

# NEW MEXICO SPORTS HALL OF FAME HALL OF FAME INDUCTEE



## CARLA GARRETT



**C**arla Garrett. One of the most-distinguished athletes hailing from the state, this 1984 Santa Fe High graduate – who was a 2 sport All-American in basketball and an First Team All-State selection in soccer as a goalie -- went on to become a 10-time All-American in track & field at the University of Arizona, and was the 1989 NCAA national champion during the indoor season (shot put) and outdoor season (shot put and discus).

Ever since she was young, Carla Garrett played baseball, softball, tennis, track & field and basketball. Basketball was her first love. At Santa Fe High School (Class of 1984), she played basketball, competed in track events, and specialized in the 100-meter dash.

Although her Demonette team didn't qualify for the state tournament, it didn't stop her from becoming an All American and leading the state in scoring at 23pts per game, and a leading rebounder at 11 per game.

In the spring she was tossing the discus 51meters and putting the shot 15meters, becoming a 7-time state champion, including a state track relay championship, which if you ask her may be her most valued high school state championship. She is still the state record holder in both the discus and the shot put. She went on to The University of Arizona, becoming a 10-time All American and a 3-time NCAA Division I champion in 1989, winning the indoor shot put and the outdoor shot put and discus. She was only the 2nd woman in history to win this distinctive trifecta, her coach Meg Ritchie ironically being the first.

She was also a member of the 1991 and 1993 World Track & Field Team, as well as a member of the 1992 Olympic Track & Field Team competing in Barcelona, Spain.

She also excelled in Olympic Style Weightlifting, becoming a 3-time National Champion in the 85+kilo class, setting what was at the time an American Record in the clean & jerk, while collecting 5 silver medals from the 1991 and 1993 World Weightlifting Championships.

Carla has been inducted into the University of Arizona Sports Hall of Fame, the New Mexico High School Track & Field/Cross Country Coaches Hall of Fame, and the USA Weightlifting Hall of Fame. She has been a strength & conditioning coach since 1994 and is currently the strength coach for the University of New Mexico women's basketball and softball teams.

