



TRACK & FIELD

2019 Penn State Women's Outdoor Performance List

WOMEN'S 100-METERS

PSU: 11.21 - Connie Moore, (2003)

11.59	4.0	Keianna Albury	Apr. 6
11.75		Brooke-Lynn Williams	Apr. 26
12.01		Amariah Thomas	Apr. 26
12.71		Carena Nottoli	Mar. 23

WOMEN'S 200-METERS

PSU: 22.45 - Connie Moore, (2004)

Heptathlon: 23.56* - Gayle Hunter, (2008)

23.53		Alexis Holmes	Apr. 20
23.98		Kiara Lester	Apr. 6
24.03		Keianna Albury	Apr. 6
24.47		Brooke-Lynn Williams	May 10
25.48		Amariah Thomas	Apr. 20
27.05		Ekaterina Hupalo	Mar. 23

WOMEN'S 400-METERS

PSU: 50.84 - Shana Cox, (2008)

52.08		Alexis Holmes	Mar. 30
54.08		Kiara Lester	May 12
56.89		Antoinette Bradley	Apr. 20
1:00.60		Elyse Skerpon	Apr. 20

WOMEN'S 800-METERS

PSU: 2:02.53 - Danae Rivers, (2017)

Heptathlon: 2:16.52 - Tal Ben-Artzi, (2015)

2:03.58		Danae Rivers	May 24
2:07.67		Victoria Tachinski	Mar. 23
2:14.80		Frances Bull	Mar. 23
2:15.45		Grace Trucilla	Apr. 6

WOMEN'S 1,500-METERS

PSU: 4:10.82 - Danae Rivers, (2018)

4:15.17		Danae Rivers	Apr. 20
4:23.34		Moiria O'Shea	Apr. 14
4:30.06		Kathryn Munks	Apr. 14
4:31.97		Grace Trucilla	Apr. 14
4:34.45		Julia Paternain	Mar. 23
4:37.62		Julia Guerra	Mar. 23
4:38.41		Andrea Demko	Apr. 20

WOMEN'S 3,000-METER STEEPLECHASE

PSU: 9:32.35 - Bridget Franek, (2010)

10:34.87		Marissa Sheva	Apr. 25
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WOMEN'S 3,000-METERS

PSU: 9:08.04 - Kathy Mills, (1978)

9:51.94		Elizabeth Chikotas	Mar. 23
9:56.68		Andrea Demko	Apr. 26
10:09.65		Marissa Sheva	Mar. 23

WOMEN'S 5,000-METERS

PSU: 15:32.53 - Kathy Mills, (1978)

16:00.10		Julia Paternain	Apr. 20
16:11.46		Moiria O'Shea	Mar. 29
16:30.70		Kathryn Munks	Apr. 20
16:57.05		Alison Willingmyre	Apr. 14
17:36.19		Andrea Demko	Apr. 14
18:25.63		Noemie Noullet	Apr. 14

WOMEN'S 10,000-METERS

PSU: 32:57.53 - Kara Millhouse, (2012)

33:22.19		Kathryn Munks	May 10
33:22.91		Julia Paternain	May 10

WOMEN'S 100-METER HURDLES

PSU: 12.85 - Aleesha Barber, (2010)

Heptathlon: 13.45 - Gayle Hunter, (2009)

15.05		Ekaterina Hupalo	May 3
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WOMEN'S 400-METER HURDLES

PSU: 55.57 - Fawn Dorr, (2010)

1:00.13		Antoinette Bradley	May 10
1:01.19		Elyse Skerpon	Apr. 6

WOMEN'S 4X100-METER RELAY

PSU: 44.25 - Fox, Aduba, Shoaff, Moore, (2003)

44.59		BL Williams, Thomas Lester, Holmes	Apr. 26
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44.70		BL Williams, Albury, Lester, Thomas	May 25
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45.14		BL Williams, Albury Lester, Holmes	Apr. 6
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WOMEN'S 4x200-METER RELAY

PSU: 1:33.09 - Jones, McGee, Howell, Seymour, (2014)

