

Southwestern College T&F - All Time Top 10 List**Women**

	Mark	Year
<u>100m</u>		
Rashauna Amos	12.08s	2006
Brittany Hollie	12.40s	2012
Olivia Juarez	12.50s	2008
Samantha Galvan	12.52s	2006
Kyaundra Davis	12.61s	2011
Brialonna Turner	12.62s	2009
Cori Molina	12.85s	2008
Cherron Atkinson	12.91s	2006
Disha Hall	12.96s	2009
Karla Serrato	12.99s	2010
<u>200m</u>		
Rashauna Amos	25.16s	2006
Olivia Juarez	25.29s	2008
Brittany Hollie	25.97s	2012
Brialonna Turner	26.08s	2010
Karla Serrato	26.40s	2010
Paula Aleman	26.33s	2014
Bonnie Ayala	26.48s	2009
Cori Molina	26.65s	2009
Kyaundra Davis	26.76s	2011
Disha Hall	27.05s	2009
<u>400m</u>		
Paula Aleman	57.86s	2014
Bonnie Ayala	59.22s	2009
Karla Serrato	59.83s	2010
Keeshawna Jackson	1:02.55s	2014
Pam Castro	1:03.81s	2013
Samantha Bojorquez	1:03.89s	2014
Miriam Cardenas	1:04.24s	2012
Amia O'Neal	1:04.86s	2012
Brialonna Turner	1:05.15s	2010
Tanya Ortega	1:05.37s	2014
<u>800m</u>		
Ayded Reyes	2:18.39s	2011
Selina Munoz	2:18.61s	2007
Monicah Jepkemboi	2:19.53s	2009
Aylin Mejia	2:22.49s	2011
Samantha Boroquez	2:23.84s	2014
Sarah Apgar	2:23.86s	2006
Ashley Bolden	2:23.88s	2005
Tanya Valenzuela	2:24.89s	2011
Nadine Mulvany	2:25.70s	2010
Pam Castro	2:26.38s	2013
<u>1500m</u>		
Sarah Apgar	4:35.90s	2007
Nadine Mulvany	4:49.50s	2011
Aylin Mejia	4:49.70s	2011
Tanya Valenzuela	4:44.77s	2010
Alejandra Flores	4:57.11s	2010
Monica Carrillo	4:58.02s	2009
Ashley Bolden	4:58.38s	2005
Rose Serna	4:59.75s	2004
Valerie Hycz	5:01.73s	2011
Karla Atencio	5:01.76s	2009
<u>3,000m</u>		
Aylin Mejia	10:25.27s	2011
Ayded Reyes	10:35.32s	2011
Sarah Apgar	10:52.03s	2006
Valerie Hycz	10:52.68s	2011
Nadine Mulvany	10:54.94s	2011
Rose Serna	10:58.11s	2004

Theresa Padilla	11:07.58s	2006
Tanya Valenzuela	11:18.24s	2011
Monica Carrillo	11:23.32s	2009
Rocio Santiago	11:24.98s	2006

5,000m

Sarah Apgar	17:27.66s	2007
Aylin Mejia	17:59.44s	2011
Ayded Reyes	18:02.10s	2011
Monica Carrillo	18:21.81s	2009
Valerie Hycz	18:31.44s	2011
Karla Atencio	18:33.41s	2009
Theresa Padilla	18:37.24s	2006
Rose Serna	18:41.83s	2004
Celene Reyes-Gutierrez	18:51.77s	2005
Tanya Valenzuela	19:07.75s	2011

10,000m

Ayded Reyes	37:45.33s	2011
Karla Atencio	38:22.97s	2009
Aylin Mejia	38:55.57s	2011
Sarah Apgar	39:07.00s	2006
Theresa Padilla	39:30.04s	2006
Nadine Mulvany	39:34.39s	2011
Tanya Valenzuela	40:41.45s	2011
Valerie Hycz	40:53.34s	2011
Luz Placencia	40:57.83s	2007
Karla Gadea	41:15.02s	2012

