the 10,000. Her finish made her the first Hornet woman to earn All-America honors at the Div. I level. Avendano easily has the best marks in school history in the 5K (16:19.57) and 10K (34:17.61). She is also the only Sacramento State athlete to compete at the NCAA Cross Country Championships. She was an All-American in cross country in 2006 after placing sixth.

### 100-Meter

1. Donna Carley	11.45 (1983)
2. Bobbie Gilmore	11.60 (1982)
3. Stacey Rogers	11.69 (1992)
4. Janet Dodson	11.73 (1982)
5. Joni David	11.74 (2001)
6. Nancy Searcy	11.75 (2007)
7. Natalie Day	11.81 (1984)
8. Shanita Bryant	11.90 (2001)
9. Victoria Humphrey	11.94 (2011)
10. Caprice Powell	11.97 (2012)

### 200-Meter

1. Donna Carley	23.66 (1988)
2. Janet Dodson	23.96 (1982)
3. Bobbie Gilmore	24.12 (1982)
4. Victoria Humphrey	24.18 (2010)
5. Tyreina Henley-Henderson	24.26 (2008)
6. Joni David	24.28 (2000)
7. Shanita Bryant	24.30 (2001)
8. Crystal Watson	24.36 (1998)
9. Mariah Rogers	24.39 (2011)
10. Natalie Day	24.46 (1985)

### 400-Meter

1. Bobbie Gilmore	53.83 (1982)
2. Dominique Whittington	54.24 (2012)
3. Tyreina Henley-Henderson	54.53 (2008)
4. Victoria Humphrey	54.75 (2011)
5. Chelsea Davis	55.01 (2008)
6. Africa Eldridge	55.26 (1998)
7. Brianna Nelson	55.30 (2011)
8. Brianna Cole	55.57 (2012)
9. Kari Tranzor	55.80 (1998)
10. Jennifer Burkhalter	55.92 (2001)

### 800-Meter

1. Lea Wallace	2:02.95 (2011)
2. Africa Eldridge	2:06.07 (1998)
3. Renisha Robinson	2:06.42 (2012)
4. Jennifer Burkhalter	2:08.52 (2001)
7. Veronica Stinnett	2:08.93 (2012)
5. Diana Pappas	2:10.50 (1981)
6. Nancy Mullen	2:11.0h (1973)
8. Nancy Figliomeni	2:11.20 (1984)
9. Teresa Mallory	2:12.00 (2012)
10. Lora Marchini	2:12.18 (2012)

### 1,500-Meter

1. Lea Wallace	4:11.31 (2011)
2. Renisha Robinson	4:20.66 (2012)
3. Veronica Stinnett	4:26.40 (2012)
4. Diane Figliomeni	4:26.60 (1984)
5. Lora Marchini	4:30.62 (2012)
Mary Ann Scannell	4:30.62 (1981)
7. Marisa Avendano	4:31.20 (1997)
8. Tiffany Hall	4:31.98 (2008)
9. Tina Limon	4:34.58 (2000)
10. Kristina Holtz	4:34.64 (2009)

### 3,000-Meter

1. Marisa Avendano	9:32.32 (1997)
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### 5,000-Meter

1. Marisa Avendano	16:19.57 (1997)
2. Rachel Mitchell	16:38.31 (2012)
3. Lauren Mugnaini	16:45.22 (2012)
4. Kristina Holtz	16:51.82 (2009)
5. Mary Ann Scannell	16:57.50 (1981)
6. Michelle Garcia	17:01.22 (2007)
7. Tiffany Hall	17:11.94 (2008)
8. Lisa Foy	17:14.22 (1980)
9. Erica Sahli	17:17.34 (2009)
10. Kathy Pfeifer	17:20.75 (1981)

### 10,000-Meter

1. Marisa Avendano	34:17.61 (1997)
2. Lauren Mugnaini	34:18.12 (2012)
3. Lisa Foy	36:40.90 (1980)
4. Laura Rinde	36:43.70 (1983)
5. Kathy Pfeifer	36:44.80 (1981)
6. Krista Roberts	36:51.30 (1980)

### 100-Meter Hurdles

1. Nancy Searcy	13.35 (2007)
2. Natalie Day	13.46 (1985)
3. Sakya Bolton	13.57 (2011)
4. Roshena Duree	13.60 (2004)
5. Alicia Truesdale	13.67 (2011)
6. Myesha Kirtman	13.74 (2002)
7. Rosalyn Morris	13.77 (2000)
8. Moira Robinson	13.78 (2010)
9. Catherine Crawford	13.84 (2006)
10. Ericka Violet	13.95 (2009)



Lea Wallace was a two-time NCAA Indoor All-America in the 800. As a senior, Wallace was named the Most Outstanding Performer at the Big Sky Championships after winning the 800 and mile. Outdoors, became the first Hornet to advance to then NCAA Div. I Championships in two events during the same season, qualifying in the 800 and 1,500. She also qualified for the NCAA Div. I Outdoor Championships in 2009.