WOMEN'S 4x400-METER RELAY

PSU: 3:27.69 - Blake, Barber, Cox, Simmons, (2008)

3:39.50		Bradley, Rivers Tachinski, Holmes	Apr. 27
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3:39.86		Lester, Rivers Tachinski, Holmes	Mar. 30
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3:44.71		Lester, Bradley Tachinski, Thomas	Apr. 25
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3:51.81		Bull, Tachinski Bradley, Skerpon	Mar. 23
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3:57.53		Bradley, Skerpon Thomas, Trucilla	Apr. 6
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WOMEN'S 4x800-METER RELAY

PSU: 8:25.49 - Gerlach, Kocjancic, Banks, Rivers, (2017)

WOMEN'S 4x1500-METER RELAY

PSU: 17:57.28 - Noecker, Franek, Rosenfeld, Percival, (2007)

WOMEN'S SPRINT MEDLEY RELAY

PSU: 3:45.25 - Williams, Lester, Holmes, Rivers, (2019)

3:45.25		BL Williams, Lester, Holmes, Rivers	Apr. 26
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WOMEN'S DISTANCE MEDLEY RELAY

PSU: 10:56.07 - Gerlach, Rhodes, Banks, Rivers, (2017)

WOMEN'S HIGH JUMP

PSU: 6-0 (1.83) - Shelley Mitchell, (1992)

Heptathlon: 5-10 (1.78) - Brittney Howell, (2014)

5-9.25 (1.76)		Alexa Parks	Apr. 6
5-6 (1.68)		Cecelia Bacon	May 3

WOMEN'S POLE VAULT

PSU: 13-6.25 (4.12) - Hannah Mulhern/Katie Jones, (2018)

13-2.25 (4.02)		Carena Nottoli	Apr. 19
12-10 (3.91)		Greer Gumbrecht	May 3
12-2.5 (3.72)		Megan Fry	Apr. 13

WOMEN'S LONG JUMP

PSU: 21-6 (6.55) - Chi-Chi Aduba, (2004)

Heptathlon: 21-0.50 (6.42)* - Gayle Hunter, (2009)

20-3.75 (6.19)		Breana Gambrell	Apr. 14
19-2.75 (5.86)		Audra Koopman	May 3
17-11 (5.46)		Rachel Gearing	Apr. 20

WOMEN'S TRIPLE JUMP

PSU: 44-6.75 (13.58) - Chi-Chi Aduba, (2004)

40-10.25 (12.45)		Rachel Gearing	Apr. 13
39-4 (12.01)		Breana Gambrell	Apr. 6
39-0.25 (11.89)		Kelsey Vieira	Apr. 13
36-9 (11.20)		Cecelia Bacon	Apr. 13
36-8.5 (11.19)		Madeline Frew	Apr. 20

WOMEN'S SHOT PUT

PSU: 56-3.25 (17.15) - Rachel Fatherly, (2015)

Heptathlon: 45-9 (13.94) - Madeline Holmberg, (2018)

53-10.25 (16.41)		Payden Montana	Mar. 23
40-4.75 (12.31)		Piper Klingler	Mar. 23

WOMEN'S DISCUS

PSU: 185-1 (56.42) - Deshaya Williams, (2003)

162-3 (49.47)		Payden Montana	Mar. 22
151-5 (46.16)		Piper Klingler	Apr. 20

WOMEN'S HAMMER

PSU: 219-1 (66.75) - Jen Leatherman, (2006)

193-9 (59.05)		Gianna Rao	Apr. 14
166-1 (50.62)		Piper Klingler	Apr. 20

WOMEN'S JAVELIN

PSU: 178-6 (54.41) - Laura Loht, (2014)

Heptathlon: 142-3 (43.35) - Madeline Holmberg, (2018)

173-5 (52.85)		Madison Smith	May 10
164-0 (50.00)		Stephanie Sievers	May 10
138-10 (42.33)		Rosemary Campbell	Mar. 23
137-6 (41.92)		Ryann Brundage	May 3

WOMEN'S HEPTATHLON

PSU: 5,976 - Madeline Holmberg, (2018)