100mh

Brittany Hollie	14.47s	2012
Brialonna Turner	15.07s	2010
Brianna Junious	15.46s	2012
Maria de Jesus Garcia	15.70s	2014
Pia Coleman	15.79s	2009
Cori Molina	15.88s	2008
Miriam Cardenas	16.25s	2011
Denisha Johnson	17.13s	2010
Diamond Anderson	17.82s	2010
Britni Coleman	18.11s	2010

400mh

Paula Aleman	1:00.35s	2014
Cori Molina	1:06.26s	2008
Brittany Hollie	1:06.53s	2012
Miriam Cardenas	1:08.15s	2011
Breanna Junious	1:10.54s	2012
Pia Coleman	1:11.50s	2009
Brialonna Turner	1:12.00s	2010
Denisha Johnson	1:14.60s	2010
Sarah Cooper	1:15.33s	2009
Britni Coleman	1:16.99s	2010

3000SC

Ayded Reyes	11:03.25s	2012
Tanya Valenzuela	11:17.02s	2010
Selina Munoz	11:31.84s	2007
Ashley Bolden	11:41.24s	2006
Celene Reyes-Gutierrez	11:49.70s	2005
Nadine Mulvany	11:57.24s	2011
Paula Aleman	12:51.20s	2013
Valerie Hycz	12:59.55s	2012
Monica Jepkemboi	13:15.34s	2009
Miriam Cardenas	13:15.84s	2012

4 x 100m

K.Davis, B.Hollie, B.Junious, P.Cast	49.60s	2012
A.O'Neal, B.Hollie, T.Fuqua, K.Davis	50.18s	2011
B. Turner, K. Serrato, B. Coleman, D. Anderson	50.27s	2010
D. Hall, B. Turner, B. Ayala, P. Coleman	50.27s	2009
	51.06s	2007

C.Corpuz, M.Garcia, P.Aleman, S. Diaz	51.26s	2014
K. Davis, M. Cardenas, B. Hollie, T. Fuqua	51.26s	2011
	51.62s	2006
K. Davis, M. Cardenas, J. Redding, T. Fuqua	52.27s	2008
	52.53s	2011

4 x 400m

B.Sanchez, T.Ortega, M.Garcia, P.Aleman	4:11.50s	2014
S.Bojoquez, S.Diaz, M.d.I.Garcia, P.Aleman	4:13.12s	2014
B.Hollie, A.Reyes, B.Junious, K.Davis	4:14.83s	2012
D. Hall, B. Turner, B. Ayala, P. Coleman	4:14.95s	2009
	4:15.08s	2010
P.Aleman, S.Echols, P.Castro	4:20.90s	2013
	4:24.50s	2008
A.O'Neal, M.Cardenas, B.Hollie, A.Reyes	4:26.77s	2011
	4:27.30s	2006
	4:36.66s	2004

1600m SMR

M. Carrillo, A. Vega, J. Silvera,	4:24.50s	2008
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4000m DMR

Mulvany, Mejia, Hycz, Reyes	12:31.49s	2011
M. Carrillo, A. Vega, J. Silvera,	15:30.15s	2008

High Jump

Sarah Cooper	5' 0.5"/1.54m	2009
Jessica Redding	4'11"/1.50m	2012
Keeshawna Johnson	4' 9.75"/1.47m	2014
Jessica Miles	4' 9.75"/1.47m	2008
Brialonna Turner	4' 7.75"/1.42m	2010
Maria de Jesus Garcia	4'7.5"/1.41m	2014
Pia Coleman	4' 7"/1.40m	2009
Disha Hall	4' 6.75"/1.39m	2009
Diamond Anderson	4' 6.25"/1.38m	2010
Jessica Reddy	4'4.25"/1.33m	2011

