

# Women's Track and Field Year-By-Year Championships

## 1984 Team Scores

Host: UC Irvine

1. UNLV	84.00
2. UC Irvine	71.00
3. UC Santa Barbara	24.00

## 1985 Team Scores

Host: UC Irvine

1. UNLV	90.00
2. UC Irvine	65.00
3. Hawai'i	31.00
4. UC Santa Barbara	20.00

## 1986 Team Scores

Host: Fresno State

1. UNLV	134.00
2. San Diego State	130.00
3. Fresno State	114.00
4. UC Irvine	90.00
5. Cal State Fullerton	48.00
6. UC Santa Barbara	39.00
7. Long Beach State	34.00

## 1987 Team Scores

Host: UC Irvine

1. Fresno State	159.00
2. UNLV	127.00
3. UC Irvine	92.00
San Diego State	92.00
5. Long Beach State	79.00
6. Cal State Fullerton	25.00
7. UC Santa Barbara	18.00

## 1988 Team Scores

Host: Utah State

1. Fresno State	169.00
2. UC Irvine	126.00
3. San Diego State	106.00
4. UNLV	91.00
5. Long Beach State	73.00
6. Cal State Fullerton	12.00
7. UC Santa Barbara	11.00

## 1989 Team Scores

Host: Long Beach State

1. UNLV	178.50
2. Fresno State	147.00
3. UC Irvine	107.50
4. San Diego State	56.00
5. Long Beach State	49.00
6. Cal State Fullerton	27.00
7. UC Santa Barbara	24.00

## 1990 Team Scores

Host: UNLV

1. UNLV	146.00
2. UC Irvine	135.00
3. San Diego State	132.00
4. Fresno State	104.00
5. Long Beach State	59.00
6. UC Santa Barbara	10.00
7. Cal State Fullerton	3.00

## 1991 Team Scores

Host: UC Irvine

1. Fresno State	166.00
2. UC Irvine	159.00
3. UNLV	111.00
4. Long Beach State	78.00
5. Utah State	51.00
6. New Mexico State	14.00
7. UC Santa Barbara	9.00
8. Cal State Fullerton	1.00

## 1992 Team Scores

Host: Fresno State

1. Fresno State	171.00
2. UNLV	127.00
3. UC Irvine	124.33
4. Utah State	76.33
5. New Mexico State	26.00
6. Cal State Fullerton	23.00
7. UC Santa Barbara	21.00
8. Long Beach State	19.33

## 1993 Team Scores

Host: UC Irvine

1. Utah State	141.00
2. UNLV	117.00
3. Long Beach State	106.00
4. UC Irvine	75.00
5. Nevada	57.00
6. New Mexico State	44.00
7. UC Santa Barbara	35.00
8. Cal State Fullerton	14.00

## 1994 Team Scores

Host: New Mexico State

1. Utah State	137.00
2. UNLV	128.00
3. Nevada	107.00
4. UC Irvine	76.00
5. Long Beach State	50.00
6. UC Santa Barbara	36.00
7. Cal State Fullerton	30.00
8. New Mexico State	25.00

## 1995 Team Scores

Host: Long Beach State

1. Utah State	181.00
2. Nevada	151.00
3. UC Santa Barbara	94.00
4. UC Irvine	70.00
5. New Mexico State	67.00
6. Long Beach State	64.00
7. UNLV	57.00
8. Cal State Fullerton	56.00

## 1996 Team Scores

Host: Utah State

1. Utah State	243.50
2. UC Irvine	131.00
3. UC Santa Barbara	108.50
4. Nevada	93.50
5. UNLV	88.50
6. Long Beach State	61.00
7. Cal State Fullerton	27.00
8. New Mexico State	25.00

## 1997 Team Scores

Host: UC Irvine

1. Utah State	139.33
2. Boise State	130.00
3. Nevada	124.33
4. UC Irvine	91.00
5. Idaho	72.00
6. UC Santa Barbara	58.00
7. Long Beach State	50.00
8. North Texas	47.00
9. Cal Poly	38.00
10. New Mexico State	17.33
11. Cal State Fullerton	13.00

## 1998 Team Scores

Host: Boise State

1. Utah State	239.00
2. Cal Poly SLO	120.00
3. Nevada	106.50
4. Idaho	70.00
5. UC Santa Barbara	65.00
6. Boise State	64.00
7. UC Irvine	55.00
8. North Texas	36.00
9. Long Beach State	23.00
10. Cal State Fullerton	20.50
11. New Mexico State	19.00

## 1999 Team Scores

Host: Cal State Fullerton

1. Utah State	177.0
2. Cal Poly	139.0
3. Nevada	124.5
4. Long Beach State	105.5
5. Boise State	85.00
6. Idaho	54.00
7. UC Santa Barbara	47.00
8. North Texas	44.00
9. New Mexico State	27.00
10. UC Irvine	11.00
11. Cal State Fullerton	5.00

## 2000 Team Scores

Host: Idaho

1. Nevada	195.0
2. Utah State	153.5
3. Idaho	129.0
4. Cal Poly	82.00
5. Boise State	61.00
6. Cal State Fullerton	46.50
7. UC Irvine	46.00
8. Long Beach State	45.50
9. New Mexico State	34.50
10. UC Santa Barbara	26.00

## 2001 Team Scores

Host: Long Beach State

1. Idaho	230.0
2. Utah State	167.0
3. Cal Poly	133.0
4. UC Santa Barbara	89.00
5. Long Beach State	77.00
6. UC Irvine	55.50
7. Cal State Fullerton	39.00
8. Boise State	24.50

## 2002 Team Scores

Host: UC Irvine

1. Cal State Northridge	193
2. Cal Poly	124
3. UC Irvine	116
4. Utah State	92
5. Idaho	90
6. Long Beach State	78
7. UC Santa Barbara	62
8. Cal State Fullerton	37
9. UC Riverside	23

## 2003 Team Scores

Host: Cal State Northridge

1. Idaho	213
2. Cal State Northridge	129
3. Cal Poly	122
4. UC Irvine	77
5. Utah State	66
6. Long Beach State	64
7. UC Santa Barbara	63
8. UC Riverside	50
9. Cal State Fullerton	23

## 2004 Team Scores

Host: UC Irvine

1. Cal State Northridge	165
2. Idaho	150.5
3. Cal Poly	132.5
4. UC Santa Barbara	118
5. Long Beach State	100
6. Utah State	67
7. UC Riverside	35
8. UC Irvine	33.5
9. Cal State Fullerton	16.5

## 2005 Team Scores

Host: UC Irvine

1. UC Santa Barbara	179
2. Cal State Northridge	156
3. Long Beach State	138
4. Utah State	98
5. Cal Poly	91.50
6. UC Riverside	54
7. Idaho	53
8. Cal State Fullerton	32
9. UC Irvine	16.50

## 2006 Team Scores

Host: Cal State Northridge

1. Cal State Northridge	207
2. UC Santa Barbara	165.5
3. Long Beach State	152
4. Cal State Fullerton	107
5. Cal Poly	76.5
6. UC Riverside	63
7. UC Irvine	44

## 2007 Team Scores

Host: Cal State Northridge

1. Cal State Northridge	174
2. UC Santa Barbara	166
3. Long Beach State	146.5
4. Cal Poly	129
5. Cal State Fullerton	79
6. UC Riverside	61.5
7. UC Irvine	59

## 2008 Team Scores

Host: Cal State Northridge

1. Cal State Northridge	189
2. UC Riverside	143
3. Cal Poly	126
4. Long Beach State	110.5
5. Cal State Fullerton	89.5
6. UC Santa Barbara	60
7. UC Davis	59
8. UC Irvine	42

## 2009 Team Scores

Host: UC Irvine

1. Cal State Northridge	198
2. Cal Poly	114.5
3. UC Riverside	100.5
4. Cal State Fullerton	98
5. UC Davis	94
6. UC Irvine	80.5
7. UC Santa Barbara	69
8. Long Beach State	61.5

### Most Team Championships

Utah State	7
<b>Cal State Northridge</b>	<b>6</b>
UNLV	5
Fresno State	4
Idaho	2
<b>UC Santa Barbara</b>	<b>1</b>
Nevada	1

*Bold denotes active member*

# Women's Track and Field Individual Champions

## 100 METERS

Year	Champion	School	Time
1984	Michelle Stewart	UNLV	11.99
1985	Inger Peterson	UNLV	11.77
1986	Inger Peterson	UNLV	11.57
1987	Sonja Green	UNLV	11.60
1988	Carrie Franklin	UNLV	11.63
1989	Carrie Franklin	UNLV	11.76
1990	Maddette Smith	UNLV	12.19
1991	Desiree Bracey	UCI	11.73
1992	Zundra Feagin	UNLV	11.61
1993	Kim Barnes	USU	11.93
1994	Ali McKnight	UN	11.76
1995	Ali McKnight	UN	11.61
1996	Toby Dean	UCI	11.78
1997	Jackie Hunter	BSU	11.88
1998	Tamatha Jackson	CP	11.66
1999	<b>Tamatha Jackson</b>	<b>CP</b>	<b>11.36</b>
2000	Frankie-Jo Olmos	UN	11.95
2001	Danielle Kot	USU	11.69
2002	Aisha Margain	CSUN	11.76
2003	Angela Whyte	UI	11.57wa
2004	Shauna Hackett	CSUN	11.67
2005	Deanna Goodwin	CSUN	11.73
2006	Deanna Goodwin	CSUN	11.83
2007	Deanna Goodwin	CSUN	11.71
2008	Sherrina Lofton	CSUN	11.60
2009	Sherrina Lofton	CSUN	11.58

## 200 METERS

Year	Champion	School	Time
1984	Inger Peterson	UNLV	23.61
1985	Gwen Gardner	UH	24.18
1986	Carrie Franklin	UNLV	23.76
1987	Sonja Green	UNLV	23.86
1988	Cathy Roberts	LBSU	23.62
1989	Carrie Franklin	UNLV	23.86
1990	Darla Vaughn	SDSU	24.63
1991	Desiree Bracey	UCI	24.14
1992	Crystal Irving	UNLV	23.40
1993	LaSabre Bell	USU	24.47
1994	Ali McKnight	UN	24.09
1995	Ali McKnight	UN	23.40
1996	Ladonna Antoine	USU	23.40
1997	<b>Ladonna Antoine</b>	<b>USU</b>	<b>23.23</b>
1998	Tamatha Jackson	CP	23.81
1999	Tamatha Jackson	CP	23.31
2000	Charon Stewart	CP	24.45
2001	Danielle Kot	USU	23.96
2002	Annetta Wells	CSUN	23.24
2003	Angela Whyte	UI	23.74
2004	Deanna Goodwin	CSUN	24.18
2005	Kylie McCuen	UCSB	23.88
2006	Kylie McCuen	UCSB	23.81
2007	Deanna Goodwin	CSUN	23.56
2008	Sherrina Lofton	CSUN	23.50
2009	Sherrina Lofton	CSUN	23.90

## 400 METERS

Year	Champion	School	Time
1984	Inger Peterson	UNLV	56.10
1985	Gwen Gardner	UH	54.66
1986	Renee Ross	SDSU	54.34
1987	Rosey Edeh	FS	53.73
1988	Rose Blake	FS	53.19
1989	Julie Harrison	UNLV	53.15
1990	Julie Harrison	UNLV	54.67
1991	Crystal Irving	UNLV	53.45
1992	Crystal Irving	UNLV	52.89
1993	Judy Fraser	UNLV	54.19

1994	Judy Fraser	UNLV	53.31
1995	Ladonna Antoine	USU	52.75
1996	Ladonna Antoine	USU	51.92
1997	<b>Ladonna Antoine</b>	<b>USU</b>	<b>51.48</b>
1998	Shelley Grupe	USU	53.54
1999	Shelley Grupe	USU	54.34
2000	Kristi Connors	USU	54.71
2001	Maggie Vessey	CP	53.96
2002	Annetta Wells	CSUN	52.97
2003	Comfort Agara	CSUN	54.61
2004	Jasmine Washington	UCSB	53.58
2005	Kylie McCuen	UCSB	54.52
2006	Kylie McCuen	UCSB	54.11
2007	Kandace Wilson	CSF	54.64
2008	Shelese Ruffin	CSUN	53.80
2009	Shelese Ruffin	CSUN	53.53

