

Conference Champions



Number of Conference Champions Year by Year				Conference Champions by Individual Athlete (sorted by number of championships, includes relays)							
Year	Indoor	Outdoor	Total	Athlete	Indoor	Outdoor	Total	Athlete	Indoor	Outdoor	Total
1974	-	1	1	Ashley Henderson	5	9	14	Lynn Kanuka	0	2	2
1975	-	1	1	Nicole Ireland	2	8	10	Deby LaPlante	0	2	2
1976	-	1	1	Danae Dyer	3	6	9	Miesha McKelvy	0	2	2
1977	-	0	0	Tonette Dyer	3	6	9	Pat McPhatter	0	2	2
1978	-	1	1	Shaquena Foote	3	6	9	Monique McPherson	1	1	2
1979	-	8	8	Allison Reaser	5	4	9	Promise Mose	0	2	2
1980	-	4	4	Melinda Smedley	1	8	9	Janice Pope	0	2	2
1981	-	3	3	Shanieka Thomas	4	5	9	Erica Prodanovich	0	2	2
1982	-	5	5	Darla Vaughn	3	6	9	Christine Royal	0	2	2
1983	-	5	5	Micha Auzenne	3	5	8	Rochene Smith	0	2	2
1984	-	0	0	Jada Moore	1	8	8	Chris Smallwood	0	2	2
1985	-	4	4	Kristin Brown	3	4	7	Lori Smith	0	2	2
1986	-	7	7	Jalyn Harris	2	5	7	Patti Stafford	0	2	2
1987	-	2	2	Bonnie Draxler	4	2	6	Sarah Abstein	1	0	1
1988	-	1	1	Aja Frary	2	4	6	Jeanna Abare	0	1	1
1989	-	0	0	Nyari McNeil	2	4	6	Marissa Berry	1	0	1
1990	-	4	4	Whitney Ashley	1	4	5	Linda Bourn	0	1	1
1991	2	4	6	Lisa-Anne Barrow	1	4	5	Peggy Callahan	0	1	1
1992	1	3	4	Rhea Hoyte	1	4	5	Debra Chaddock	0	1	1
1993	0	0	0	Monica Joyce	0	5	5	Donna Charles	0	1	1
1994	0	1	1	Karoline Koehler	3	2	5	Cami Conly	0	1	1
1995	0	2	2	Sakura Roberson	3	2	5	Aimee Crabtree	0	1	1
1996	0	1	1	LaTanya Sheffield	0	5	5	Kasey Ebb	1	0	1
1997	0	0	0	Aisha Watt	0	5	5	Eva Ernstrom	0	1	1
1998	0	1	1	Stephanie Bagan-James	3	1	4	Callista Fletcher	0	1	1
1999	1	2	3	Shayla Balentine	2	2	4	Shani Freeman	0	1	1
2000	1	0	1	Renee Chambers-Ross	0	4	4	Pam Hatley	0	1	1
2001	0	4	4	Simone Glenn	1	3	4	Valinda Hoagland	0	1	1
2002	1	4	5	Gaylen Ames	1	2	3	Simone Johnson	0	1	1
2003	2	9*	11	Erin Asay	2	1	3	Sue Kameli	0	1	1
2004	4	6	10	Maya Brosch	1	2	3	Kristy Mathews	0	1	1
2005	1	2	3	Jenna Fee Feyerabend	1	2	3	Aji Mbye	0	1	1
2006	1	2	3	Margaret Hemmans	0	3	3	Tai McDonald	0	1	1
2007	1	1	2	Kaitlin Heri	2	1	3	Carrie McLaughlin	0	1	1
2008	1	2	3	Jini Hogg	0	3	3	Liz Mueller	0	1	1
2009	2	3	5	LaQuisha Jackson	0	3	3	Marian Nowak	0	1	1
2010	3	0	3	Deontee Kaye	1	2	3	Kristin Oladfsdottir	0	1	1
2011	1	4	5	Andrenette Knight	1	2	3	Carolyn Peters	0	1	1
2012	5	5	10	Tyra Lea	1	2	3	Ryan Peters	0	1	1
2013	6*	10*	16	Leslie Miller	1	2	3	Janine Polischuk	0	1	1
2014	2	5*	7	Deyna Roberson	1	2	3	Marla Runyan	0	1	1
2015	2	2	4	Hannah Waller	2	1	3	Daveetta Shepherd	0	1	1
2016	4	5	9	Sydney Bentley	0	2	2	Starlynn Singleton	0	1	1
2017	4	7*	11	Larnie Boyd	1	1	2	Asia Smith	1	0	1
2018	3	5*	8	Maureen Bradley	0	2	2	Nicole Stone	0	1	1
2019	2	2	4	Jasmine Burrell	1	1	2	Janine Stewart	0	1	1
2020	3	cancelled	3	Ashley Callahan	1	1	2	Chemise Smith	0	1	1
2021	cancelled	7*	7	Sharifa Cox	0	2	2	Holly Waseloff	0	1	1
2022	4	6*	10	Laura DeSnoo	0	2	2	Meritzer Williams	0	1	1
2023	3	8	11	Donna Dietrich	0	2	2				
2024	2	5	7	Heather Heron	0	2	2				
2025	5	TBA	5	Kelsy Hintz	1	1	2				
TOTALS	77	165	242								

