



ALEISHA (LATIMER) HEIER

PALMER HIGH SCHOOL | UNIVERSITY OF
ILLINOIS SPRINT CHAMPION

After starting her track career at the age of seven in Florida, Aleisha Latimer moved with her family to Colorado Springs and became one of the state's greatest female sprinters winning state prep titles at Palmer High School, setting two national high school records, and being named the state's Gatorade Player of the Year and Colorado Female Track Athlete of the Year.

Latimer won the Colorado 5A state titles in the 100 and 200 meters in 1997 and set a classification mark of 11.37 in the 100-meters. She set two national high school records in the 1997 season and was a bronze medalist in the 60-meters at the U.S. Indoor Championships with a clocking of 7.22. Track & Field News named her as its 1997 U.S. High School Indoor Athlete of the Year. She was also a gold medalist in the 400 meter relay and silver medalists in the 100-meters at the 1977 Pan-American Junior Championship in Havana, Cuba.

She earned a scholarship at the University of Illinois and was the Big Ten 55-meter champion as a freshman earning NCAA Division I All-America honors. In 1999, she won the Big Ten 100-meter championship for the Illini. She still holds the national high school record in the 55-meters and the 60-meters at sea level.