## 800 METERS

Year	Champion	School	Time
1984	Susie Hensel	UNLV	2:10.65
1985	Trena Hull	UNLV	2:10.71
1986	Trena Hull	UNLV	2:06.98
1987	Trena Hull	UNLV	2:05.23
1988	Kerri Zaleski	LBSU	2:08.99
1989	Shannon Lieder	FS	2:09.49
1990	Christine Royal	SDSU	2:14.21
1991	Maria Akrra	UCI	2:06.33
1992	Shannon Lieder	FS	2:09.80
1993	Jean Fletcher	UNLV	2:14.32
1994	Jean Fletcher	UNLV	2:11.68
1995	Kamara Mayberry	UNLV	2:12.73
1996	Holiday Molway	UCI	2:13.33
1997	Niamh Beirne	BSU	2:08.02
1998	Christie Engesser	UCI	2:08.31
1999	Sabrina Caplis	UCSB	2:07.09
2000	Melissa Jensen	USU	2:14.53
2001	Amber Jensen	USU	2:12.06
2002	Maggie Vessey	CP	2:06.53
2003	Maggie Vessey	CP	2:08.01
2004	Mary Kamau	UI	2:11.95
2005	<b>Maggie Vessey</b>	<b>CP</b>	<b>2:04.78</b>
2006	Tajma Stephenson	UCR	2:08.00
2007	Lea Wallace	CP	2:09.56
2008	Brenda Martinez	UCR	2:07.51
2009	Brenda Martinez	UCR	2:07.01

## 1,500 METERS

Year	Champion	School	Time
1984	Jennifer Abraham	UCI	4:28.75
1985	Trena Hull	UNLV	4:26.76
1986	Trena Hull	UNLV	4:21.98
1987	<b>Trena Hull</b>	<b>UNLV</b>	<b>4:16.40</b>
1988	Judy McLaughlin	UCI	4:33.65
1989	Brigid Stirling	UCI	4:25.24
1990	Buffy Rabbitt	UCI	4:26.50
1991	Maria Akrra	UCI	4:17.64
1992	Shannon Lieder	FS	4:27.27
1993	Jean Fletcher	UNLV	4:40.24
1994	Jean Fletcher	UNLV	4:43.36
1995	Christa Ayuso	LBSU	4:36.39
1996	Holiday Molway	UCI	4:48.05
1997	Niamh Beirne	BSU	4:24.99
1998	Holly Hansen	USU	4:28.15
1999	Yvonne Marquez	NMSU	4:29.43
2000	Rebekah Thornley	USU	4:27.57
2001	Rebekah Thornley	USU	4:26.97
2002	Kristen Coombs	USU	4:34.95
2003	Daniella Pogorzelski	UI	4:33.79
2004	Mary Kamau	UI	4:26.04
2005	Mary Kamau	UI	4:20.02

2006	Amber Steen	UCI	4:24.47
2007	Brenda Martinez	UCR	4:23.87
2008	Brenda Martinez	UCR	4:22.90
2009	Brenda Martinez	UCR	4:17.88

## 3,000 METERS

Year	Champion	School	Time
1984	Lisa Gonzales	UCI	9:52.45
1985	Jennifer Abraham	UCI	9:51.46
1986	Jill Harrington	UCI	9:53.91
1987	Jill Harrington	UCI	9:38.28
1988	Buffy Rabbitt	UCI	10:16.39
1989	Brigid Stirling	UCI	9:39.54
1990	Buffy Rabbitt	UCI	10:02.40
1991	<b>Buffy Rabbitt</b>	<b>UCI</b>	<b>9:29.42</b>
1992	Kristen Peters	CSF	9:53.65
1993	Diane McCarthy	UNLV	10:08.68
1994	Laura Monson	UCI	10:17.85
1995	Heather Killeen	CSF	9:55.57
1996	Eva Mattson	UCSB	10:20.79
1997	Judy Barreto	BSU	9:45.19
1998	Holly Hansen	USU	9:51.62
1999	Judy Barreto	BSU	9:48.51
2000	Abby Peters	BSU	10:06.60

## 3,000 METER STEEPLECHASE

Year	Champion	School	Time
2001	Jaime Stone	UI	10:45.20
2002	Jenny Liou	UCI	10:57.00
2003	Letiwe Marakurwa	UI	10:30.53
2004	Letiwe Marakurwa	UI	10:24.72
2005	Tiffany Strickland	USU	10:30.60
2006	Bethany Nickless	UCSB	10:40.86
2007	Bethany Nickless	UCSB	10:52.41
2008	Carolyn Ellis	CSF	10:37.21
2009	<b>Julianne Masciana</b>	<b>CSF</b>	<b>10:23.36</b>

## 5,000 METERS

Year	Champion	School	Time
1984	Lorraine Mercado	UCI	17:17.72
1985	Beth McGrann	UCI	17:26.28
1986	Beth McGrann	UCI	16:59.30
1987	Jennifer Abraham	UCI	17:06.05
1988	Beth McGrann	UCI	18:02.83
1989	<b>Beth McGrann</b>	<b>UCI</b>	<b>16:38.19</b>
1990	Jennifer Bessel	LBSU	17:11.34
1991	Cindy Amster	FS	16:58.30
1992	Traci Goodrich	UCI	17:06.61
1993	Jade Preato	UCI	17:38.00
1994	Heather Killeen	CSF	17:51.10
1995	Heather Killeen	CSF	16:52.60
1996	Tanja Brix	UCI	18:11.96
1997	Jo-Jo Yaba	UCI	17:24.28
1998	Heather Bray	UCSB	17:31.39
1999	Melinda Campbell	BSU	16:39.92
2000	Abby Peters	BSU	17:10.27
2001	Karen Nilsson	UCI	16:45.18
2002	Katie Appenrodt	UCSB	17:10.30
2003	Katie Appenrodt	UCSB	17:09.01
2004	Desiree Leek	UCSB	16:57.46
2005	Cosette Smith	UCSB	17:06.32
2006	Stephanie Rothstein	UCSB	17:09.07
2007	Stephanie Rothstein	UCSB	16:42.50
2008	Danielle Domenichelli	UCSB	17:06.59
2009	Julianne Masciana	CSF	16:47.00

## 10,000 METERS

Year	Champion	School	Time
1984	Event not sponsored		
1985	Lori Shanoff	UCI	38:01.40

# Women's Track and Field Individual Champions

1986	Maureen Bradley	SDSU	36:46.44
1987	Maureen Bradley	SDSU	37:05.30
1988	Beth McGrann	UCI	37:41.93
1989	Beth McGrann	UCI	35:51.72
1990	Caroline Plier	UCI	37:53.00
1991	Cindy Amster	FS	35:45.20
1992	Dina Farage	FS	35:41.27
1993	Jade Preato	UCI	36:58.10
1994	Traci Goodrich	UCI	37:52.17
1995	Heather Killeen	CSF	36:49.97
1996	Gabriela Rodriguez	UCSB	38:06.51
1997	Jo-Jo Yaba	UCI	36:05.05
1998	Melinda Campbell	BSU	35:51.31
1999	Lena Brainard	BSU	35:51.11
2000	Jessica Zarnrd	UN	37:27.24
<b>2001</b>	<b>Jennifer DeRego</b>	<b>CP</b>	<b>34:59.76</b>
2002	Julie Manson	UCI	36:32.29
2003	Letiwe Marakurwa	UI	37:57.44
2004	Cosette Smith	UCSB	36:22.67
2005	Megan Lewis	UCSB	36:15.06
2006	Stephanie Rothstein	UCSB	36:41.87
2007	Megan Lewis	UCSB	35:42.81
2008	Danielle Domenichelli	UCSB	36:14.49
2009	Lilyanna Morejon	CSUN	35:00.32

## 100 METER HURDLES

Year	Champion	School	Time
1984	Valerie Flemmings	UNLV	13.80
1985	Sheila Tarr	UNLV	14.17
1986	Latanya Sheffield	SDSU	13.46
1987	Tanya Davis	UNLV	13.49
1988	Tanya Davis	UNLV	13.56
1989	Carrie Franklin	UNLV	13.98
1990	Tanya Davis	UNLV	14.28
1991	Monica Missick	FS	13.99w
1992	Travaia Williams	UNLV	13.76
1993	Kim Barnes	USU	13.95
1994	Ali McKnight	UN	13.71
1995	Ali McKnight	UN	13.37
1996	Jennifer Davidson	USU	13.46
1997	Stephanie Robinson	UN	14.28
1998	Jayne Hendrian	USU	14.06
1999	Jane Durfey	USU	13.79
2000	Atoya Shaw	UN	13.95
2001	Angela Whyte	UI	13.30
2002	Heather Heron	CSUN	13.42
<b>2003</b>	<b>Angela Whyte</b>	<b>UI</b>	<b>13.11</b>
2004	Willimena Cisco	CP	13.68
2005	Willimena Cisco	CP	13.92
2006	Willamena Cisco	CP	13.39
2007	Dinah Clark	CSF	13.77
2008	Lauren Williams	CSF	13.91
2009	Lauren Williams	CSF	13.37

## 400 METER HURDLES

Year	Champion	School	Time
1984	Annie King	UCI	1:02.60
1985	Angela Williams	UH	59.92
1986	Margaret Hemmans	SDSU	1:00.68
1987	Margaret Hemmans	SDSU	58.53
1988	Ami Ice	LBSU	57.82
1989	Julie Harrison	UNLV	58.28
1990	Julie Harrison	UNLV	58.23
1991	Travaia Williams	UNLV	59.24
1992	Travaia Williams	UNLV	59.30
1993	Le'Gretta Hinds	LBSU	1:00.43
1994	Le'Gretta Hinds	LBSU	1:00.05
1995	Le'Gretta Hinds	LBSU	59.71
1997	Skye Green	UCI	58.03
1998	Jane Marshall	USU	59.73

1999	Jane Durfey	USU	59.54
2000	Sarah Bonilla	CP	59.89
2002	Kristin Hall	CP	60.85
<b>2003</b>	<b>LeBren Martin</b>	<b>CP</b>	<b>57.69</b>
2004	LeBren Martin	CP	58.12
2005	Julie Eze	CSUN	60.29
2006	Destany Cearley	CSF	60.51
2007	Julie Eze	CSUN	59.94
2008	Uchechi Egeonugwe	UCR	59.86
2009	Jhana Samuels	CP	60.18

## 4x100 METER RELAY

Year	Champion	Time
1984	UNLV	47.37
1985	UNLV	45.29
1986	UNLV	45.54
1987	UNLV	45.83
1988	UNLV	45.37
<b>1989</b>	<b>UNLV</b>	<b>44.66</b>
1990	UNLV	45.82
1991	UNLV	46.81
1992	UC Irvine	46.30
1993	Long Beach State	46.62
1994	UNLV	46.37
1995	Utah State	46.58
1996	Utah State	45.07
1997	Boise State	46.42
1998	Cal Poly	45.68
1999	Long Beach State	45.98
2000	New Mexico State	46.30
2001	Idaho	45.81
2002	Cal State Northridge	45:06
2003	Idaho	45.64
2004	Cal State Northridge	45.80
2005	Long Beach State	45.50
2006	Cal State Northridge	45.90
2007	Cal State Northridge	44.96
2008	Cal State Northridge	45.00
2009	Cal State Northridge	44.88

## 4x400 METER RELAY

Year	Champion	Time
1984	UC Irvine	3:57.21
1985	Hawai'i	3:47.66
1986	San Diego State	3:41.04
<b>1987</b>	<b>UNLV</b>	<b>3:37.36</b>
1988	Fresno State	3:45.78
1989	UNLV	3:37.44
1990	UNLV	3:47.03
1991	UNLV	3:40.59
1992	UNLV	3:42.40
1993	UNLV	3:42.07
1994	UNLV	3:40.70
1995	Utah State	3:41.03
1996	Utah State	3:38.93
1997	North Texas	3:45.15
1998	Utah State	3:43.97
1999	Utah State	3:41.41
2000	Utah State	3:44.38
2001	Idaho	3:43.87
2002	Cal State Northridge	3:39.80
2003	Cal State Northridge	3:39.99
2004	Cal State Northridge	3:42.18
2005	Cal State Northridge	3:41.60
2006	UC Riverside	3:40.53
2007	Cal State Fullerton	3:39.18
2008	Cal State Northridge	3:37.95
2009	Cal State Northridge	3:40.43

## HIGH JUMP

Year	Champion	School	Mark
1984	Sheila Tarr	UNLV	5-8.00
1985	Jenny Linderman	UCI	5-9.00
1986	Tonya Mendonca	FS	5-9.75
1987	Tonya Mendonca	FS	5-10.00
1988	Simone Srubek	FS	5-10.75
1989	Tara Fairfield	UCSB	5-9.75
1990	Simone Srubek	FS	5-10.00
1991	Amanda Hopkins	USU	5-8.75
1992	Travaia Williams	UNLV	5-10.50
1993	Agneta Westen	USU	5-8.00
1994	Lara Johnson	USU	5-7.25
1995	Leann Kazmer	UNLV	5-5.75
1996	Kristy Kierulff	LBSU	5-11.50
1997	Becky Blackburn	USU	5-8.50
1998	Tayyiba Haneef	LBSU	5-8.75
1999	Leslie Price	BSU	5-11.50
2000	Tayyiba Heneef	LBSU	6-1.25
2001	Tayyiba Heneef	LBSU	6-2.00
2002	Anmarie Turpin	UCI	5-7.00
2003	Kaylene Wagner	CP	6-0.50
2004	Kaylene Wagner	CP	6-3.25
2005	Sharon Day	CP	6-2.75
2006	Emily Forsythe	LBSU	5-8.75
2007	Sharon Day	CP	6-0.50
<b>2008</b>	<b>Sharon Day</b>	<b>CP</b>	<b>6-4.75</b>
2009	Lauren Collins	UCI	6-1.25