KEY -
BOLD - School Record; # - Mark from Multi-Events; * - Flat to bank conversion, UNA - Unattached



TRACK & FIELD

2019 Penn State Men's Outdoor Performance List

MEN'S 100-METERS

PSU: 10.32 - Xavier Smith, (2017/18)
Decathlon: 10.99 - Rob Cardina, (2014)

10.38	Justin Ofotan	May 25
10.67 4.9	Anton Porter	Apr. 6
10.79 4.9	Darien Williams	Apr. 6
11.14	Rick Zink	Apr. 20
11.20	Noah Swaby	May 10
11.43	Chase Ebersole	Apr. 20

MEN'S 200-METERS

PSU: 20.23 - Michael Timpson, (1986)

21.01	Justin Ofotan	May 10
22.02	Darien Williams	Apr. 20
22.11	Rick Zink	Apr. 20
22.78	Chase Ebersole	Apr. 20
22.83	Noah Swaby	May 3

MEN'S 400-METERS

PSU: 45.20 - Mike Sands, (1975)
Decathlon: 47.65 - Brian Kelley, (1991)

48.23	Kier Miner	Mar. 23
48.87	Chase Ebersole	Apr. 6
48.87	Rick Zink	Apr. 6
50.27	Noah Swaby	Apr. 20

MEN'S 800-METERS

PSU: 1:44.42 - Isaiah Harris, (2018)

1:47.75	Domenic Perretta	Mar. 29
1:50.06	Billy McDevitt	Mar. 29
1:50.55	Gary Ross	Mar. 29
1:52.05	William Ashenfelter	Apr. 20
1:52.25	Drew Maher	Mar. 23
1:53.03	Benjamin Bulkeley	Mar. 23
1:53.77	Isaiah Claiborne	May 3
1:54.08	Elijah Claiborne	May 3
1:54.88	Hudson Delisle	Apr. 20
1:55.47	Nick Wagner	May 3

MEN'S 1,500-METERS

PSU: 3:38.82 - Brannon Kidder, (2014)
Decathlon: 4:21.05 Tom Kleban, (1989)

3:44.26	Colin Abert	Mar. 29
3:44.88	Drew Maher	Apr. 14
3:45.71	James Abrahams	Apr. 14
3:46.18	Owen Wing	Apr. 14
3:46.54	Brandon Hontz	Apr. 14
3:47.35	Billy McDevitt	Mar. 23
3:47.88	Isaiah Claiborne	Apr. 14
3:49.63	Domenic Perretta	Apr. 6
3:55.11	Elijah Claiborne	Apr. 20
3:57.63	Brady Bobbitt	May 3
4:35.47	Noah Swaby	May 10

MEN'S 3,000 METERS

PSU: 7:54.0 - George Malley, (1977)

8:17.32	Colin Abert	Mar. 23
8:37.45	Ryan Barton	Mar. 23
8:49.95	Christopher Hughes	Mar. 23

MEN'S 5,000 METERS

PSU: 13:34.0 - Greg Fredericks, (1972)

14:35.13	Ben Bumgarner	Apr. 14
14:46.00	Brandon Hontz	Mar. 29
14:52.75	Christopher Hughes	Apr. 14
15:10.34	James Abrahams	May 12

MEN'S 3,000 METER STEEPLECHASE

PSU: 8:22.5 - George Malley, (1977)

8:54.48	James Abrahams	Apr. 26
9:16.04	Ryan Barton	Apr. 26

MEN'S 10,000 METERS

PSU: 28:08.0 - Greg Fredericks, (1972)

30:36.96	Ben Bumgarner	Mar. 29
31:40.73	Brady Bobbitt	Apr. 20

MEN'S 110-METER HURDLES

PSU: 13.56 - Guy Rose, 2001
Decathlon: 14.45 - Rick Kleban, 1987

14.92	Noah Swaby	Apr. 20
15.37	Isaiah Dillard	Apr. 14

MEN'S 400-METER HURDLES

PSU: 48.69 - Mike Shine, (1976)