BOLD indicates most in a single-season for the program.

* indicates won team championship.

Bold Italic indicates active student-athlete.

Indoor Conference Champions (by event)



55 METER HURDLES 1

Name	Mark	Year
Darla Vaughn	7.79	1991

60 METERS 6

Name	Mark	Year
Tonette Dyer	7.42	2003
Micha Auzenne	7.33	2016
Ashley Henderson	7.17	2017
Ashley Henderson	7.20	2018
Jada Moore	7.30	2023
Hannah Waller	7.22	2024

60 METER HURDLES 8

Name	Mark	Year
Allison Reaser	8.48	2012
Kristen Brown	8.40	2013
Kristen Brown	8.31	2014
Micha Auzenne	8.21	2015
Micha Auzenne	8.18	2016
Danae Dyer	8.29	2022
Danae Dyer	8.16	2023
Charlize James	8.24	2025

MW Championships Record: Micha Auzenne, 8.11 (2017)

200 METERS 7

Name	Mark	Year
Darla Vaughn	24.52	1991
Darla Vaughn	23.89	1992
Nicole Ireland	23.90	2003
Ashley Henderson	23.44	2016
Ashley Henderson	22.81	2017
Ashley Henderson	22.87	2018
Shaquena Foote	22.89	2025

400 METERS 3

Name	Mark	Year
Tonette Dyer	53.84	2004
Shaquena Foote	52.43	2024
Shaquena Foote	51.48	2025

4x400 METER RELAY 6

Name	Mark	Year
Larnie Boyd	3:45.70	2004
Nicole Ireland		
Tonette Dyer		
Melinda Smedley		
Allison Reaser	3:42.11	2013
Maderia Toatley		
Deyna Roberson		
Shanieka Thomas		
Monique McPherson	3:40.16	2017
Tyra Lea		
Simone Glenn		
Andrenette Knight		
Kasey Ebb	3:39.52	2019
Lisa-Anne Barrow		
Maya Brosch		
Sakura Roberson		
Jalyn Harris	3:35.65	2020
Danae Dyer		
Sakura Roberson		
Nyari McNeil		
Jalyn Harris	3:37.06	2022
Rhea Hoyte		
Sakura Roberson		

POLE VAULT 17

Name	Mark	Year
Shayla Balentine	12-07.25	2002
Erin Asay	13-04.50	2004
Shayla Balentine	14-00.00	2005
Erin Asay	13-04.50	2006
Stephanie Bagan	13-05.25	2007
Stephanie Bagan	13-08.50	2008
Stephanie James	14-01.25	2010
Kelsey Hintz	14-00.00	2012
Kristen Brown	13-06.50	2013
Bonnie Draxler	13-08.50	2015
Bonnie Draxler	13-09.25	2016
Marissa Berry	13-09.25	2017
Bonnie Draxler	14-01.75	2018
Bonnie Draxler	14-02.50	2019
Kaitlin Heri	13-09.75	2020
Kaitlin Heri	13-05.00	2022
Ashley Callahan	13-08.50	2023