## LONG JUMP

Year	Champion	School	Mark
1984	Sheila Nicks	UNLV	19-7.00
1985	Sheila Nicks	UNLV	19-3.75
1986	Yvette Roberts	FS	20-1wa
1987	Maureen Wiley	LBSU	19-8.25
1988	Cathy Roberts	LBSU	19-3.50
1989	Gretchen Jiles	UNLV	19-9.50
1990	Maddette Smith	UNLV	21-6.00
1991	Shunta' Rose	UNLV	21-8.00
<b>1992</b>	<b>Shunta' Rose</b>	<b>UNLV</b>	<b>21-9.50</b>
1993	Ambre Thompson	LBSU	19-0.00
1994	Tracy Dulmage	USU	19-10.25
1995	Becky Sorenson	USU	18-10.75
1996	Francis Sealy	UNLV	19-6.25
1997	Abigail Ferguson	BSU	19-9.00
1998	Jodi Bailey	UCSB	18-11.75
1999	Marion Reneau	LBSU	19-7.50
2000	Anita Sampson	UCI	18-10.50
2001	Angela Whyte	UI	19-5.25
2002	LaShaunda Fowler	CSUN	20-1.75
2003	Zikarra Beverly	UCR	19-5.50
2004	Lashana Verdon	CSUN	19-6.75
2005	Toni Smith	CSUN	20-7.75
2006	Candyce Babb	CSUN	20-2.25
2007	Candyce Babb	CSUN	20-7.25
2008	Sharon Day	CP	19-7.50
2009	Shelese Ruffin	CSUN	19-7.50

## TRIPLE JUMP

Year	Champion	School	Mark
1984	Valerie Flemmings	UNLV	37-9.50
1985	Sheila Nicks	UNLV	38-11.50
1986	Karin Grelsson	UCI	40-4.00
1987	Tamara Compton	FS	40-7.00
1988	Gaylen Ames	SDSU	38-5.50
1989	Billie Butler	UNLV	40-5.00
1990	Billie Butler	UNLV	43-1wa
1991	Shunta' Rose	UNLV	42-10.75
<b>1992</b>	<b>Billie Butler</b>	<b>UNLV</b>	<b>43-11.25</b>
1993	Marquita Kinight	LBSU	39-6.50
1994	Tracy Dulmage	USU	38-8.25

# Women's Track and Field Individual Champions

1995	Celesta Hicks	NMSU	37-2.5-wa	1991	Amy Fox	NMSU	47-4.50	1987	Karin Grelsson	UCI	5,367
1996	Celesta Hicks	NMSU	38-4.75	1992	Amy Fox	NMSU	48-6.75	1988	Deanne Moyle	UNLV	4,348
1997	Abigail Ferguson	BSU	42-2.25	1993	Wendy Matthews	USU	44-9.00	1989	Ami Ice	LBSU	5,312
1998	Tricia Schmidt	USU	40-2.75	1994	Doni DeCory	USU	44-11.75	1990	Gaylen Ames	SDSU	5,150
1999	Dionte Campbell	UNT	41-4.25	1995	Kristina Barden	UN	44-2.50	1991	Ami Ice	LBSU	5,387
2000	Shirley Anku	NMS	42-5.25	1996	Kerrie Gilbert	UN	33-4.00	1992	Agneta Weston	USU	5,302
2001	Anna Doty	CSF	40-7.50	1997	Jill Wimer	UI	49-10.00	1993	Agneta Westen	USU	5,028
2002	Dee Scott	CSUN	41-1.75	1998	Jessica Drake	USU	48-8.75	1994	Michelle Merritt	UCI	4,608
2003	Tammy Stowe	UI	41-6.50	1999	Stephanie Brown	CP	49-9.25	1995	Janel Chandler	UN	5,052
2004	Cortney Stafford	CP	40-11.00	2000	Katie Tuttle	UI	48-11.75	1996	Jaimie Hall	USU	5,060
2005	Cortney Stafford	CP	42-9.75	2001	Stephanie Brown	CP	52-9.25	1997	Janel Chandler	UN	5,304
2006	Caitlin Shields	CP	40-0.50	2002	Stephanie Brown	CP	52-1.25	1998	Janel Chandler	UN	4,996
2007	Jessica Eggleston	CP	40-8.75	<b>2003</b>	<b>Stephanie Brown</b>	<b>CP</b>	<b>54-7.25</b>	1999	Marion Reneau	LBSU	5,375
2008	Miia Mobley	LBSU	41-1.00	2004	Laura Sauao	CSUN	51-7.25	2000	Erin Kelly	UN	5,151
2009	Allison Wilder	UCR	42-6.25	2005	Heather Quinn	UCSB	47-7.00	2001	Nina Grubbs	LBSU	4,746

## POLE VAULT

Year	Champion	School	Mark
1997	Marylou Badillo	LBSU	10-11.75
1998	Bianca Maran	CP	12-7.50
<b>1999</b>	<b>Paula Serrano</b>	<b>CP</b>	<b>13-7.00</b>
2000	Jenni Ashcroft	UN	13-0
2001	Connie Jerz	LBSU	12-7.25
2002	Shae Bai	USU	12-1.50
2003	Deborah Samson	UCSB	13-2.25
2004	Erin Curtis	UCI	12-3.50
2005	Jennifer Clarke	CSF	12-5.50
2006	Jill Reynolds	LBSU	12-5.50
2007	Jenna Homes	CP	12-5.50
2008	Krystal Quinn	CSUN	12-7.50
2009	Jenna Homes	CP	12-7.50

## DISCUS

Year	Champion	School	Mark
1984	Brenda Westbrook	UCI	161-6.00
1985	Laura Mills	UCI	140-9.00
1986	Laura DeSnoo	SDSU	176-2.00
1987	Lacy Barnes	FS	177-10.00
<b>1988</b>	<b>Lacy Barnes</b>	<b>FS</b>	<b>204-1.00</b>
1989	Donna McKinnon	FS	155-9.00
1990	Celeste Paquette	LBSU	160-5.00
1991	Donna McKinnon	FS	163-0.00
1992	Talafulu Misa	FS	169-10.00
1993	Wendy Matthews	USU	151-11.00
1994	Kristina Barden	UN	148-5.50
1995	Wendy Matthews	USU	155-8.00
1996	Wendy Egberts	USU	168-0.00
1997	Jennifer Homer	USU	153-1.00
1998	Jessica Drake	USU	165-0.00
1999	Stephanie Brown	CP	156-11.00
2000	Shana Ball	UI	173-6.00
2001	Katja Schreiber	UI	186-1.00
2002	Stephanie Brown	CP	164-3.00
2003	Stephanie Brown	CP	183-1.00
2004	Ina Reiber	UI	181-8.00
2005	Heather Quinn	UCSB	160-5
2006	Katelyn Ciarelli	LBSU	154-5
2007	Jennifer Onyeabako	LBSU	179-4
2008	Katelyn Ciarelli	LBSU	163-06
2009	Julie Dufresne	CP	161-3

## SHOT PUT

Year	Champion	School	Mark
1984	Sheila Tarr	UNLV	44-11.00
1985	Sheila Tarr	UNLV	49-1.50
1986	Dot Jones	FS	53-3.75
1987	Jacque Norton	LBSU	48-3.50
1988	Lacy Barnes	FS	46-10.25
1989	Joyce Fremstad	FS	44-1.50
1990	Carolyn Peters	SDSU	45-3.50

1991	Amy Fox	NMSU	47-4.50
1992	Amy Fox	NMSU	48-6.75
1993	Wendy Matthews	USU	44-9.00
1994	Doni DeCory	USU	44-11.75
1995	Kristina Barden	UN	44-2.50
1996	Kerrie Gilbert	UN	33-4.00
1997	Jill Wimer	UI	49-10.00
1998	Jessica Drake	USU	48-8.75
1999	Stephanie Brown	CP	49-9.25
2000	Katie Tuttle	UI	48-11.75
2001	Stephanie Brown	CP	52-9.25
2002	Stephanie Brown	CP	52-1.25
<b>2003</b>	<b>Stephanie Brown</b>	<b>CP</b>	<b>54-7.25</b>
2004	Laura Sauao	CSUN	51-7.25
2005	Heather Quinn	UCSB	47-7.00
2006	Jere' Summers	CSUN	49-11.75
2007	Amy Haapanen	UCSB	52-3.25
2008	Alisha Misiata	UCI	49-11.25
2009	Julie Dufresne	CP	52-8.75

## JAVELIN

Year	Champion	School	Mark
<b>1984</b>	<b>Joanne Davis</b>	<b>UCSB</b>	<b>176-0.00</b>
1985	Sheila Tarr	UNLV	162-6.25
1986	Juquita Brown	UNLV	173-7.00
1987	Chris Healy	FS	154-10.00
1988	Chris Harris	FS	154-6.00
1989	Karen Weitz	UNLV	151-9.00
1990	Nicole Carroll	FS	169-5.00
1991	Danene Bitter	FS	163-1.00
1992	Lori Walker	NMSU	135-10.00
1993	Lori Walker	NMSU	143-11.00
1994	Brandie Ellsworth	NMSU	137-3.00
1995	Brandie Ellsworth	NMSU	146-5.00
1996	Kim Lutz	USU	145-7.00
1997	Casey Fischer	BSU	167-5.00
1998	Valerie Fleming	UCSB	146-5.00
1999	Kyla McFarland	UN	154-1.00
2000	Kyla McFarland	UN	151-2.00
2001	Lacy Tannenber	CP	148-6.00
<b>2002</b>	<b>Sammie Freeman</b>	<b>CSUN</b>	<b>162-4.00</b>
2003	Sarah Willette	UI	149-3.00
2004	Ami Goldhammer	LBSU	154-0.00
2005	Kim Heinz	LBSU	150-11
2006	Kim Heinz	LBSU	158-09
2007	Alex Shaw	LBSU	160-06
2008	Alex Shaw	LBSU	160-04
2009	Katie Robbins	CP	146-02

## HAMMER

Year	Champion	School	Mark
1996	Wendy Egbert	USU	180-1.00
1997	Dawn Smith	USU	162-11.00
1998	Erin Hartvigsen	USU	182-4.00
1999	Charlotte Wahlin	USU	187-2.00
2000	Gloria Butler	BSU	185-2.00
2001	Jessica Owen	USU	173-11.00
2002	Laura Sauao	CSUN	189-5.00
2003	Stephanie Sampson	LBSU	177-3.00
2004	Stephanie Sampson	LBSU	193-5.00
<b>2005</b>	<b>Amy Haapanen</b>	<b>UCSB</b>	<b>194-10</b>
2006	Raquel Sola	CSUN	189-00
2007	Amu Haapanen	UCSB	206-03
2008	Raquel Sola	CSUN	189-07
2009	Chid Onywuanyi	UCD	183-8

## HEPTATHLON

Year	Champion	School	Mark
1985	Stephanie Mundt	UCI	3,353
1986	Marian Nowak	SDSU	4,272

**BOLD** denotes championship meet record

# Men's Track and Field Year-By-Year Championship

## 1970 Team Scores

Host: Fresno State

1. San Jose State	74.00
2. Long Beach State	55.00
3. Fresno State	54.00
4. San Diego State	52.00
5. Cal State LA	46.00
6. Pacific	24.00
7. UC Santa Barbara	10.00

## 1971 Team Scores

Host: San Diego State

1. Long Beach State	82.00
2. San Jose State	75.00
3. San Diego State	60.00
4. Cal State LA	42.00
5. UC Santa Barbara	29.00
6. Fresno State	26.00
7. Pacific	0.00

## 1972 Team Scores

Host: San Jose State

1. Long Beach State	151.00
2. San Jose State	86.00
3. San Diego State	72.00
4. UC Santa Barbara	57.00
5. Cal State LA	50.00
6. Fresno State	29.00
7. Pacific	8.00

## 1973 Team Scores

Host: UC Santa Barbara

1. San Jose State	152.50
2. Long Beach State	113.00
3. Fresno State	70.00
4. Cal State LA	38.00
5. UC Santa Barbara	37.50
6. San Diego State	37.00
7. Pacific	15.00

## 1974 Team Scores

Host: Fresno State

1. San Jose State	143.00
2. Fresno State	101.00
3. Long Beach State	98.00
4. San Diego State	77.00
5. UC Santa Barbara	31.00

## 1975 Team Scores

Host: San Jose State

1. San Jose State	108.50
2. Long Beach State	90.50
3. Fresno State	61.00
4. San Diego State	50.00
5. Cal State Fullerton	24.00