MEN'S 4X100-METER RELAY

PSU: 39.08 - Kowalchuk, Chisena, Smith, Moffett, (2017)

41.01	Williams, Ofotan Zink, Porter	May 12
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MEN'S 4X200-METER RELAY

PSU: 1:23.75 - Smith, Chisena, Moffett, Porter, (2016)

MEN'S 4x400-METER RELAY

PSU: 3:01.52 - Nadolsky, Br. Bennett-Green, Loxsom, Gehret, (2012)

3:12.59	Ebersole, Ross, Zink, Perretta	Apr. 20
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3:13.03	Ebersole, Zink Miner, Reiser	Mar. 23
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3:22.76	Bulkeley, Ashenfelter I. Claiborne, E. Claiborne	Mar. 23
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MEN'S 4x800-METER RELAY

PSU: 7:11.17 - Watson, Shisler, Mills, Moore, (1985)

7:19.50	McDevitt, Abert Ross, Perretta	Mar. 30
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7:25.55	McDevitt, Maher Ross, Perretta	Apr. 27
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MEN'S SPRINT MEDLEY RELAY

PSU: 3:15.25 - Smith, Moffett, Miner, Harris, (2018)

3:20.93	Ofotan, Williams Ross, Perretta	Apr. 26
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MEN'S DISTANCE MEDLEY RELAY

PSU: 9:24.68 - Kidder, Bennett-Green, Loxsom, Creese, (2013)

9:55.83	Abert, Zink McDevitt, E. Claiborne	Apr. 26
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MEN'S 4xMile-RELAY

PSU: 16:18.5 - Rapp, Snyder, Wyatt, Mangan, (1979)

16:56.55	Wing, Abrahams Hontz, I. Claiborne	Apr. 26
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MEN'S HIGH JUMP

PSU: 7-3.25 (2.22) - Coney, (1985)/Hendershot, (2013)
Decathlon: 7-0.25 (2.14) - Rob Cardina, (2014)

7-1.5 (2.17)	Devin Bradham	May 12
6-9.75 (2.08)	Austin Campbell	Apr. 20
6-6.75 (2.00)	Isaiah Dillard	Mar. 23
6-4.25 (1.94)	Spencer Hay	Apr. 14

6-2 (1.88)	Noah Swaby	May 10
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MEN'S POLE VAULT

PSU: 17-5.5 (5.32) - John Vellenoweth, (2009)
Decathlon: 16-2.5 (4.94) - Rick Kleban, (1985)

14-1.25 (4.30)	Noah Swaby	May 11
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MEN'S LONG JUMP

PSU: 26-3 (8.00) - Malik Moffett, (2017)
Decathlon: 23-7.25 (7.19) - Dave Masgay, (1987)

25-1.25 (7.65)	William Henderson	Apr. 20
22-10.5 (6.97)	Noah Swaby	May 10

MEN'S TRIPLE JUMP

PSU: 54-6 (16.61) - Antonio Davis, (1993)

MEN'S SHOT PUT

PSU: 69-2 (21.08) - Joe Kovacs, (2012)
Decathlon: 48-9.50 (14.87) - Barry Walsh, (1989)

60-0.25 (18.29)	Ben Peterson	Apr. 6
56-5.75 (17.21)	Jack Zimmerman	May 3
56-0 (17.07)	Luke Grodeska	Mar. 23
54-6 (16.61)	Thomas Bojalad	Mar. 23
47-5 (14.46)	Noah Swaby	Apr. 20

MEN'S DISCUS

PSU: 207-5 (63.22) - Brian Milne, (1992)
Decathlon: 155-3 (47.32) - James Cook, (1997)

171-3 (52.20)	Thomas Bojalad	May 3
165-11 (50.57)	Noah Swaby	Mar. 22

MEN'S HAMMER

PSU: 237-9 (72.47) - Morgan Shigo, (2018)

236-5 (72.05)	Morgan Shigo	Apr. 20
212-4 (64.73)	Luke Grodeska	Apr. 22
186-9 (56.94)	Jack Zimmerman	Mar. 22
151-10 (46.29)	Ben Peterson	Mar. 22