LONG JUMP 3

Name	Mark	Year
Karoline Koehler	20-10.75	2009
Karoline Koehler	21-03.25	2010
Hannah Waller	20-11.25	2025

TRIPLE JUMP 5

Name	Mark	Year
Deontee Kaye	43-08.50	2009
Karoline Koehler	43-10.50	2010
Shanieka Thomas	43-01.75	2012
Shanieka Thomas	43-09.00	2013
Shanieka Thomas	44-05.25	2014

SHOT PUT 2

Name	Mark	Year
Whitney Ashley	54-09.25	2012
Jasmine Burrell	51-10.50	2013

PENTATHLON 10

Name	Mark	Year
Aja Frary	3,784 pts	1999
Aja Frary	3,902 pts	2000
Leslie Miller	3,858 pts	2004
Allison Reaser	3,916 pts	2011
Allison Reaser	3,863 pts	2012
Allison Reaser	3,971 pts	2013
Asia Smith	4,075 pts	2020
Sara Absten	4,039 pts	2022
Jenna Fee Feyerabend	4,183 pts	2025

BOLD indicates Mountain West Championships Record.

Conference Affiliations:

Western Athletic Conference (WAC): 1991-99

Mountain West Conference (MW): 2000-present

*No MW Championship in 2021 due to COVID.

Outdoor Conference Champions (by event)



100 METERS 11

Name	Mark	Year
Darla Vaughn	11.98	1991
Melinda Smedley	11.72	2002
Melinda Smedley	11.43	2003
LaQuisha Jackson	11.34	2013
Ashley Henderson	11.10	2016
Ashley Henderson	11.05	2017
Ashley Henderson	11.04	2018
Jada Moore	11.36	2021
Jada Moore	11.39	2022
Jada Moore	11.42	2023

200 METERS 11

Name	Mark	Year
Darla Vaughn	24.63	1990
Darla Vaughn	24.02	1991
Darla Vaughn	23.66	1992
Melinda Smedley	23.10	2003
Tonette Dyer	22.95	2004
LaQuisha Jackson	23.23	2013
Meritzer Williams	23.62	2014
Ashley Henderson	22.44	2016
Ashley Henderson	22.54	2017
Ashley Henderson	22.59	2018
Jada Moore	23.11	2021

400 METERS 9

Name	Mark	Year
Janice Pope	55.90	1979
LaTanya Sheffield	53.58	1985
Renee Chambers-Ross	54.34	1986
Janine Stewart	54.63	1992
Shani Freeman	54.95	1995
Tonette Dyer	51.15	2004
Nicole Stone	52.81	2009
Lisa-Anne Barrow	52.11	2018
Shaquena Foote	52.57	2023
Shaquena Foote	52.03	2024

800 METERS 8

Name	Mark	Year
Peggy Callahan	2:17.00	1978
Chris Smallwood	2:13.10	1979
Monica Joyce	2:06.71	1981
Monica Joyce	2:05.57	1982
Renee Chambers-Ross	2:04.48	1985
Christine Royal	2:14.21	1990
Kristy Matthews	2:09.93	1995
Nyjarl McNeil	2:05.34	2021

1,500 METERS 2

Name	Mark	Year
Monica Joyce	4:14.62	1981
Monica Joyce	4:15.68	1982

3,000 METERS 3

Name	Mark	Year
Valinda Hoagland	10:48.40	1979
Lynn Kanuka	9:36.36	1980
Monica Joyce	9:01.78	1982

5,000 METERS 2

Name	Mark	Year
Lynn Kanuka	16:53.02	1980
Eva Ernstrom	16:11.34	1982

10,000 METERS 3

Name	Mark	Year
Debra Chaddock	35:08.45	1983
Maureen Bradley	36:46.44	1986
Maureen Bradley	37:05.30	1987