## 1976 Team Scores

Host: Long Beach State

1. Long Beach State	112.50
2. San Jose State	100.00
3. San Diego State	59.50
4. Fresno State	53.00

## 1977 Team Scores

Host: UC Santa Barbara

1. San Jose State	114.50
2. Long Beach State	95.50
3. San Diego State	54.00
4. Fresno State	49.00
5. Utah State	16.00
6. UC Santa Barbara	0.00

## 1978 Team Scores

Host: Fresno State

1. UC Irvine	89.00
2. Long Beach State	76.50
3. San Jose State	70.00
4. San Diego State	42.00
5. Fresno State	26.50
6. UC Santa Barbara	16.00
7. Utah State	13.00

## 1979 Team Scores

Host: San Jose State

1. UC Irvine	114.00
2. San Jose State	86.00
3. Long Beach State	43.00
4. Utah State	34.00
5. Fresno State	30.00
6. UC Santa Barbara	27.00

## 1980 Team Scores

Host: UC Irvine

1. San Jose State	86.00
2. Long Beach State	65.00
3. Fresno State	59.00
4. UC Santa Barbara	52.00
5. UC Irvine	51.00
6. Utah State	21.00

## 1981 Team Scores

Host: Long Beach State

1. San Jose State	88.00
2. UC Irvine	78.00
3. Fresno State	64.00
4. Long Beach State	52.00
5. Utah State	38.00
6. UC Santa Barbara	16.00
7. Cal State Fullerton	0.00

## 1982 Team Scores

Host: Utah State

1. San Jose State	105.50
2. UC Irvine	87.50
3. Fresno State	59.50
4. Utah State	35.50
5. Long Beach State	31.00
6. UC Santa Barbara	16.00
7. Cal State Fullerton	1.00

## 1983 Team Scores

Host: UC Santa Barbara

1. Fresno State	185.00
2. UC Irvine	157.00
3. Long Beach State	119.00
San Jose State	119.00
5. Utah State	49.00
6. UC Santa Barbara	18.00
7. Cal State Fullerton	0.00

## 1984 Team Scores

Host: Fresno State

1. Fresno State	193.00
2. San Jose State	147.00
3. Long Beach State	88.00
4. Utah State	59.00
5. UC Santa Barbara	21.00
6. New Mexico State	14.00
7. UC Irvine	0.00

## 1985 Team Scores

Host: UC Irvine

1. Fresno State	207.50
2. San Jose State	157.00
3. Utah State	103.00
4. UC Santa Barbara	90.00
5. Long Beach State	57.50
6. New Mexico State	25.00
7. UC Irvine*	0.00

\* UCI forfeited all team points due to use of an ineligible athlete.

## 1986 Team Scores

Host: Fresno State

1. Fresno State	230.00
2. UC Irvine	102.00
3. Long Beach State	98.00
4. San Jose State	76.00
5. UC Santa Barbara	68.00
6. Utah State	50.00
7. New Mexico State	24.00

## 1987 Team Scores

Host: UC Irvine

1. Fresno State	209.00
2. UC Irvine	162.00
3. UC Santa Barbara	84.00
4. San Jose State	66.00
5. Utah State	49.00
Long Beach State	49.00
7. New Mexico State	28.00

## 1988 Team Scores

Host: Utah State

1. Fresno State	243.00
2. UC Irvine	163.00
3. Long Beach State	88.00
4. Utah State	57.00
5. San Jose State	46.00
6. UC Santa Barbara	44.00
7. New Mexico State	15.00

## 1989 Team Scores

Host: Long Beach State

1. Fresno State	207.00
2. UC Irvine	122.00
3. Long Beach State	120.00
4. Utah State	94.00
5. UC Santa Barbara	76.00
6. New Mexico State	20.00
7. Cal State Fullerton	11.00

## 1990 Team Scores

Host: UNLV

1. Fresno State	202.00
2. Long Beach State	120.00
3. Utah State	116.00
4. UC Irvine	88.00
5. UC Santa Barbara	69.00
6. New Mexico State	35.00
7. Cal State Fullerton	18.00

## 1991 Team Scores

Host: UC Irvine

1. Fresno State	184.00
2. UC Irvine	142.00
3. Long Beach State	110.00
4. Utah State	109.00
5. UC Santa Barbara	63.00
6. Cal State Fullerton	25.00
7. New Mexico State	18.00

# Men's Track and Field Year-By-Year Championship

## 1992 Team Scores

### Host: Fresno State

1. Fresno State	227.50
2. UC Irvine	151.00
3. Utah State	106.50
4. Long Beach State	49.00
5. UC Santa Barbara	43.00
6. Cal State Fullerton	39.00
7. New Mexico State	34.00

## 1993 Team Scores

### Host: UC Irvine

1. Nevada	230.00
2. Utah State	196.00
3. UC Santa Barbara	85.50
4. Long Beach State	46.00
5. UC Irvine	43.50
6. New Mexico State	27.00
7. Cal State Fullerton	22.00

## 1994 Team Scores

### Host: New Mexico State

1. Utah State	209.00
2. Nevada	166.50
3. New Mexico State	93.00
4. UC Santa Barbara	50.50
5. Long Beach State	47.00
6. Cal State Fullerton	45.00
7. UC Irvine	40.00

## 1995 Team Scores

### Host: Long Beach State

1. Utah State	208.00
2. Long Beach State	157.00
3. UC Santa Barbara	101.00
4. Cal State Fullerton	66.00
5. New Mexico State	60.00
6. UC Irvine	57.00

## 1996 Team Scores

### Host: Utah State

1. Utah State	235.00
2. Long Beach State	149.00
3. UC Santa Barbara	90.00
New Mexico State	90.00
5. UC Irvine	61.00
6. Cal State Fullerton	26.00

## 1997 Team Scores

### Host: UC Irvine

1. Idaho	193.00
2. Utah State	158.50
3. Cal Poly	128.50
4. Boise State	75.00
5. Long Beach State	67.00
6. UC Santa Barbara	59.50
7. North Texas	51.50
8. UC Irvine	33.00
9. Cal State Fullerton	30.00
10. New Mexico State	20.00

## 1998 Team Scores

### Host: Boise State

1. Utah State	182.50
2. Idaho	160.00
3. Cal Poly	127.00
4. Boise State	121.00
5. Long Beach State	57.50
6. UC Santa Barbara	42.00
7. UC Irvine	36.50
8. New Mexico State	36.00
9. Cal State Fullerton	25.50
10. North Texas	22.00

## 1999 Team Scores

### Host: Cal State Fullerton

1. Utah State	199.33
2. Cal Poly	127.00
3. Idaho	111.50
4. Boise State	107.00
5. North Texas	97.50
6. Long Beach State	88.33
7. Cal State Fullerton	53.00
8. UC Santa Barbara	21.00
9. UC Irvine	18.33

## 2000 Team Scores

### Host: Idaho

1. Idaho	171.5
2. Cal Poly	155.5
3. Utah State	149.5
4. Boise State	95.0
5. UC Santa Barbara	85.0
6. Cal State Fullerton	79.5
7. Long Beach State	70.5
8. UC Irvine	12.5

## 2001 Team Scores

### Host: Long Beach State

1. Idaho	201
2. Utah State	173
3. Cal Poly	164
4. Cal State Fullerton	90
5. UC Santa Barbara	79
6. Long Beach State	58
7. UC Irvine	24
Boise State	24

## 2002 Team Scores

### Host: UC Irvine

1. Utah State	180
2. Cal Poly	135
3. Idaho	121
4. Cal State Northridge	95
5. Long Beach State	94
6. UC Santa Barbara	87
7. Cal State Fullerton	63
8. UC Riverside	29
9. UC Irvine	14

## 2003 Team Scores

### Host: Cal State Northridge

1. Utah State	152.5
2. Cal State Northridge	151.5
3. Cal Poly	143
4. Idaho	91
5. Long Beach State	81
6. UC Santa Barbara	77
7. Cal State Fullerton	61
8. UC Irvine	46.5
9. UC Riverside	13.5

## 2004 Team Scores

### Host: UC Irvine

1. Cal State Northridge	157
2. Cal Poly	143
3. Idaho	116
4. UC Santa Barbara	109.3
5. Long Beach State	85
6. UC Irvine	83.8
7. Utah State	83.3
8. Cal State Fullerton	28
9. UC Riverside	12.5

## 2005 Team Scores

### Host: UC Irvine

1. Cal State Northridge	142.50
2. Cal Poly	135
3. UC Santa Barbara	112.50
4. Idaho	103
5. Utah State	100
6. Long Beach State	87.50
7. UC Irvine	87
8. UC Riverside	23.50
9. Cal State Fullerton	23

## 2006 Team Scores

### Host: Cal State Northridge

1. Long Beach State	195.5
2. Cal Poly	160.5
3. Cal State Fullerton	116.5
4. UC Santa Barbara	114.5
Cal State Northridge	114.5
6. UC Irvine	79.5
7. UC Riverside	31

## 2007 Team Scores

### Host: Cal State Northridge

1. Cal State Northridge	165
2. UC Santa Barbara	162.5
3. Cal Poly	149
4. Long Beach State	129
5. Cal State Fullerton	115
6. UC Irvine	96
7. UC Riverside	21.5

## 2008 Team Scores

### Host: Cal State Northridge

1. Long Beach State	185
2. Cal State Northridge	159
3. Cal Poly	116
4. UC Santa Barbara	91.5
5. UC Irvine	83
6. Cal State Fullerton	77.5
7. UC Davis	70
8. UC Riverside	36

## 2009 Team Scores

### Host: UC Irvine

1. Cal State Northridge	176.5
2. UC Davis	136.5
3. Cal Poly	121.5
4. Long Beach State	109
5. UC Santa Barbara	89
6. UC Riverside	63.5
7. UC Irvine	62.5
8. Cal State Fullerton	58.5

### Most Team Championships

Fresno State	10
San Jose State	8
Utah State	7
<b>Long Beach State</b>	<b>5</b>
Idaho	3
<b>UC Irvine</b>	<b>2</b>
<b>Cal State Northridge</b>	<b>3</b>
Nevada	1

*Bold denotes active member*

# Men's Track and Field Individual Champions

## 100 METERS

Year	Champion	School	Time
1970	Kirk Clayton	SJSU	9.40-y
1971	Nii Addo Allotey	CSLA	9.60-y
1972	Ted Whitley	SJSU	9.60-y
1973	Vince Breddehl	SJSU	9.70-y
1974	Steve Williams	SDSU	9.45-y
1975	Ron Whitaker	SJSU	9.60-y
1976	Harold Williams	SDSU	10.40
1977	Jeff Williams	LBSU	10.60
1978	LaMonte King	UCI	10.46
1979	LaMonte King	UCI	10.00-wa
1980	Ken Thomas	SJSU	10.36
1981	Ken Thomas	SJSU	10.52
1982	Ken Thomas	SJSU	10.66
1983	Terry Neely	FS	10.61
1984	Terry Neely	FS	10.47
1985	Rick Jones	FS	10.49
1986	Rick Jones	FS	10.37
1987	Rick Jones	FS	10.39
1988	Anthony Barnes	FS	10.20-wa
1989	Anthony Barnes	FS	10.70
1990	Ron McCree	FS	11.08
1991	James Stallworth	FS	10.53
1992	Bode Osagiobare	USU	10.47
1993	Bode Osagiobare	USU	10.39
1994	Mike Harvey	NMSU	10.58
1995	Jaime Barragan	LBSU	10.45
1996	Brandon Thomas	LBSU	10.53
1997	Kaaron Conwright	CP	10.41
1998	Kaaron Conwright	CP	10.32
1999	Kaaron Conwright	CP	10.20
2000	Kaaron Conwright	CP	10.12
2001	Nikela Ndebele	UI	10.39
2002	Nikela Ndebele	UI	10.49
2003	Rashaad Allen	CSUN	10.32
2004	Hung Nguyen	CSUN	10.61
2005	Travis Morse	CP	10.53
2006	Anthony Brown	CSF	10.50
2007	Brent Gray	LBSU	10.42
2008	Brent Gray	LBSU	10.42
2009	DeShawn Waters	CSUN	10.53