Pole Vault

Korin Chapman	11'9.75"/3.60m	2014
Sarah Cooper	6' 11.75"/2.13	2009
Analee Huffman	6' 6"/1.98m	2006
Raquel Lopez	6' 0.5"/1.84m	2009

Long Jump

Disha Hall	17' 8.75"/5.40m	2009
Olivia Juarez	17' 3.5"/5.27m	2008
Maria de Jesus Garcia	16'10.5"/5.14m	2014
Kyaundra Davis	16'7"/5.05m	2012

Diamond Anderson	16' 9.25"/5.11m	2010
Korin Chapman	16'4.25"/4.98m	2014
Pia Coleman	15' 11.5"/4.86m	2009
Danielle Wilson	15'7"/4.75m	2011
Denisha Johnson	15' 6.25"/4.73m	2010
Jessica Redding	15'6"/4.72m	2011

Triple Jump

Kyaundra Davis	35'6.75"/10.84m	2011
Disha Hall	35' 4"/10.77m	2011
Maria de Jesus Garcia	34' 9"/10.59m	2014
Diamond Anderson	34' 9"/10.59m	2010
Miraiam Cardenas	34' 1.5"/10.40m	2011
Jessica Miles	33' 8"/10.26m	2008
Pia Coleman	33' 4"/10.16m	2008
Olivia Juarez	32' 8.25"/9.96m	2008
Britni Coleman	31' 2.5"/9.51	2010
Denisha Johnson	31' 1"/9.47m	2010

Shot Put

Grace Ward	41'2.24"/12.55m	2014
Karenina Alvarez	34'7.5"/10.55m	2014
Alesha Zeigler	32'3.75/9.85m	2011
Leticia Memea	31'10"/9.70m	2011
Pia Coleman	30' 6.5"/9.31m	2009
Denisha Johnson	30'3"/9.22m	2012
Cierra White	39'9.5"/9.08m	2012
La Quitta Key	28' 4.25"/8.64m	2008
Maria de Jesus Garcia	28'0.75"/8.55m	2014
Amia O'Neal	26'9.75"/8.17m	2011

Disc Throw

Alesha Zeigler	124'2"/37.86m	2011
Chelsey Stefan	108' 2"/32.98m	2009
Grace Ward	106'1"/32.34m	2014
Keauna Johnson	105'8"/32.21m	2012
Analee Huffman	95' 4"/29.05m	2006
Leticia Memea	79'3"/24.15m	2011
Sarah Cooper	77' 4"/23.57m	2009
Cierra White	72'6"/22.10m	2012

Hammer Throw

Leticia Memea	109'8"/33.42m	2011
Karenina Alvarez	91'8"/27.93m	2014
Alesha Zeigler	89'4"/27.23m	2011
Cierra White	87'4"/26.61m	2012
Grace Ward	79'5"/24.20m	2014
Chelsey Stefan	76' 1"/23.19m	2009
Keauna Johnson	75'4"/22.97m	2012
La Quitta Key	53' 8"/16.35m	2008

Javelin Throw

Alesha Zeigler	114'0"/34.76m	2011
Keauna Johnson	111'1"/33.85m	2012
Grace Ward	109'1"/33.26m	2014
Analee Huffman	106' 9"/32.53m	2007
Maria de Jesus Garcia	93'4"/28.44m	2014
Karenina Alvarez	85'6"/26.06	2014
Chelsey Stefan	84'0"/25.60m	2011
Pia Coleman	83' 3"/25.37m	2009
Sarah Cooper	77' 2"/23.52m	2009
Diamond Anderson	76' 8"/23.36m	2010

Heptathlon

Maria de Jesus Garcia	3693pts	2014
Pia Coleman	3400pts	2009

Diamond Anderson	3239pts	2010
Sarah Cooper	3204pts	2009
Analee Huffman	2462pts	2007
Joella Silvera	2411pts	2008
Denisha Johnson	2117pts	2010