100 METER HURDLES 19

Name	Mark	Year
Deby LaPlante	13.10	1979
Deby LaPlante	13.62	1980
Linda Bourn	13.99	1982
Lori Smith	13.44	1983
LaTanya Sheffield	13.46	1986
Darla Vaughn	13.23	1992
Miesha McKelvy	13.16	1998
Miesha McKelvy	12.84	1999
Nicole Ireland	13.36	2003
Nicole Ireland	13.35	2004
Heather Heron	13.31	2005
Allison Reaser	13.41	2013
Kristen Brown	13.38	2014
Micha Auzenne	13.38	2015
Micha Auzenne	13.18	2016
Micha Auzenne	12.97	2017
Danae Dyer	12.99	2021
Danae Dyer	13.24	2022
Danae Dyer	13.22	2023
Charlize James	13.05	2024

400 METER HURDLES 15

Name	Mark	Year
Sue Kameli	59.98	1980
LaTanya Sheffield	59.97	1983
Margaret Hemmans	60.68	1986
Margaret Hemmans	58.53	1987
Erica Prodanovich	59.13	1991
Sharifa Cox	59.48	1994
Sharifa Cox	58.79	1996
Nicole Ireland	58.66	2003
Nicole Ireland	58.94	2004
Kristin Oladfsdottir	59.33	2006
Deyna Roberson	58.36	2013
Madison Gipson	58.02	2016
Andrenette Knight	58.25	2017
Maya Brosch	59.54	2021
Rhea Hoyte	58.80	2023

4x100 METER RELAY 10

Name	Mark	Year
Aja Frary	45.48	2001
Promise Mose		
Melinda Smedley		
<u>Daveetta Shepherd</u>		
Hollann Givens	44.24	2002
Tonette Dyer		
Jini Hogg		
Melinda Smedley		
Melinda Smedley	44.75	2003
Ryan Peters		
Tonette Dyer		
<u>Nicole Ireland</u>		
Larnie Boyd	44.45	2004
Tonette Dyer		
Heather Heron		
<u>Nicole Ireland</u>		
StarylInn Singleton	44.30	2016
Simone Glenn		
Micha Auzenne		
Ashley Henderson		
Micha Auzenne	42.99	2017
Simone Glenn		
Rochene Smith		
Ashley Henderson		
Rochene Smith	44.23	2018
Simone Glenn		
Callista Fletcher		
<u>Ashley Henderson</u>		
Tai McDonald	44.15	2021
Danae Dyer		
Aisha Watt		
Jada Moore		
Danae Dyer	44.38	2022
Jalyn Harris		
Aisha Watt		
<u>Jada Moore</u>		
Aisha Watt	44.08	2023
Jada Moore		
Danae Dyer		
<u>Shaquena Foote</u>		
Hannah Waller	43.96	2024
Jada Moore		
Shaquena Foote		
Aji Mbye		

Outdoor Conference Champions



4x400 METER RELAY

13

Name	Mark	Year
Chris Smallwood	3:48.80	1979
Jeanne Abare		
Chemise Smith		
Janice Pope		
Donna Charles	3:39.80	1983
Renee Chambers-Ross		
Pam Hatley		
LaTanya Sheffield		
Karen Nilson	3:41.04	1986
Margaret Hemmans		
LaTanya Sheffield		
Renee Chambers-Ross		
Darla Vaughn	3:47.26	1991
Erica Prodanovich		
Christine Royal		
Marla Runyan		
Promise Mose	3:43.25	2001
Aja Frary		
Melinda Smedley		
Jini Hogg		
Jini Hogg	3:37.05	2003
Nicole Ireland		
Tonette Dyer		
Melinda Smedley		
Shanieka Thomas	3:35.41	2013
Maderia Toatley		
Deyna Roberson		
LaQuisha Jackson		
Tyra Lea	3:36.42	2017
Lisa-Anne Barrow		
Adrenette Knight		
Monique McPherson		
Lakin Hatcher	3:37.39	2018
Tyra Lea		
Jalyn Harris		
Lisa-Anne Barrow		
Sakura Roberson	3:35.02	2019
Lisa-Anne Barrow		
Jalyn Harris		
Nyari McNeil		
Maya Brosch	3:38.94	2021
Jalyn Harris		
Rhea Hoyte		
Nyari McNeil		
Nyari McNeil	3:33.68	2022
Jalyn Harris		
Aisha Watt		
Sakura Roberson		
Sydney Bentley	3:34.97	2023
Rhea Hoyte		
Aisha Watt		
Shaquena Foote		
Rhea Hoyte	3:33.78	2024
Lidia Major		
Sydney Bentley		
Shaquena Foote		