## 200 METERS

Year	Champion	School	Time
1970	Nii Addo Allotey	CSLA	20.7-y
1971	Nii Addo Allotey	CSLA	20.8-y
1972	Royce Ford	LBSU	21.4-y
1973	Vince Breddehl	SJSU	21.6-y
1974	Harold Williams	SDSU	20.8
1975	Ron Whitaker	SJSU	20.8-y
1976	Harold Williams	SDSU	20.80
1977	Mark Carley	FS	21.20
1978	LaMonte King	UCI	20.61
1979	LaMonte King	UCI	20.00
1980	Tim Foster	SJSU	21.16
1981	Eddie Carey	UCI	21.29
1982	Eddie Carey	UCI	20.90
1983	Jim Wilson	LBSU	21.50
1984	Sam Chance	FS	21.07
1985	Craig Armstrong	SJSU	21.06
1986	Dino Romanelli	LBSU	21.03
1987	Anthony Ford	LBSU	20.97
1988	Anthony Barnes	FS	20.64
1989	Terrance Riley	LBSU	21.22
1990	Terrance Riley	LBSU	21.81
1991	Sonny Reynolds	UCI	21.21
1992	Bode Osagiobare	USU	20.98
1993	Bode Osagiobare	USU	20.89
1994	Shante Williams	UN	21.62
1995	Jaime Barragan	LBSU	21.02
1996	Jacob Glickman	LBSU	21.06
1997	Tawanda Chiwira	UI	20.96
1998	Kaaron Conwright	CP	20.83
1999	Corey Nelson	BSU	20.65
2000	Kaaron Conwright	CP	20.56
2001	Anthony Stewart	USU	21.21
2002	Nikela Ndebele	UI	21.46
2003	Hung Nguyen	CSUN	21.26
2004	Pat Ray	UI	21.17
2005	Pat Ray	UI	21.25
2006	Marques Barosso	CSF	21.41
2007	Brent Gray	LBSU	20.70
2008	Brent Gray	LBSU	20.58
2009	DeShawn Waters	CSUN	21.45

## 400 METERS

Year	Champion	School	Time
1970	Clarence Palmer	LBSU	46.7-y
1971	Elmo Dess	SJSU	47.1-y
1972	Wayne Snyder	UCSB	47.9-y
1973	Tom Sprink	SJSU	47.1-y
1974	Steve Campbell	FS	48.29-y
1975	Albert Shorts	LBSU	46.7-y
1976	Steve Campbell	FS	46.2
1977	Steve Campbell	FS	46.0
1978	Hubert Beasley	LBSU	45.8
1979	Tony Thompson	LBSU	46.9
1980	Tony Wells	UCI	47.17
1981	Tony Wells	UCI	46.65
1982	Eddie Carey	UCI	46.51
1983	Frank Robinson	SJSU	46.06
1984	Larry Walker	FS	46.72
1985	Craig Armstrong	SJSU	46.47
1986	James Cooper	SJSU	46.95
1987	Larry Walker	FS	46.71
1988	Demetrius Carter	SJSU	46.44

1989	Terrance Riley	LBSU	47.15
1990	Otis Dixon	LBSU	46.63
1991	Dustin James	UCI	47.03
1992	Dustin James	UCI	46.02
1993	Troy Johnson	USU	46.38
1994	Shante Williams	UN	47.10
1995	Don Oliver	UCSB	46.83
1996	Lewis Young	LBSU	47.47
1997	Tawanda Chiwira	UI	46.22
1998	Adekunle Adejuyigbe	UI	46.09
1999	Corey Nelson	BSU	45.36
2000	Tawanda Chiwira	UI	46.80
2001	Kashus Perona	LBSU	46.81
2002	Tyrone Ward	CP	47.18
2003	Tyrone Ward	CP	46.57
2004	Nohel Corral	UCSB	47.62
2005	Charles Lewis	LBSU	47.63
2006	Charles Lewis	LBSU	46.62
2007	Chris Epstein	CSF	47.05
2008	Dayne Comrie	UCI	46.28
2009	Thomas Phillips	UCD	47.05

## 800 METERS

Year	Champion	School	Time
1970	Neville Myton	SJSU	1:50.90-y
1971	Lee Marshall	SJSU	1:52.30-y
1972	Jay Larking	SDSU	1:51.00-y
1973	Mark Schilling	SJSU	1:50.60-y
1974	Mark Schilling	SJSU	1:52.55-y
1975	Tim Bryan	CSF	1:49.50-y
1976	Oddie Huffman	SDSU	1:51.00
1977	Mark Schilling	SJSU	1:46.80
1978	Mark Schilling	SJSU	1:46.80
1979	Thomas Frazier	UCI	1:49.43
1980	Brian Foley	FS	1:51.10
1981	Ron Arnold	FS	1:51.94
1982	Steve Kirchoff	UCI	1:50.21
1983	San Ceasar	LBSU	1:48.41
1984	Jack Armour	FS	1:50.09
1985	Jack Armour	FS	1:49.62
1986	Jeff Roberson	FS	1:51.04
1987	Scott Baker	UCSB	1:52.63
1988	Rob Brower	UCI	1:50.80
1989	Marc Goulet	UCI	1:50.67
1990	John Neubert	UCSB	1:51.91
1991	Scott Butterfield	USU	1:52.00
1992	Joe Amendt	FS	1:51.90
1993	Aaron Samansky	UN	1:52.74
1994	Brandon Rock	UN	1:52.71
1995	Adrian Garcia	UCSB	1:54.01
1996	Matt Stowell	USU	1:50.58
1997	Shane O'Brien	UI	1:49.81
1998	Derek Klinge	UI	1:50.94
1999	Mike Murray	UCI	1:51.06
2000	David Ulibarri	CP	1:50.77
2001	Darrell Tozier	UCI	1:51.92
2002	Ben Armel	UCSB	1:49.03
2003	Darrell Tozier	UCI	1:51.75
2004	Ben Armel	UCSB	1:50.61
2005	Ben Armel	UCSB	1:51.10
2006	Mario Cobian	LBSU	1:50.79
2007	Tetlo Emmen	UCSB	1:48.92
2008	Pedro Ramos	UCR	1:51.39
2009	Ryan Martin	UCSB	1:49.85

## 1,500 METERS

Year	Champion	School	Time
1970	Bob Messina	SDSU	4:03.30-1mi
1971	John Dean	CSLA	4:06.30-1mi
1972	John Dean	CSLA	4:11.30-1mi
1973	Mark Schilling	SJSU	4:06.90-1mi
1974	Mark Schilling	SJSU	4:14.90-1mi
1975	Mark Schilling	SJSU	3:39.90-1mi
1976	Russ Nahirny	SJSU	3:49.90
1977	Mark Schilling	SJSU	3:45.80
1978	Steve Scott	UCI	3:43.55
1979	Russ Nahirny	SJSU	3:49.90
1980	Brian Foley	FS	3:47.40
1981	Joe Young	UCI	3:47.79
1982	Tom Hussey	SJSU	3:52.58
1983	Mark Ruelas	UCI	3:44.85
1984	Mark Ruelas	UCI	3:44.06
1985	Gary Lewis	FS	3:47.00
1986	Ralph Giribaldi	UCI	3:50.46
1987	Marc Goulet	UCI	3:50.25
1988	Ernie Freer	FS	3:54.76
1989	Marc Goulet	UCI	3:47.40
1990	Rod Heskett	FS	3:53.95
1991	Jamey Harris	FS	3:48.05
1992	Jamey Harris	FS	3:52.38
1993	Damien Capozzola	UCSB	3:50.15
1994	Muchapiwa Mazano	USU	3:51.11
1995	J'Dee Wilson	USU	3:51.14
1996	Shane Bingham	USU	3:51.37
1997	Shane Bingham	USU	3:49.05
1998	Shane Bingham	USU	3:48.88
1999	Sean Phillips	CP	3:46.46
2000	Larry Henderson	LBSU	3:55.07
2001	Brick Bergeson	USU	3:48.43
2002	Mike Nielson	USU	3:50.21
2003	Bryon Lamorandier	UCSB	3:52.12
2004	Ryan Moorcroft	CP	3:45.32
2005	Ryan Moorcroft	CP	3:45.48
2006	Phil Reid	CP	3:50.81
2007	Phillip Reich	CP	3:42.54
2008	Joe Gatel	CP	3:47.93

2009	Derek Thomas	CP	3:46.19
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## 5,000 METERS

Year	Champion	School	Time
1970	Charlie Winsor	SDSU	14:02.70-3mi
1971	Otis Martin	SDSU	13:59.00-3mi
1972	Mark Evans	SJSU	13:55.80-3mi
1973	John Dean	CSLA	13:51.00-3mi
1974	Marc Genet	SJSU	14:03.21-3mi
1975	Jim Sweeney	LBSU	14:05.20-3mi
1976	Dan Gruber	SJSU	14:24.00
1977	Dan Gruber	SJSU	14:11.20
1978	Ed Ahlmeier	UCI	14:06.06
1979	Dave Daniels	UCI	14:39.40
1980	Mike LeBold	UCSB	14:37.10
1981	Tarald Lindvigsmoen	USU	14:20.47
1982	Simon Killili	SJSU	14:53.44
1983	Scott Mayfield	FS	14:14.30
1984	Glenn Lee	SJSU	14:30.44
1985	Peter Brett	FS	14:03.92
1986	Ralph Giribaldi	UCI	14:29.88
1987	Gus Quinonez	UCI	14:25.94
1988	Gus Quinonez	UCI	15:00.27
1989	Pete Vicencio	UCI	14:31.34
1990	Aaron Mascorro	UCI	14:22.24
1991	Michael Dear	USU	14:40.21
1992	Brian Hild	UCI	15:05.38
1993	Steve Frisone	CSF	14:41.93
1994	Muchapiwa Mazano	USU	14:41.54
1995	Dave Cullum	UCSB	14:49.12
1996	Mike Davidson	USU	15:01.63
1997	Cormac Smith	BSU	14:13.75
1998	Darren Holman	CP	14:53.27
1999	Paul Ndachi	UNT	14:42.13
2000	David Beals	CP	14:56.05
2001	Paulo Carvalho	CP	14:26.67
2002	Mike Nielson	USU	14:41.72
2003	Jan Eitel	UI	14:30.16
2004	Chris White	UCSB	14:33.41
2005	Ben Bruce	CP	14:32.79
2006	Luke Llamas	CP	14:45.39
2007	J.D. Krawczyk	UCSB	14:37.52
2008	Chris Ashley	UCSB	14:49.90
2009	Chad Hall	UCR	14:26.59

## 10,000 METERS

Year	Champion	School	Time
1970	Gary Hansen	SJSU	30:08.6-6mi
1971	Otis Martin	SDSU	30:52.0-6mi
1972	Ron Pryor	LBSU	30:01.6-6mi
1973	Ron Pryor	LBSU	29:05.4-6mi
1974	Tom Razzeto	UCSB	30:08.36-6mi
1975	Thomas Rodriguez	LBSU	29:05.40
1976	Dan Gruber	SJSU	29:55.00
1977	Dan Gruber	SJSU	30:30.40
1978	Ralph Serna	UCI	30:13.06
1979	Don Moses	UCI	32:11.40
1980	Dan Caprioglio	UCSB	30:49.90
1981	Dan Harvey	SJSU	30:13.50
1982	John Gerhardt	UCI	31:29.81
1983	Scott Mayfield	FS	30:32.90
1984	Erik Vedeler	NMSU	31:17.40
1985	Dan Gonzalez	SJSU	30:31.70
1986	Gus Quinonez	UCI	30:36.86
1987	Gus Quinonez	UCI	29:51.60
1988	Gus Quinonez	UCI	31:34.11
1989	Eric Ree	LBSU	31:02.29
1990	Aaron Mascorro	UCI	31:08.29
1991	Deron Scott	USU	30:23.22
1992	Jeff Cook	UCI	31:53.02
1993	Jason Heideaman	USU	31:11.31
1994	Muchapiwa Mazano	USU	30:49.23
1995	Toby Conley	USU	31:19.54
1996	Toby Conley	USU	31:34.57
1997	Brad Glosser	UCSB	30:25.24
1998	Shawn Frack	UCI	31:35.3-h
1999	Avery Blackwell	CP	31:22.52
2000	Josh Horton	UCSB	31:02.40
2001	Paulo Carvalho	CP	30:01.80
2002	Josh Horton	UCSB	30:28.24
2003	Steve Prescott	USU	30:58.74
2004	Jeff Porto	CP	30:36.48
2005	David Danley	USU	30:35.25
2006	Micah Tyhurst	UCSB	30:54.91
2007	Troy Swier	CP	30:15.66
2008	Chris Ashley	UCSB	31:21.93
2009	Ulises Pina	UCR	

# Men's Track and Field Individual Champions

1987	Boyd Prince	USU	8:56.26
1988	Sal Rodriguez	FS	9:16.54
1989	Pete Vicencio	UCI	9:02.26
1990	Brett Hill	USU	8:56.10
1991	Greg Collier	USU	9:00.49
1992	Mike Tansley	CSF	9:11.58
1993	Mike Davidson	USU	9:10.46
1994	Mike Tansley	CSF	9:21.30
1995	Dave Cullum	UCSB	9:14.05
1996	Forest Quinlan	UCSB	9:29.77
1997	Frank Bruder	UI	8:44.49
1998	Travis Armstrong	BSU	9:04.00-h
1999	Travis Armstrong	BSU	8:54.30-h
2000	Josh Muxen	UI	9:17.61
2001	Jan Eitel	UI	8:56.73
2002	Ryan Jensen	UI	9:02.12
2003	Jan Eitel	UI	8:50.97
2004	Jan Eitel	UI	8:59.25
2005	<b>Ben Bruce</b>	<b>CP</b>	<b>8:42.11</b>
2006	Luke Llamas	CP	9:03.07
2007	Mike Chavez	UCSB	8:58.80
2008	Mike Powers	UCSB	9:05.08
2009	Russ Pfaff	UCD	9:00.59