## WOMEN'S OUTDOOR RECORDS

### 400-Meter Hurdles

1. Natalie Day	58.24 (C) (1985)
2. Rosalyn Morris	59.29 (1998)
3. Melissa Tracey	59.62 (2006)
<b>4. Nicole Jackson</b>	<b>59.86 (2011)</b>
5. Morinsola Keshinro	59.90 (2009)
6. Lori Finnerly	1:01.00 (1991)
7. Joni David	1:01.15 (1999)
8. Emily Griffin	1:01.84 (2005)
9. Joanna Cooper	1:01.98 (2000)
10. Nancy Wallace	1:02.21 (1982)

### Steeplechase

1. Kristina Holtz	10:27.53 (2008)
2. Jodie Leal	10:52.50 (2008)
<b>3. Rachel Mitchell</b>	<b>10:55.56 (2011)</b>
<b>4. Justine Rea</b>	<b>11:11.64 (2012)</b>
5. Jenni Eiremo	11:13.12 (2009)
6. Caprice Bradshaw	11:15.20 (2009)
7. Virginia Grillo	11:30.06 (2006)

### High Jump

1. Naima Goodwin	5-10.50 (2011)
2. Alicyn Chappelle	5-09.00 (1996)
3. Sandra Butler	5-08.50 (2000)
<b>4. Moira Robinson</b>	<b>5-08.00 (2010)</b>
5. Kelli Barber	5-07.00 (1984)
6. Renee Sandberg	5-06.75 (1993)
DeAnne Homstead	5-06.75 (1981)
<b>8. Baiba Celma</b>	<b>5-06.00 (2012)</b>
Sumayyah Abdullah	5-06.00 (1996)
10. Monique Spencer	5-05.00 (2007)

### Pole Vault

1. Lizzy Norvell	13-05.25 (2010)
2. Ericka Violet	13-00.75 (2011)
3. Kaitlyne Moore	12-05.50 (2011)
4. Tracy Dahl	12-04.00 (2001)
5. Melissa Adams	12-01.50 (2006)
Jillian Schlenker	12-01.50 (2006)
7. Hilary Herndon	11-08.00 (2000)
8. Dylann Swisley	11-06.25 (2011)
Shawna Peterman	11-06.25 (2002)
10. Iran Serrano	11-04.00 (2001)

### Long Jump

1. Shanita Bryant	20-02.25 (2001)
2. Stacey Rogers	20-01.00 (1992)
3. Nancy Searcy	20-00.25 (2007)
4. Ericka Violet	19-11.50 (2009)
5. Seqoiya Peggese	19-11.00 (2006)
<b>6. Moira Robinson</b>	<b>19-10.75 (2010)</b>
7. Candice Mills	19-10.25 (2004)
8. Karen Trapani	19-09.50 (2001)
Lori Vaught	19-09.50 (2007)
10. Jessica Thomas	19-08.75 (2003)

### Triple Jump

<b>1. Moira Robinson</b>	<b>42-06.25 (2012)</b>
2. Karmen Furr	42-04.00 (2000)
3. Lauren McGlory	41-11.50 (2011)
<b>4. Natalia Wright</b>	<b>41-09.75 (2011)</b>
<b>5. Baiba Celma</b>	<b>41-02.25 (2012)</b>
6. Roshena Duree	41-01.75 (2006)
7. Lori Vaught	40-11.50 (2007)
8. Ericka Violet	40-09.75 (2009)
9. Seqoiya Peggese	40-06.00 (2006)
10. Karen Trapani	40-01.25 (2001)

### Shot Put

<b>1. Ify Agwuenu</b>	<b>50-07.25 (2012)</b>
2. Andi Behring	49-09.75 (2011)
3. Monica Crawford	47-06.50 (2001)
4. Ashley Arbuckle	47-01.00 (2006)
5. Nicole McClure	46-10.75 (2009)
6. Monica Gomez	46-04.25 (2009)
<b>7. Erinn Jones</b>	<b>46-00.50 (2012)</b>
<b>8. Markita Hinton</b>	<b>45-06.50 (2012)</b>
9. Linda Mitchel	45-06.00 (1983)
10. Dawn Anderson	44-08.25 (1996)

