Lisa Bauduin was named head women’s track & field coach for Sacramento City College in 1992. Since that time, she has consistently produced one of the strongest women’s track & field programs in the state. The evidence during her ten-year tutelage: 55 conference champions, 139 All-Conference performers, 61 individual state meet qualifiers, and 7 individual state champions.

Over 105 entries have cracked the school’s All-Time Top-Ten list, including 11 school record performances. Bauduin’s teams’ accomplishments also tell a tale of success. The 2005 team brought home a fourth consecutive Bay Valley Conference title (6th overall), a third consecutive Nor Cal title (5th overall) and a third consecutive California State Championship. Bauduin was also selected as the state coach-of-the-year for the third straight season.

Bauduin has served on several national and international coaching staffs, including the 1993 US Olympic Festival, 1995 USA vs. Great Britain Meet, and the 2001 World Indoor Track & Field Championships and the Competition Director for the 2004 Olympic Track & Field Trials.
## Top All-Time Performances

### 100 Meters
1. Monica Taylor  
   - Time: 11.45  
   - Year: 1985
2. LaSadies McClain  
   - Time: 11.67  
   - Year: 2005
3. Faith Burleson  
   - Time: 11.67  
   - Year: 1982

### 200 Meters
1. LaSadies McClain  
   - Time: 23.80  
   - Year: 2004
2. Monica Taylor  
   - Time: 24.12  
   - Year: 1985
3. Sonya Smith  
   - Time: 24.13  
   - Year: 1985

### 400 Meters
1. Jamara Stallworth  
   - Time: 55.12  
   - Year: 1997
2. LaSadies McClain  
   - Time: 56.06  
   - Year: 2004
3. Rachel Parrish  
   - Time: 56.24  
   - Year: 1995

### 800 Meters
1. Zaira Estrada  
   - Time: 2:17.74  
   - Year: 2004
2. McDonnell, Richardson  
   - Time: 2:19.40  
   - Year: 1986
3. Melissa Garcia  
   - Time: 2:21.13  
   - Year: 1995

### 1500 Meters
1. Shelley Dunlap  
   - Time: 4:39.89  
   - Year: 1984
2. Clariza Aquilon  
   - Time: 4:51.49  
   - Year: 1993
3. Melissa Garcia  
   - Time: 4:55.33  
   - Year: 2005

### 3000 Meters
1. Shelley Dunlap  
   - Time: 8:20.14  
   - Year: 1984
2. Karen Nachba  
   - Time: 8:52.14  
   - Year: 1982
3. Sonja Visscher  
   - Time: 9:54.44  
   - Year: 1991

### 10000 Meters
1. Dina Gizatullin  
   - Time: 34:17.87  
   - Year: 2005
2. Clara Crossman  
   - Time: 45:33.65  
   - Year: 2002
3. Irene Hernandez  
   - Time: 47:58.43  
   - Year: 2005

### 100 Meter Hurdles
1. Beyonka McDowell  
   - Time: 13.83  
   - Year: 2003
2. Shiri Milton  
   - Time: 13.97  
   - Year: 1982
3. Sonya Smith  
   - Time: 14.03  
   - Year: 1985

### 400 Meter Hurdles
1. Magdalina Hayes  
   - Time: 53.24  
   - Year: 1987
2. Chidera Madu  
   - Time: 53.86  
   - Year: 1996
3. Ashley Nunes  
   - Time: 54.29  
   - Year: 2004

### 4x100 Meter Relay
1. Perrilliat, Gray, Findley & McClain  
   - Time: 45.51  
   - Year: 2005
2. Brooks, M. McDowell & McKenzie  
   - Time: 46.61  
   - Year: 2003
3. Moore, Smith, Wright & Taylor  
   - Time: 46.85  
   - Year: 1985

### 4x400-Meter Relay
1. Milton, Burleson, Redmond & Gilmore  
   - Time: 3:46.42  
   - Year: 1982
2. Lewis, Sims, King, & Dalton  
   - Time: 3:50.44  
   - Year: 1999
3. Adakama, Robinson, Verdu & Stallworth  
   - Time: 3:50.76  
   - Year: 1997

### Heptathlon
1. Shiri Milton  
   - Points: 4854  
   - Year: 1982
2. Jaquillia Lewis  
   - Points: 4461  
   - Year: 1999
3. Jackie Dalton  
   - Points: 4441  
   - Year: 1999

### Long Jump
1. Beyonka McDowell  
   - Distance: 21'00.00  
   - Year: 2003
2. Shiri Milton  
   - Distance: 19'11.75  
   - Year: 1981
3. Kellee Callahan  
   - Distance: 19'07.50  
   - Year: 1987

### High Jump
1. Shiri Milton  
   - Height: 5'8"  
   - Year: 1982
2. Sheri Morford  
   - Height: 5'9"  
   - Year: 1984
3. Tonya Miles  
   - Height: 5'6"  
   - Year: 1986