## 110 METER HURDLES

Year	Champion	School	Time
1970	George Carty	SJSU	13.90-y
1971	George Carty	SJSU	13.90-y
1972	Dave Smith	LBSU	14.20-y
1973	Milt Whitley	SJSU	14.30-y
1974	Greg Tinnin	SJSU	14.35-y
1975	Pete Auston	SJSU	14.90-y
1976	<b>Dedy Cooper</b>	<b>SJSU</b>	<b>13.60</b>
1977	Dedy Cooper	SJSU	13.90
1978	Dedy Cooper	SJSU	13.97
1979	Greg Veatch	UCI	13.80
1980	Larry Blake	LBSU	14.46
1981	Will Patterson	SJSU	14.03
1982	Stan Longino	UCI	14.38
1983	Frank Williamson	FS	14.08
1984	Elliot White	UCSB	13.85
1985	Robert Thompson	UCSB	14.50
1986	Elliott White	UCSB	14.11
1987	Richard Hill	UCI	14.55
1988	Richard Hill	UCI	14.51-wa
1989	Jason Munoz	UCSB	14.41
1990	Richard Holmes	FS	14.78
1991	Derek Pye	LBSU	14.25
1992	Doug Conner	LBSU	14.23
1993	Sherman Morris	UN	14.22
1994	Matt Fuller	USU	14.54
1995	Matt Fuller	USU	14.48
1996	BrookS Gibbons	USU	14.32
1997	BrookS Gibbons	USU	14.28
1998	Corey Murdock	USU	14.33
1999	Corey Murdock	USU	14.18
2000	Damion Jackson	CSF	14.12
2001	Brett Guymon	USU	14.30
2002	Brett Guymon	USU	14.12
2003	Hugh Henry	UI	14.06wa
2004	Anthony Brown	UI	14.17
2005	Anthony Brown	CSUN	14.05
2006	Anthony Brown	CSUN	14.13
2007	Thomas Ross	CSUN	13.98
2008	Thomas Ross	CSUN	13.77
2009	Jazz Trice	UCD	13.85

## 400 METER HURDLES

Year	Champion	School	Time
1970	Wes Williams	SDSU	51.4-y
1971	Dennis Ruby	LBSU	51.70-y
1972	Dennis Ruby	LBSU	51.70-y
1973	Garry Greene	SDSU	52.90-y
1974	Garry Greene	SDSU	52.48-y
1975	Quentin Wheeler	SDSU	50.80-y
1976	Quentin Wheeler	SDSU	49.40-y
1977	Rhan Sheffield	SDSU	51.00
1978	Tony Hicks	SDSU	51.60
1979	Don Finley	SJSU	50.90
1980	Scott Walker	USU	52.70
1981	Scott Walker	USU	51.31
1982	<b>Bernie Holloway</b>	<b>SJSU</b>	<b>49.30</b>
1983	Bernie Holloway	SJSU	49.36
1984	Frank Williamson	FS	51.04
1985	Roger Pernzee	FS	53.45
1986	Oswaldo Zea	LBSU	51.43
1987	Tyrone McCullough	LBSU	51.63
1988	Tyrone McCullough	LBSU	51.96
1989	Kyle Jensen	USU	51.61
1990	Jim Sarabia	NMSU	52.42
1991	Derek Pye	LBSU	51.99
1992	Tim Price	USU	52.30
1993	Chris Redmond	UN	52.61
1994	David Mayeda	UCI	51.09
1995	David Mayeda	UCI	52.35
1996	Brook Gibbons	USU	52.28
1997	Corey Murdock	USU	50.87
1998	Corey Murdock	USU	51.13
1999	Corey Murdock	USU	50.76
2000	Brett Guymon	USU	51.29
2001	Brett Guymon	USU	50.68
2002	Brett Guymon	USU	50:83
2003	Nick Seedall	USU	52.05
2004	Traci Session	CP	52.30
2005	James Fredrickson	CSUN	52.43
2006	Dayne Comrie	UCI	51.99
2007	Roberto Archibold	CSF	52.29

2008	Roberto Archibold	CSF	51.66
2009	Alex Wilwright	UCD	50.82

## 4x100 METER RELAY

Year	School	Time
1970	Long Beach State	40.70-y
1971	Cal State LA	40.70-y
1972	Long Beach State	40.80-y
1973	San Jose State	41.30-y
1974	San Jose State	41.40-y
1975	San Jose State	40.90-y
1976	Cal State LA	40.20
1977	Long Beach State	40.20
1978	Long Beach State	39.90
1979	UC Irvine	40.50
1980	San Jose State	39.92
1981	San Jose State	40.13
1982	San Jose State	40.27
1983	Fresno State	40.50
1984	UC Irvine	40.22
1985	San Jose State	40.23
1986	Fresno State	40.18
1987	Fresno State	40.90
1988	Fresno State	40:53
1989	Long Beach State	40:63
1990	Long Beach State	40.11
1991	UC Irvine	40.89
1992	Fresno State	40.50
1993	Utah State	40.44
1994	Nevada	40.60
1995	Long Beach State	40.52
1996	Long Beach State	41.01
1997	Idaho	40.08
1998	Cal Poly	40.86
1999	<b>North Texas</b>	<b>39.50</b>
2000	Idaho	40.30
2001	Idaho	40.61
2002	Idaho	40.36
2003	Cal State Northridge	40.06
2004	Cal Poly	40.06
2005	Utah State	40.58
2006	Cal State Northridge	40.60
2007	Cal State Northridge	40.17
2008	Long Beach State	39.66
2009	Cal State Northridge	40.55

## 4x400 METER RELAY

Year	School	Time
1970	San Jose State	3:10.90
1971	Long Beach State	3:11.00
1972	Long Beach State	3:12.60
1973	San Jose State	3:12.50
1974	San Diego State	3:17.95
1975	San Diego State	3:12.00
1976	San Diego State	3:11.70
1977	Long Beach State	3:08.70
1978	Long Beach State	3:08.50
1979	UC Irvine	3:12.80
1980	UC Irvine	3:13.20
1981	UC Irvine	3:08.48
1982	San Jose State	3:09.34
1983	<b>San Jose State</b>	<b>3:07.43</b>
1984	Fresno State	3:10.51
1985	Fresno State	3:10.90
1986	Long Beach State	3:08.86
1987	UC Santa Barbara	3:11.24
1988	Fresno State	3:12.21
1989	Long Beach State	3:13.46
1990	Long Beach State	3:15.00
1991	UC Irvine	3:12.97
1992	UC Irvine	3:14.35
1993	Utah State	3:09.84
1994	Utah State	3:10.49
1995	Long Beach State	3:13.82
1996	Long Beach State	3:12.92
1997	Idaho	3:07.65
1998	Utah State	3:09.64
1999	Long Beach State	3:07.91
2000	Cal State Fullerton	3:12.69
2001	Cal State Fullerton	3:11.43
2002	Cal State Fullerton	3:11.72
2003	Cal State Northridge	3:12.57
2004	Idaho	3:10.53
2005	UC Santa Barbara	3:11.93
2006	Long Beach State	3:12.58
2007	Long Beach State	3:12.43
2008	Long Beach State	3:08.64
2009	UC Irvine	3:10.22

## HIGH JUMP

Year	Champion	School	Mark
1970	Jerma Vesala	CSLA	6-9.00
1971	Jerry Culp	SDSU	6-11.00
1972	Bill Crawford	SJSU	6-8.25
1973	Dave Curtis	SJSU	6-8.00
1974	Ron Livers	SJSU	6-10.00
1975	Ron Livers	SJSU	7-2.00
1976	Dwight Stones	LBSU	7-2.63
1977	Ron Livers	SJSU	6-10.00
1978	Sly Pritchett	SJSU	7-1.00
1979	Calvin Pasket	USU	7-1.50
1980	Thurlis Gibbs	SJSU	7-1.75
1981	Phil Chapman	UCI	7-0.00
1982	Mel Baker	LBSU	7-2.25
1983	Mel Baker	LBSU	7-1.50
1984	Mike Powell	UCI	6-10.75
1985	John Wagoner	UCI	6-10.00

1986	Doug Dreibelbis	UCSB	6-11.75
1987	Doug Dreibelbis	UCSB	7-0.25
1988	Bill Hepworth	FS	6-11.75
1989	Derrick Moore	FS	6-11.75
1990	Colman Conroy	UCSB	7-0.25
1991	Colman Conroy	UCSB	7-3.00
1992	Colman Conroy	UCSB	7-0.50
1993	Ed Barnett	LBSU	6-8.75
1994	Todd Kelly	UN	7-0.00
1995	Lance Thurston	USU	6-8.75
1996	Eli Gladden	UCSB	6-6.75
1997	Matt Hurd	CP	6-10.75
1998	Mitch Naber	CP	7-0.50
1999	Mike Cosgrave	USU	6-9.75
2000	Dave Hoffman	USU	7-1
2001	<b>Brandon Campbell</b>	<b>CSF</b>	<b>7-4.50</b>
2002	Brandon Campbell	CSF	7-2.50
2003	Alex Marbley	CSUN	7-1.75
2004	John Temidara	LBSU	7-3.00
2005	Alex Marbley	CSUN	7-1.00
2006	John Temidara	LBSU	6-11.75
2007	Julian Eison	UCI	6-10.75
2008	Johnathan Golden	CSF	6-10.75
2009	Laron Brown	CSF	6-10.75

## LONG JUMP

Year	Champion	School	Mark
1970	Arnie Robinson	SDSU	25-3.50
1971	Arnie Robinson	SDSU	25-5.25
1972	Terry Metcalf	LBSU	25-2.75
1973	Terry Metcalf	LBSU	24-5.25
1974	Curtis Davis	SJSU	24-4.75
1975	Curtis Davis	SJSU	25-5.25
1976	Dan Carter	SJSU	25-7.00
1977	Greg McGee	LBSU	24-6.50
1978	LaMonte King	UCI	26-6.50
1979	<b>LaMonte King</b>	<b>UCI</b>	<b>26-11.75</b>
1980	Mike Corrin	UCI	24-2.25
1981	Essodina Atchade	SJSU	24-11.50
1982	Essodina Atchade	SJSU	25-0.00
1983	George Gaffney	FS	25-8.00
1984	George Gaffney	FS	26-3.70
1985	Paul Jones	USU	24-2.25
1986	Ken Fraizer	FS	24-11.25
1987	Ken Fraizer	FS	24-5.25
1988	Billy Coleman	FS	25-6.25
1989	Billy Coleman	FS	23-11.75
1990	Erin Sullivan	USU	24-5.25
1991	Khalduin Ruckner	FS	23-3.50
1992	Sam Watson	FS	25-0.00
1993	John Burrell	UN	25-0.50
1994	Sean King	NMSU	24-9.00
1995	Sean King	NMSU	23-2.00
1996	Detric Cofield	LBSU	25-2.00
1997	Niels Kruller	UI	24-7.00
1998	Datric Cofield	LBSU	24-3.50
1999	Brandon Campbell	CSF	25-10.00
2000	Dan Littlefield	CP	24-2.50
2001	Brandon Campbell	CSF	23-5.25
2002	Tyrone Ward	CP	25-6.25
2003	Tyrone Ward	CP	25-0.00
2004	Jason Romero	CSUN	24-6.50
2005	DaShalle Andrews	CSUN	25-3.25
2006	Matt Turner	CSF	24-8.50
2007	Dashalle Andrews	CSUN	25-4.75
2008	Reindell Cole	CSUN	25-02.0
2009	Rolando Felizola	CSUN	24-6.25

## TRIPLE JUMP

Year	Champion	School	Mark
1970	Chris Watkins	CSLA	50-9.50
1971	Arnie Robinson	SDSU	51-0.00
1972	Terry Metcalf	LBSU	49-4.00
1973	Dave Tuckert	LBSU	50-9.50
1974	Ron Livers	SJSU	51-11.20
1975	Ron Livers	SJSU	51-11.70
1976	Enricke Scott	LBSU	51-0.00
1977	Ron Livers	SJSU	53-10.50
1978	<b>Ron Livers</b>	<b>SJSU</b>	<b>54-2.25</b>
1979	Glenn Davis	LBSU	50-3.50
1980	Craig Roberta	SJSU	51-5.00
1981	Henry Ellard	FS	49-11.00
1982	Henry Ellard	FS	52-6.75
1983	Rick Holliday	UCI	51-9.25
1984	Larry Weldon	SJSU	52-3.00
1985	Larry Weldon	SJSU	49-11.00
1986	James Williams	FS	52-11.00
1987	Ken Fraizer	FS	52-11.75
1988	Reggie Jackson	FS	50-6.75
1989	Reggie Jackson	FS	51-6.50
1990	Reggie Jackson	FS	52-11wa
1991	Jesse Henderson	CSF	49-4.50
1992	Reggie Jackson	FS	51-11.75
1993	Bernie Chapman	UN	48-10.25
1994	Hubert McGraw	NMSU	50-5.00
1995	Chris Czerwinski	LBSU	46-1.25
1996	Chris Czerwinski	LBSU	48-1.25
1997	Chris Kwaramba	UI	50-10.75
1998	Chris Kwaramba	UI	52-1.25
1999	Amukela Gwebu	UI	49-6.