### Discus

1. Stacey Hom	170-03 (1990)
2. Jennifer Onyegbako	166-03 (2005)
3. Holly Lahse	160-04 (2010)
4. Mary Dentinger	159-04 (1985)
5. Ashley Arbuckle	154-08 (2006)
<b>6. Ify Agwuenu</b>	<b>153-07 (2010)</b>
7. Jackie Hotchkiss	152-10 (2000)
<b>8. Jessica Bonner</b>	<b>146-01 (2010)</b>
9. Chelsea Stephney	145-05 (1997)
10. Tatiana Clark	144-10 (2010)

### Hammer

<b>1. Lila Yoldi</b>	<b>181-11 (2012)</b>
<b>2. Sarah Yoldi</b>	<b>180-06 (2011)</b>
3. Laura Cadranel	180-01 (2005)
<b>4. Ify Agwuenu</b>	<b>176-09 (2012)</b>
5. Katie Lodato	176-05 (2007)
6. Holly Lahse	173-10 (2010)
7. Windi Selle	172-09 (2002)
8. Monica Gomez	170-11 (2009)
9. Nicole McClure	167-08 (2009)
<b>10. Erinn Jones</b>	<b>163-01 (2012)</b>

### Javelin

1. Ashley Ast	158-10 (2008)
<b>2. Holly Fraser</b>	<b>152-04 (2012)</b>
Liz Parsley	152-04 (2006)
<b>4. Emily Kersting</b>	<b>151-06 (2011)</b>
<b>5. Baiba Celma</b>	<b>143-06 (2012)</b>
6. Lorea Jones	140-04 (2003)
7. Janine Dickey	136-07 (2003)
<b>8. Kenna Ross</b>	<b>136-03 (2010)</b>
9. Ileah Jackson	131-04 (2003)
10. Marty Atkinson	129-03 (1993)
1. Jeanine Miller*	164-02 (1986)

\* Old rules javelin

### Heptathlon

1. Natalie Day	5,422 (1985)
<b>2. Baiba Celma</b>	<b>5,279 (2012)</b>
3. Roshena Duree	5,142 (2006)
4. Naima Goodwin	5,019 (2010)
<b>5. Mariah Rogers</b>	<b>4,833 (2011)</b>
6. Emily Griffin	4,719 (2005)
7. Marty Atkinson	4,715 (1993)
8. Sharon Holgersen	4,694 (1991)
<b>9. Moira Robinson</b>	<b>4,661 (2008)</b>
10. Sarah Beesley	4,644 (1993)

### 4x100-Meter Relay

1. David, Kirtman, Lash, Morris	45.80 (2000)
2. Byrd, Bryant, David, Kirtman	45.82 (2001)
<b>3. Truesdale, Rogers, Bolton, Humphrey</b>	<b>45.83 (2011)</b>
Banks, Carley, Moore, Gilmore	45.83 (1982)
5. Byrd, Bryant, David, Kirtman	45.97 (2001)
<b>6. Cole, Whittington, Powell, Truesdale</b>	<b>45.99 (2012)</b>
7. Byrd, Stanton, Reed, Kirtman	46.10 (2002)
8. Banks, Moore, Gilmore, Carley	46.11 (1982)
9. Trapani, David, Kirtman, Watson	46.13 (1999)
10. Unknown	46.32 (2008)

### 4x400-Meter Relay

<b>1. Holzendorf, Nelson, Humphrey, Wallace</b>	<b>3:42.76 (2011)</b>
2. Tranzor, David, Kirtman, Eldridge	3:43.24 (1999)
3. Keshinro, Humphrey, R. Robinson, Wallace	3:43.57 (2009)
4. Davis, Keshinro, Stucks, Henley-Henderson	3:43.81 (2008)
5. Morris, Tranzor, Moorer, Eldridge	3:44.53 (1998)
6. Morris, Tranzor, Moorer, Eldridge	3:45.19 (1998)
7. Wallace, Thompson, Carley, Gilmore	3:46.12 (1982)
8. David, Kirtman, Lash, Morris	3:47.86 (2000)
<b>9. Cole, R. Robinson, Mallory, Whittington</b>	<b>3:48.48 (2012)</b>
10. Unknown	3:48.60 (2007)

**Bold - Current Members of the Team**



Nancy Searcy holds the school indoor record in the 55-hurdles and 60-hurdles and the outdoor record in the 100-hurdles. Searcy also ranks among the top 10 in the indoor 55 (second), long jump (third), 60 (fifth) and 200 (seventh) as well as the outdoor long jump (third) and 100 (sixth). In 2007, qualified for the NCAA Div. I Outdoor Championships in the 100-hurdles.