HIGH JUMP

3

Name	Mark	Year
Cami Conly	5-02.00	1974
Patti Stafford	5-07.00	1979
Patti Stafford	5-11.00	1981

POLE VAULT

14

Name	Mark	Year
Aimee Crabtree	12-09.25	2001
Shayla Balentine	13-01.50	2002
Shayla Balentine	13-10.25	2005
Erin Asay	13-05.50	2006
Stephanie Bagan	14-00.00	2008
Kelsy Hintz	13-04.75	2011
Holly Waseloff	13-00.25	2012
Kristen Brown	13-07.50	2013
Kristen Brown	12-10.25	2014
Kristen Brown	14-00.50	2015
Bonnie Draxler	13-11.25	2017
Bonnie Draxler	13-07.00	2019
Kaitlin Heri	14-03.75	2022
Ashley Callahan	13-07.75	2023

LONG JUMP

5

Name	Mark	Year
Pat McPhatter	17-03.00	1975
Pat McPhatter	17-03.00	1976
Shanon Meyer	19-04.25	2003
Karoline Koehler	20-09.25	2009
Shanieka Thomas	20-07.25	2013

TRIPLE JUMP

9

Name	Mark	Year
Gaylen Ames	38-05.50	1988
Nicole Ireland	40-03.00	2003
Deontee Kaye	43-10.75	2007
Deontee Kaye	43-01.75	2008
Karoline Koehler	43-04.00	2009
Shanieka Thomas	43-11.25	2012
Shanieka Thomas	46-05.00	2013
Shanieka Thomas	44-09.50	2014
Simone Johnson	42-04.75	2022

SHOT PUT

3

Name	Mark	Year
Carolyn Peters	45-03.50	1990
Whitney Ashley	51-11.25	2011
Whitney Ashley	54-00.00	2012

DISCUS THROW

6

Name	Mark	Year
Donna Dietrich	139-07.25	1979
Laura DeSnoo	188-02.00	1985
Laura DeSnoo	176-02.00	1986
Whitney Ashley	170-08.75	2011
Whitney Ashley	166-04.50	2012
Jasmine Burrell	181-05.50	2013

JAVELIN THROW

3

Name	Mark	Year
Donna Dietrich	160-11	1979
Liz Mueller	172-04	1985

HEPTATHLON

13

Name	Mark	Year
Carrie McLaughlin	5,472 pts	1983
Marian Nowak	4,272 pts	1986
Gaylen Ames	5,150 pts	1990
Aja Frary	5,152 pts	1999
Aja Frary	5,643 pts	2001
Leslie Miller	5,292 pts	2002
Leslie Miller	5,602 pts	2003
Janine Polischuk	5,210 pts	2004
Allison Reaser	5,408 pts	2011
Allison Reaser	5,653 pts	2012
Allison Reaser	5,612 pts	2013
Nicole Oudenaarden	5,697 pts	2014
Jenna Fee Feyerabend	5,752 pts	2023
Jenna Fee Feyerabend	5,662 pts	2024

BOLD indicates conference championships record.

No MW Championship in 2021 due to COVID.

Conference Affiliations:

So. Cal. Intercollegiate Women's Conference (SCWIC): 1974-76

Western Collegiate Athletic Association (WCAA): 1977-85

Pacific Coast Athletic Association (PCAA): 1986-88

Big West Conference (BWC): 1989-90

Western Athletic Conference (WAC): 1991-99

Mountain West Conference (MW): 2000-present