# Men's Track and Field Individual Champions

2007	Dashalle Andrews	CSUN	51-7.25
2008	Garrett Myers	CSF	51-8.25
2009	Rolando Felizola	CSUN	51-7.25

## DISCUS

Year	Champion	School	Mark
1970	Gary O'Sullivan	SJSU	169-9.0
1971	Gary O'Sullivan	SJSU	170-4.0
1972	Greg Born	SJSU	171-3.0
1973	Doyle Nelms	FS	165-2.0
1974	Dave Geheradi	SJSU	167-6.0
1975	Dan Gardner	LBSU	185-0.0
1976	Mike Weeks	SJSU	186-3.0
1977	Steve Brown	LBSU	179-11.0
1978	Judd Binley	UCI	180-9.0
1979	Kris Lettow	UCI	191-2.0
1980	Paul Bishop	SJSU	180-11.0
1981	Greg McSeveney	LBSU	198-10.0
1982	Paul Bender	FS	173-11.0
1983	Ken Mills	UCI	183-9.0
1984	Dan Katches	SJSU	182-7.0
1985	Paul Bender	FS	182-3.0
1986	Dan Katches	SJSU	181-1.0
1987	Dan Katches	SJSU	168-9.00
1988	Craig Carter	USU	160-4.50
1989	Craig Carter	USU	168-9.00
1990	Roger Daley	USU	178-6.00
1991	Roger Daley	USU	171-5.00
1992	Roman Slobodynski	UCI	166-4.00
1993	John Richardson	USU	161-10.00
1994	Daniel Taplin	USU	170-7.00
1995	James Parker	USU	165-3.00
1996	Scott Schaley	USU	166-11.00
1997	Jarred Rome	BSU	183-9.00
1998	Jarred Rome	BSU	189-1.00
1999	James Parker	USU	191-4.00
2000	Jarred Rome	BSU	205-5.00
2001	Joachim Olsen	UI	197-6.00
2002	Joachim Olsen	UI	192-7.00
2003	Cory Loebli	LBSU	183-9.00
2004	Tomas Fajardo	CSUN	173-11.00
2005	Russ Winger	UI	188-09
2006	Ed Cornell	LBSU	183-02
2007	Rob Jennings	LBSU	187-04
2008	Derek Cooper	CSUN	179-00
2009	Derek Cooper	CSUN	171-07

## POLE VAULT

Year	Champion	School	Mark
1970	Erkki Matakari	FS	16-6.00
1971	Vic Dias	SJSU	16-0.00
1972	Steve Smith	LBSU	17-0.00
1973	Frank Rock	SJSU	16-0.00
1974	Dan Ripley	SJSU	16-3.00
1975	Dan Ripley	SJSU	17-0.00
1976	Jim Knaub	LBSU	17-0.00
1977	Don Baird	LBSU	17-0.00
1978	Greg Woepse	SJSU	17-0.70
1979	Greg Woepse	SJSU	18-0.20
1980	Felix Bohni	SJSU	17-6.00
1981	Corey Johnson	USU	16-9.00
1982	Felix Bohni	SJSU	18-0.50
1983	Felix Bohni	SJSU	17-4.75
1984	Felix Bohni	SJSU	17-4.00
1985	Doug Fraley	FS	17-10.50
1986	Doug Fraley	FS	18-6.50
1987	Doug Fraley	FS	18-0.50
1988	Pat Alduenda	FS	15-9.00
1989	Derrick Oliver	FS	16-6.50
1990	Todd Sprague	FS	17-0.75
1991	Jeff Coppock	FS	16-0.75
1992	Jim Brath	FS	17-4.50
1993	Lance White	USU	16-6.75
1994	Mark Calvin	USU	16-6.00
1995	Jason Hinkin	LBSU	17-7.25
1996	Paul Snyder	USU	16-1.75
1997	Jason Hinkin	LBSU	18-0.50
1998	Borya Celentano	LBSU	17-5.00
1999	Borya Celentano	LBSU	18-4.50
2000	Maurice Jenkins	USU	17-3.00
2001	Travis Vandrovec	CP	17-1.50
2002	John Takahashi	CP	17-1.50
2003	Giovanni Lanaro	CSF	17-8.50
2004	Giovanni Lanaro	CSF	17-8.50
2005	Sean Thomas-Bignami	UCSB	16-6.75
2006	Adrian Ruark	CP	16-6.75
2007	Mike King	CP	16-6.75
2008	Connor Landry	CP	16-6.75
2009	Connor Landry	CP	16-6.75

## HAMMER

Year	Champion	School	Mark
1970	Ken Svenson	FS	138-0
1971	Keith Tice	FS	182-10
1972	Keith Tice	FS	193-3
1973	Phil Lockwood	LBSU	170-4
1974	Mike Giroux	FS	194-10
1975	Mike Giroux	FS	189-6
1976	Ward Sorensen	FS	179-7
1977	Joe Briski	SDSU	184-0
1978	Joe Briski	SDSU	195-2
1979	Paul Fuller	LBSU	192-9
1980	Matt Mileham	FS	220-2
1981	Matt Mileham	FS	229-11
1982	Bill Green	LBSU	224-0
1992	Tom Rowe	FS	180-8
1993	Mattias Bormann	UN	207-3

1994	David Teso	NMSU	193-2
1995	James Parker	USU	216-3
1996	Justin DeSantis	USU	177-10
1997	Justin DeSantis	USU	197-7
1998	Jeff High	UI	189-11
1999	James Parker	USU	223-7
2000	James Parker	USU	223-7
2001	James Parker	USU	235-9
2002	Brandon Goldstein	CSUN	197-3
2003	Ryan Bruhn	USU	199-4
2004	Josh Sides	USU	194-10
2005	Mike Beerer	UCI	204-11
2006	Mike Beerer	UCI	209-06
2007	Eugene Bradley	UCSB	207-04
2008	Robert Jennings	LBSU	192-07
2009	Matt Lahti	UCI	194-4

## JAVELIN

Year	Champion	School	Mark
1970	John Tobin	UCSB	232-9
1971	John Tobin	UCSB	238-4
1972	John Tobin	UCSB	242-3
1973	David Poure	UCSB	228-9
1974	Keith Goldie	LBSU	243-7
1975	Keith Goldie	LBSU	240-5
1976	Mike Packer	SDSU	228-9
1977	Frank Dejak	SJSU	248-0
1978	Frank Dejak	SJSU	223-9
1979	Kurt Bendixen	USU	232-8
1980	Curt Ransford	SJSU	267-4
1981	Kurt Bendixen	USU	266-6
1982	Neal Mower	USU	222-8
1983	Shawn Perry	SJSU	219-2
1984	Dan O'Donnell	LBSU	224-0
1985	Chris Peterson	LBSU	229-11
1986	Mike Ostrom	FS	202-7
1987	Roy Seidmeyer	FS	230-6
1988	Roy Seidmeyer	FS	236-8
1989	Roy Seidmeyer	FS	228-9
1990	Todd Reich	FS	216-8
1991	Rob Vasquez	CSF	219-8
1992	Todd Reich	FS	228-8
1993	Jim Lile	UN	224-10
1994	Brent Smith	USU	204-8
1995	Brent Smith	USU	192-0
1996	Chris Kanowsky	LBSU	212-6
1997	Oscar Duncan	UI	212-2
1998	Oscar Duncan	UI	226-8
1999	Bill Graves	USU	209-4
2000	Dustin Emter	UCSB	209-4
2001	Ryan Gill	CSF	221-10
2002	Ryan James	CP	224-3
2003	Neil Warr	USU	224-6
2004	Doug Lefler	LBSU	235-2
2005	Tylor McCoy	LBSU	202-10
2006	Aris Borjas	CP	221-7
2007	Aris Borjas	CP	223-7
2008	Chris Richardson	LBSU	217-03
2009	Lance Gonzales	CSUN	209-2

## SHOT PUT

Year	Champion	School	Mark
1970	Roger Casteneda	FS	55-6.50
1971	Greg Born	SJSU	57-1.00
1972	Greg Born	SJSU	59-8.00
1973	Mike Giroux	FS	56-5.50
1974	Mike Giroux	FS	57-1.00
1975	Mike Giroux	FS	54-6.00
1976	Ron Semkiw	SJSU	63-5.50
1977	Ron Semkiw	SJSU	62-5.00
1978	Bob Feuerbach	SJSU	60-0.00
1979	Bob Feuerbach	SJSU	60-1.75
1980	Mike Smith	LBSU	60-6.50
1981	Mike Smith	LBSU	60-1.75
1982	Bob Suellfohn	SJSU	60-1.75
1983	Cam Baxter	FS	61-6.25
1984	Jim Doehring	SJSU	64-3.50
1985	Jim Doehring	SJSU	62-5.75
1986	Mark Carter	USU	61-3.00
1987	John Bender	FS	61-11.00
1988	John Bender	FS	57-4.25
1989	Mike Morales	UCI	55-10.25
1990	Mike Morales	UCI	55-11.75
1991	Roshawn James	FS	56-1.25
1992	Roshawn James	FS	53-10.05
1993	Jermaine Younger	USU	52-4.00
1994	John Dermody	UN	51-6.00
1995	James Parker	USU	55-0.00
1996	Scott Schaley	USU	55-5.00
1997	Andrew Sverchek	CP	59-1.25
1998	Scott Schaley	USU	59-11.00
1999	Joachim Olsen	UI	63-7.00
2000	Joachim Olsen	UI	65-2.00
2001	Joachim Olsen	UI	64-8.75
2002	Joachim Olsen	UI	69-8.00
2003	Josh Sides	USU	59-10.25
2004	Josh Sides	USU	59-2.00
2005	Russ Winger	UI	62-10.00
2006	Jeff Stewart	UCSB	56-5.25
2007	Jeff Stewart	UCSB	56-6.50
2008	Alex Butler	CSUN	58-4.75
2009	Scott Anderson	UCSB	59-4.25

## DECATHLON

Year	Champion	School	Points
1970	Jerma Vesala	CSLA	7,045
1971	Fred Dixon	CSLA	6,985

1972	Roger George	FS	7,193
1973	Roger George	FS	7,455
1974	Roger George	FS	7,390
1975	Jim Foster	FS	6,735
1976	Joe Hippensteel	FS	6,965
1977	Scott Young	SDSU	7,215
1978	Mauricio Bardales	UCI	7,485
1979	Greg Veatch	UCI	7,442
1980	Tim Gelonek	UCSB	7,451
1981	John Sheerer	UCI	7,163
1982	John Serrano	UCSB	6,958
1983	John Serrano	UCSB	7,566
1984	Pete Mansur	FS	7,631
1985	Danve Crume	FS	7,505
1986	Scott Krupilski	FS	7,431
1987	George Wainscoat	UCI	7,076
1988	Bump Novacek	FS	7,092
1989	Jeff Williams	UCI	7,236
1990	Matt Farmer	UCI	7,322
1991	Matt Farmer	UCI	7,441
1992	Matt Farmer	UCI	7,241
1993	Gregor Neumann	UCI	7,090
1994	Enoch Borozinski	UN	7,500
1995	Rob McKenna	USU	7,008
1996	Brian Dopp	USU	6,800
1997	Brian Dopp	USU	7,153
1998	Eric Nyborg	BSU	6,693
1999	Darby Kelly	LBSU	7,106
2000	Nic McGhie	BSU	7,244
2001	Jerome Richardson	UI	7,089
2002	Brad Bair	USU	6,976
2003	John Takahashi	CP	7,307
2004	Jerome Richardson	UI	7,168
2005	Jerome Richardson	UI	7,059
2006	Chris Richardson	LBSU	7,194
2007	James Nunno	CP	6,772
2008	Chris Richardson	LBSU	7,461
2009	James Nunno	CP	7,208

Championship Meet record denoted in **bold**.