## MEN'S OUTDOOR RECORDS



Jody Johnson established the school's 200 record by running 20.64 in 2007. That time broke the previous mark of 20.94 which was originally set in 1972 and later tied in 1988. Johnson later advanced to the NCAA Championships in 2008 in both the 100 and 200 making him the only Hornet to qualify to the NCAA Div. I Outdoor Championships in two events.



Brandon Parker was the first Sacramento State athlete to compete in two different NCAA Div. I Outdoor Championships. Parker qualified in the long jump at both the 2003 and 2005 meets (both hosted by Sacramento State). In 2005, he earned All-America honors by placing ninth overall. Parker also holds the Hornet outdoor long jump record at 25-09.25 and won three consecutive Big Sky titles in the event from 2003-05.

### 100-Meter

1. Chester Hynes	10.25 (1986)
Adam Banks	10.25 (1969)
3. Mike Johnson	10.27 (1991)
4. Jody Johnson	10.34 (2008)
Brian Harrison	10.34 (1988)
6. Ralph Ligos	10.35 (1971)
7. Raphael McFarlane	10.38 (2007)

### 110-Meter Hurdles

1. Ronald Brookins	13.42 (2011)
2. Tony Galaviz	13.76 (2000)
3. A.J. Reed	14.08 (2010)
4. Mike Lee	14.11 (1985)
5. André Wright	14.12 (2004)
6. Tony McFarlane	14.19 (1988)
7. Paul Lyons	14.20 (2012)
8. Tom Ellis	14.21 (1971)
9. Cornelius McCormick	14.47 (1971)
10. Rob Harrison	14.49 (1986)

### 200-Meter

1. Jody Johnson	20.64 (2007)
2. Brian Harrison	20.94 (1988)
Adrien Rodgers	20.94 (C) (1972)
4. Mike Kenyon	20.96 (1999)
5. Tom Allen	21.00 (1971)
6. Chauncey Corbin	21.06 (2007)
7. Mike Johnson	21.10 (1991)
8. Tim Morris	21.14 (1986)
9. Kenny Gowan	21.24 (1998)

### 400-Meter

1. Mike Kenyon	46.22 (1999)
2. Robert Ellis	46.80 (1987)
3. Tim Morris	46.83 (1986)
4. Larry Bolton	47.01 (1975)
5. Kenny Gowan	47.35 (1998)
6. Adrian Williams	47.39 (1994)
7. Chester Hynes	47.40 (1986)
8. Jason Nelson	47.43 (2010)
9. Evan Crayton-Crogan	47.47 (2012)

### 400-Meter Hurdles

1. Chris Santana	51.20 (2004)
Richard Curtis	51.20 (1988)
3. Adrian Williams	51.69 (1995)
4. Andrew Kotko	52.31 (1999)
5. Nick Santana	52.40 (2004)
6. Jeff Santana	52.61 (2004)
7. Dick Reimers	52.65 (1967)
8. Tom Hoban	53.05 (1985)
9. Stephone Paige	53.25 (2006)
10. George Patterson	53.52 (1982)

### 800-Meter

1. Nathanael Litwiller	1:48.35 (2011)
2. David Rabinowitz	1:49.12 (2010)
3. Jeffrey Paneda	1:49.14 (2008)
4. Darin Slade	1:49.37 (1989)
5. John Mijares	1:49.81 (1975)
6. Cole Younger	1:50.93 (2011)
7. Myko Lucas	1:51.01 (2011)
8. Drake Dawson	1:51.32 (1997)
9. Terrell Kirtz	1:51.63 (2009)
10. Jeff Scott	1:51.80 (1986)

### 1,500-Meter

1. Darin Slade	3:46.70 (1989)
2. David Rabinowitz	3:46.94 (2010)
3. Zach Kaylor	3:47.09 (2012)
Rick Denesik	3:47.09 (1979)
5. Nathanael Litwiller	3:47.12 (2011)
6. Pedro Reyes	3:48.15 (1983)
7. Reese Byers	(3:49.4h) 3:49.64 (2012)
8. Jeffrey Paneda	3:49.71 (2008)
9. James Johnson	3:49.79 (1994)
10. Dan Javesky	3:50.00 (1984)