y = yards

mi = miles

wa = wind aided

h = hand held

# Men's Track and Field All-Time Record Book

## Big West Conference Records

Event	Record	Name	School	Year
100 Meters	10.12	Kaaron Conwright	Cal Poly	2000
200 Meters	20.0	LaMonte King	UC Irvine	1979
400 Meters	45.36	Corey Nelson	Boise State	1999
800 Meters	1:44.84	Mark Enyeart	Utah State	1981
1500 Meters	3:36.0	Steve Scott	UC Irvine	1978
5000 Meters	13:40.90	Ben Bruce	Cal Poly	2005
10000 Meters	28:43.76	Dan Gonzalez	San Jose State	1985
3000 M Steeplechase	8:33.70	Ben Bruce	Cal Poly	2005
110 M Hurdles	13.43	Dedy Cooper	San Jose State	1976
400 M Hurdles	49.30	Bernie Holloway	San Jose State	1982
4x100 M Relay	39.50	Baker, Hudson, Yearwood, Woodson	North Texas	1999
4x400 M Relay	3:06.50	Wells, Kidd Dorvall, Carey	San Jose State	1983
High Jump	7-7.25	Dwight Stones	Long Beach State	1976
Long Jump	26-11.75	LaMonte King	UC Irvine	1979
Triple Jump	56-4.75	Ron Livers	San Jose State	1977
Pole Vault	18-11	Doug Fraley	Fresno State	1986
Discus	205-5.0	Jarred Rome	Boise State	2000
Hammer	252-8	Matt Milehem	Fresno State	1984
Javelin	267-4 (old) 236-8 (new) 235-2.00*	Curt Ransford Roy Sedemeyer Doug Lefler	San Jose State Fresno State Long Beach State	1980 1988 2004
Shot Put	69-8.00	Joachim Olsen	Idaho	2002
Decathlon	8,007	Mauricio Bardales	UC Irvine	1978

## Big West Conference Championship Meet Records

Event	Record	Name	School	Year
100 Meters	10.12	Kaaron Conwright	Cal Poly	2000
200 Meters	20.0	LaMonte King	UC Irvine	1979
400 Meters	45.8	Hubert Beasley	Long Beach State	1978
800 Meters	1:46.8	Mark Schilling Mark Enyeart	San Jose State Utah State	1977 1977
1500 Meters	3:42:54	Phillip Reid	Cal Poly	2007
5000 Meters	14:03.92	Peter Brett	Fresno State	1985
10000 Meters	29:51.60	Gus Quinonez	UC Irvine	1987
3000 M Steeplechase	8:42.11	Ben Bruce	Cal Poly	2005
110 M Hurdles	13.6	Dedy Cooper	San Jose State	1976
400 M Hurdles	49.30	Bernie Holloway	San Jose State	1982
4x100 M Relay	39.50	Baker, Hudson, Yearwood, Woodson	North Texas	1999
4x400 M Relay	3:07.43	Robinson, Armstrong, Decatur, Holloway	San Jose State	1983
High Jump	7-4.50	Brandon Campbell	Cal State Fullerton	2001
Long Jump	26-11.75	LaMonte King	UC Irvine	1979
Triple Jump	54-2.25	Ron Livers	San Jose State	1978
Pole Vault	18-6.5	Doug Fraley	Fresno State	1986
Discus	205-5.0	Jarred Rome	Boise State	2000
Hammer	252-8	Matt Milehem	Fresno State	1984
Javelin	267-4 (old) 236-8 (new) 235-2.00*	Curt Ransford Roy Sedmeyer Doug Lefler	San Jose State Fresno State Long Beach State	1980 1988 2004
Shot Put	69-8.00	Joachim Olson	Idaho	2002
Decathlon	7,631	Pete Mansur	Fresno State	1984

\*new record due to change in javelin specifications as of 1999.

# Women's Track and Field All-Time Record Book

## Big West Conference Records

Event	Record	Name	School	Year
100 Meters	11.34	Sonja Green	UNLV	1987
200 Meters	23.20	Inger Peterson	UNLV	1984
400 Meters	51.48	Ladonna Antoine	Utah State	1997
800 Meters	2:02.34	Brenda Martinez	UC Riverside	2008
1,500 Meters	4:13.58	Brenda Martinez	UC Riverside	2009
3,000 Meters	9:14.7	Jill Harrington	UC Irvine	1987
5,000 Meters	16:12.77	Stephanie Rothstein	UC Santa Barbara	2007
10,000 Meters	33:26.79	Stephanie Rothstein	UC Santa Barbara	2007
3,000 Meter Steeplechase	9:52.98	Letiwe Marakurwa	Idaho	2003
100M Hurdles	13.06	Angela Whyte	Idaho	2003
400M Hurdles	55.90	LaTanya Sheffield	San Diego State	1986
4x100M Relay	44.55		Cal State Northridge	2002
4x400M Relay	3:34.24	Hull, Franklin, Cheeks, Green	UNLV	1987
High Jump	6-4.75	Sharon Day	Cal Poly	2008
Long Jump	21-9.5	Shunta' Rose	UNLV	1992
Triple Jump	44-01.25	Cortney Stafford	Cal Poly	2005
Discus	204-1	Lacy Barnes	Fresno State	1988
Javelin	177-4.50	Joanne Davis	UC Santa Barbara	1984
Javelin*	166-6.25	Kim Heinz	Long Beach State	2007
Hammer	213-10.50	Amy Haapanen	UC Santa Barbara	2007
Shot Put	56-0.00	Stephanie Brown	Cal Poly	2003
Heptathlon	5,856	Sheila Tarr	UNLV	1984
Pole Vault	13-07.00	Paula Serrano	Cal Poly	1999

## Big West Conference Championship Meet Records

Event	Record	Name	School	Year
100 Meters	11.36	Tamatha Jackson	Cal Poly	1999
200 Meters	23.23	Ladonna Antoine	Utah State	1997
400 Meters	51.48	Ladonna Antoine	Utah State	1997
800 Meters	2:03.05	Brenda Martinez	UC Riverside	2009
1500 Meters	4:16.40	Trena Hull	UNLV	1987
3000 Meters	9:29.42	Buffy Rabbitt	UC Irvine	1991
5000 Meters	16:38.19	Beth McGrann	UC Irvine	1989
10,000 Meters	34:59.76	Jen Derego	Cal Poly	2002
3,000 Meter Steeplechase	10:23.36	Julianne Masciana	Cal State Fullerton	2009
100M Hurdles	13.11	Angela Whyte	Idaho	2003
400M Hurdles	57.69	LeBren Martin	Cal Poly	2003
4x100M Relay	44.66	Smith, Franklin	UNLV	1989
4x400M Relay	3:37.36	Jiles, Cheeks Hull, Franklin, Cheeks, Green	UNLV	1987
High Jump	6-4.75	Sharon Day	Cal Poly	2008
Long Jump	21-9.5	Shunta' Rose	UNLV	1992
Triple Jump	43-11.25	Billie Butler	UNLV	1992
Discus	204-1	Lacy Barnes	Fresno State	1988
Javelin	176-0	Joanne Davis	UC Santa Barbara	1984
Javelin*	162-4.00	Sammie Freeman	Cal State Northridge	2002
Hammer	194-10.00	Amy Haapanen	UC Santa Barbara	2005
Shot Put	54-7.25	Stephanie Brown	Cal Poly	2003
Pole Vault	13-7.00	Paula Serrano	Cal Poly	1999
Heptathlon	5,642	Sharon Day	Cal Poly	2008

\*new record due to change in javelin specifications as of 1999.

# Big West Season Honors

## Men's Athlete of the Year

1980 - Matt Mileham, FS  
Ernie Bullard, SJSU  
1981 - Eddie Carey, UCI  
1982 - Eddie Carey, UCI  
1983 - Bill Green, LBSU  
1984 - Matt Mileham, FS  
1985 - Craig Armstrong, SJSU  
Peter Brett, FS  
1986 - Doug Fraley, FS  
1987 - Gus Quinonez, UCI  
1988 - Anthony Barnes, FS  
1989 - Craig Carter, USU  
1990 - Otis Dixon, LBSU  
1991 - Derek Pye, LBSU  
1992 - Bode Osagiobare, USU  
1993 - Bode Osagiobare, USU  
1994 - Enoch Borozinski, UN  
1995 - James Parker, USU  
1996 - Brook Gibbons, USU  
1997 - Tawanda Chiwira, UI  
1998 - Kaaron Conwright, CP  
Corey Murdock, USU  
1999 - Corey Nelson, BSU  
2000 - Kaaron Conwright, CP  
2001 - Brandon Campbell, CSF  
2002 - Brett Guymon, USU  
2003 - Jan Eitel (track), UI  
Cory Loebl (field), LBSU  
2004 - Ryan Moorcroft (track), CP  
Jason Romero (field), CSUN  
2005 - Ben Bruce (track), CP  
Russ Winger (field), UI  
2006 - Luke Llamas (track), CP  
Chris Richardson (field), LBSU  
2007 - Brent Gray (track), LBSU  
Dashalle Andrews (field), CSUN  
2008 - Brent Gray (track), LBSU  
Chris Richardson (field), LBSU  
2009 - DeShawn Waters (track), CSUN  
Rolando Felizola (field), CSUN

## Men's Coach of the Year

1980 - Dutch Warmerdam, FS  
1981 - Kevin McNair, UCI  
1982 - Ernie Bullard, SJSU  
1983 - Red Estes, FS  
1984 - Red Estes, FS  
1985 - Ralph Maughn, USU  
Red Estes, FS  
1986 - Red Estes, FS  
1987 - Red Estes, FS  
1988 - Red Estes, FS  
1989 - Ralph Lindeman, LBSU  
1990 - Red Estes, FS  
1991 - Red Estes, FS  
1992 - Red Estes, FS  
1993 - Roger Bowen, UN  
1994 - Gregg Gensel, USU  
1995 - Gregg Gensel, USU  
1996 - Gregg Gensel, USU  
1997 - Mike Keller, UI  
1998 - Gregg Gensel, USU  
1999 - Gregg Gensel, USU  
2000 - Wayne Phipps, UI  
2001 - Wayne Phipps, UI  
2002 - Gregg Gensel, USU  
2003 - Gregg Gensel, USU  
2004 - Don Strametz, CSUN  
2005 - Don Strametz, CSUN  
2006 - Andy Sythe, LBSU  
2007 - Don Strametz, CSUN  
2008 - Andy Sythe, LBSU  
2009 - Don Strametz, CSUN

## Men's Freshman of the Year

2005 - Zach Lloyd, USU  
2006 - Joe Gatef, CP  
2007 - Alex Goldberg, LBSU  
2008 - Reindell Cole, CSUN  
2009 - Derek Thomas, CP

## Women's Athlete of the Year

1984 - Sheila Tarr, UNLV  
1985 - Sheila Tarr, UNLV  
1986 - Trena Hull, UNLV  
1987 - Trena Hull, UNLV  
1988 - Lacy Barnes, FS  
1989 - Carrie Franklin, UNLV  
Beth McGrann, UCI  
1990 - Gaylen Ames, SDSU  
1991 - Shunta' Rose, UNLV  
1992 - Trevaia Williams, UNLV  
1993 - Jade Preato, UCI  
1994 - Ali McKnight, UN  
1995 - Ali McKnight, UN  
1996 - Ladonna Antoine, USU  
1997 - Ladonna Antoine, USU  
1998 - Tamartha Jackson, CP  
1999 - Marion Reneau, LBSU  
2000 - Erin Kelly, UN  
2001 - Angela Whyte, UI  
2002 - Annetta Wells, CSUN  
2003 - Angela Whyte (track), UI  
Stephanie Brown (field), CP  
2004 - Mary Kamau (track), UI  
Ami Goldhammer (field), LBSU  
2005 - Kylie McCuen (track), UCSB  
Sharon Day (field), CP  
2006 - Stephanie Rothstein (track), UCSB  
LaShanna Verdon (field), CSUN  
2007 - Stephanie Rothstein (track), UCSB  
Amy Haapanen (field), UCSB  
2008 - Sherrina Lofton (track), CSUN  
Sharon Day (field), CP  
2009 - Brenda Martinez (track), UCR  
Julie Duffresne (field), CP

## Women's Coach of the Year

1984 - Al McDaniels, UNLV  
1985 - Al McDaniels, UNLV  
1986 - Al McDaniels, UNLV  
1987 - Tom Pagoni, FS  
1988 - Tom Pagoni, FS  
1989 - Al McDaniels, UNLV  
1990 - Danny Williams, UCI  
1991 - Danny Williams, UCI  
1992 - Tom Pagoni, FS  
1993 - Vaughn Courtney, USU  
1994 - Vaughn Courtney, USU  
1995 - Gregg Gensel, USU  
1996 - Vince O'Boyle, UCI  
1997 - Gregg Gensel, USU  
1998 - Greg Gensel, USU  
1999 - Gregg Gensel, USU  
2000 - Curt Kraft, UN  
2001 - Yogi Teevens, UI  
2002 - Don Strametz, CSUN  
2003 - Yogi Teevens, UI  
2004 - Don Strametz, CSUN  
2005 - Pete Dolan, UCSB  
2006 - Don Strametz, CSUN  
2007 - Don Strametz, CSUN  
2008 - Don Strametz, CSUN  
2009 - Don Strametz, CSUN

## Women's Freshman of the Year

2005 - Julie Eze, CSUN  
2006 - Jere' Summers, CSUN  
2007 - Brenda Martinez, UCR  
2008 - Phylcia Johnson, LBSU  
2009 - Precious Watkins, CSUN