### Steeplechase

1. Lee Young	8:59.00 (1983)
2. Jeff Grubbs	9:02.00 (1983)
3. Dominic Vogl	9:02.47 (2008)
4. Scott Grose	9:06.18 (2009)
5. Jason Tackett	9:08.80 (1994)
6. Brian Lee Parkhurst	9:10.00 (1983)
7. Jacob Mills	9:10.90 (2003)
8. Kevin Furey	9:11.20 (1972)

### 5,000-Meter

1. Reese Byers	14:14.35 (2011)
2. Noel Hitchcock	14:22.90 (1971)
3. Mike Van Horn	14:26.80 (1979)
4. Darrin Slade	14:28.00 (1989)
5. Brad Brown	14:29.60 (1980)
6. Pedro Reyes	14:30.00 (1983)
7. Tim Katron	14:32.10 (1982)

### 10,000-Meter

1. Jaime White	29:38.60 (1979)
2. Mike Van Horn	30:00.00 (1980)
3. Jason Tackett	30:11.32 (1994)
4. Angel Carrillo	30:21.80 (1980)
5. Hector Delgado	30:29.30 (1996)

### Long Jump

1. Brandon Parker	25-09.25 (2003)
2. Jimmie Banks	25-04.00 (2000)
3. Henry Lawson	25-00.50 (1966)
4. Ronald Brookins	25-00.00 (2011)
5. Raphael McFarlane	24-09.25 (2007)
6. James Sumner	24-06.25 (2000)
7. Emilio Hernandez	24-05.50 (2011)
8. Lizo Harper	24-04.00 (1970)
9. Lanell Taylor	24-00.00 (1971)
10. David Houghton	23-11.00 (2007)

### Triple Jump

1. Ray Price	51-07.00 (1970)
2. Floyd Gibson	50-02.50 (1982)
3. Henry Lawson	50-02.00 (1965)
4. Ron Scurlock	49-05.00 (1998)
5. Emilio Hernandez	49-03.50 (2011)
6. Nick Taylor	48-08.75 (2011)
7. Kevin Moore	48-06.75 (1971)
8. Dwain Johnson	48-00.00 (1986)
Scott Towne	48-00.00 (1999)
Philip Burks	48-00.00 (2008)



## MEN'S OUTDOOR RECORDS

### High Jump

1. Joe Radan .....	7-03.00 (1979)
2. Bill Abbott .....	7-01.75 (1980)
3. Adolfo Lopez .....	7-01.50 (1994)
4. Mike Patterson .....	7-01.25 (1986)
5. Emilio Hernandez .....	7-01.00 (2011)
6. James Sumner .....	7-00.50 (2000)
7. Larry Dogan .....	7-00.25 (1979)
8. Rokeem Osby .....	6-11.75 (1999)
<b>9. Anthony Williams .....</b>	<b>6-11.00 (2012)</b>
10. T.J. Durham .....	6-10.50 (1995)

### Pole Vault

1. Daniel Imlach .....	17-06.50 (2008)
<b>2. Blair Wallingford .....</b>	<b>16-06.75 (2011)</b>
3. Paul Sinatra .....	16-04.25 (1989)
4. Jimmy Williamson .....	16-02.75 (2008)
5. Scott Strohmeyer .....	16-01.00 (1986)
6. Troy Newbold .....	16-00.00 (1994)
Curt Roth .....	16-00.00 (1985)
Ken Frazier .....	16-00.00 (1985)

### Shot Put

1. David Nichols .....	64-07.00 (2006)
<b>2. Zach Coniglio .....</b>	<b>58-04.00 (2012)</b>
3. Dave McKenzie .....	56-06.00 (1971)
4. Jan DeSoto .....	55-11.25 (1975)
<b>5. Alberto Millan .....</b>	<b>55-05.00 (2011)</b>
6. Taylor Weldon .....	55-00.00 (2011)
7. Richard Gorbet .....	54-04.00 (1977)
8. Geoff Fong .....	53-10.50 (2004)
9. Derek Baumer .....	53-10.25 (1997)
10. Chris Lunggi .....	52-08.00 (1980)

### Discus

1. Dave McKenzie .....	181-01 (1971)
2. David Nichols .....	176-00 (2007)
3. Derek Baumer .....	170-09 (1997)
4. Dan Baige .....	166-05 (1965)
<b>5. James Kinloch .....</b>	<b>165-00 (2012)</b>
<b>6. Zach Coniglio .....</b>	<b>162-10 (2012)</b>
7. Jan DeSoto .....	160-02 (1975)
8. Jon Heintz .....	159-06 (1967)
9. Joel Johnson .....	157-02 (2004)
10. Alan Duben .....	156-04 (1997)

### Hammer

1. Geoff Fong .....	212-06 (2005)
2. Justin Carvalho .....	211-07 (1997)
3. Robert Linkul .....	207-10 (2004)
4. Dave Lunde .....	200-02 (1992)
5. Bob Rush .....	190-07 (1982)
6. Ken Norlan .....	185-07 (1986)
<b>7. Alberto Millan .....</b>	<b>183-07 (2012)</b>
<b>8. Marcus Sannadan .....</b>	<b>182-01 (2012)</b>
8. Derek Baumer .....	182-05 (1997)
10. Mike Mizuki .....	176-03 (1977)

### Javelin

<b>1. Jesse Elvrom .....</b>	<b>220-02 (2012)</b>
2. Nick Mills .....	215-11 (2009)
<b>3. Blair Wallingford .....</b>	<b>214-08 (2011)</b>
4. Chris Kirkwood .....	213-07 (2007)
5. Ryan Brandel .....	212-02 (2005)
6. Mike Miller .....	209-08 (2005)
7. Chris Uribe .....	204-10 (1999)
8. Jeff Daugherty .....	191-04 (2004)
1. Mike Harriman .....	218-03 (1972)*

\* Old rules javelin

### Decathlon

1. Albert Miller .....	7,455 (1983)
<b>2. Sam Schur .....</b>	<b>7,378 (2011)</b>
3. Bob Fournier .....	7,040 (1980)
4. Robert Brazier .....	6,785 (2008)
5. Andrew Kotko .....	6,526 (1999)
6. Daniel Renich .....	6,465 (2006)
7. Richard Duhaime .....	6,390 (2005)
8. Andrew Kotko .....	6,258 (1997)
9. Brandon Lynch .....	6,106 (2003)
10. Al Essman .....	5,816 (1978)

### 4x100-Meter Relay

1. Corbin, Johnson, Nelson, McFarlane .....	40.16 (2007)
2. Archie, Brookins, Meehan, White .....	40.24 (2011)
3. Reed, Brookins, Nelson, Johnson .....	40.34 (2008)
4. Ligon, Allen Pruitt, Jones .....	40.44 (1971)
5. Brown, Hurwitz, Osuji, Davis .....	40.48 (2002)
6. Ellis, Harrison, Morris, Hynes .....	40.66 (1986)
7. Brown, Kemp, Osuji, Parker .....	40.72 (2004)
8. Wartell, Hynes, Hoban, Morris .....	40.75 (1986)
9. Brown, Corbin, Osuji, Davis .....	40.86 (2003)
10. Unknown .....	40.91 (2006)

### 4x400-Meter Relay

1. Shorey, Hynes, Ellis, Morris .....	3:09.51 (1986)
2. Johnson, Stewart, Dean, Gowan .....	3:10.44 (1998)
3. Johnson, Stewart, Dean, Gowan .....	3:10.92 (1998)
4. Morris, Hynes, Wartell, Hoban .....	3:11.55 (1988)
5. Slade, Curtis, Ellis Harrison .....	3:11.72 (1988)
6. Morris, Hynes, Wartell, Hoban .....	3:11.87 (1988)
7. Jackson, Brazier, Wilson, Nelson .....	3:12.24 (2008)
8. Andreatti, Cline, Wells, Burpo .....	3:12.30 (1968)
9. Sims, N. Santana, C. Santana, Osuji .....	3:13.13 (2003)
10. Nesbitt, Lucas, Brookins, Anderson .....	3:13.36 (2011)

**Bold - Current Members of the Team**



Geoff Fong set the Sacramento State record in the hammer at the 2005 NCAA Div. I Outdoor Championships with a throw of 212-06. Fong is one of four Hornets to eclipse 200-feet in the event and also ranks fifth all-time in school history in the shot put.



David Nichols qualified for three NCAA Div. I Outdoor Championships (2005-07) and one Indoor Championship (2007) in the shot put. Nichols was a two-time All-American outdoors, including a sixth-place finish in 2006. He also won two Big Sky outdoor titles and two indoors. Nichols' outdoor school record of 64-07.00 is 8-feet, 1-inch better than any other mark at Sacramento State.