MEN'S JAVELIN

PSU: 262-2 (79.91) - Michael Shuey, (2017)
Decathlon: 206-2 (62.83) - Shawn Colligan, (2008)

225-2 (68.64)	Mark Porter	May 10
223-9 (68-20)	Michael Biddle	Apr. 6
198-10 (60.60)	Matt Nawrocki	Apr. 14
194-11 (59.41)	Noah Swaby	Mar. 23

MEN'S DECATHLON

PSU: 7,685 - Rick Kleban, (1985)

7,411	Noah Swaby	May 10-11
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All-Time Women's Top 10 Outdoor Performances

100-Meter Dash

1	11.21	Connie Moore	2004
2	11.27	Shavon Greaves	2010
3	11.29	Mahogany Jones	2014
4	11.56	Kamilah Salaam	2004
5	11.58	Keianna Albury	2017
6	11.63 (11.57w)	Aleesha Barber	2008
7	11.68	Vivian Riddick	1983
8	11.68 (11.60w)	Kirsten Nieuwendam	2012
9	11.70	Sara Shoaff	2006
10	11.72	Caitlin DeFusco	2010

200-Meter Dash

1	22.45	Connie Moore	2004
2	22.90 (22.68w)	Mahogany Jones	2014
3	23.07	Shavon Greaves	2010
4	23.15 (22.92w)	Shana Cox	2008
5	23.33	Keianna Albury	2017
6	23.47	Kirsten Nieuwendam	2012
7	23.53	Alexis Holmes	2019
8	23.61	Kamilah Salaam	2004
9	23.66	Kiah Seymour	2014
10	23.70	Sara Shoaff	2005

400-Meter Dash

1	50.84	Shana Cox	2008
2	52.08	Alexis Holmes	2019
3	52.15	Dominique Blake	2008
4	52.51	Fawn Dorr	2010
5	53.14	Dynasty McGee	2014
6	53.17	Ije Iheoma	2012
7	53.65	Tichina Rhodes	2015
8	53.74	Laila Brock	1998
9	53.74	Janice Carter	1988
10	53.80	Tammie Hart	1981

800-Meter Run

1	2:02.53	Danae Rivers	2017
2	2:03.09	Bekka Simko	2012
3	2:04.37	Tammie Hart	1985
4	2:04.72	Brienne Simmons	2006
5	2:05.14	Rachel Banks	2017
6	2:05.66	Janice Carter	1985
7	2:05.69	Erica Bosler	1998
8	2:06.68	Terry Pioli	1981
9	2:06.80	Maura Ryan	2011
10	2:07.26	Judi Cassel	1995

1500-Meter Run

1	4:10.82	Danae Rivers	2018
2	4:15.20	Marta Klebe	2014
3	4:16.96	Doreen Startare	1993
4	4:17.40	Kim McGreevy	1997
5	4:17.54	Mary Rawe	1981
6	4:18.33	Bridget Franek	2010
7	4:19.83	Patty Murnane	1981
8	4:20.11	Bekka Simko	2012
9	4:20.40	Caitlin Lane	2010
10	4:20.84	Greta Lindsley	2018

5000 Meters

1	15:32.52	Kathy Mills	1978
2	15:46.08	Bridget Franek	2010
3	15:53.50	Paula Renzi	1985
4	15:55.27	Jillian Hunsberger	2018
5	15:58.79	Tori Gerlach	2015
6	16:00.10	Julia Paternain	2019
7	16:01.59	Tessa Barrett	2017
8	16:05.46	Elizabeth Chikotas	2015
9	16:06.32	Kim Kelly	1993
10	16:08.74	Leigha Anderson	2014

10,000 Meters

1	32:57.33	Kara Millhouse	2012
2	33:22.19	Kathryn Munks	2019
3	33:22.91	Julia Paternain	2019
4	33:29.40	Jillian Hunsberger	2017
5	33:52.32	Leigha Anderson	2014
6	34:00.00	Natalie Updegrove	1983
7	34:02.52	Kim Kelly	1993
8	34:02.80	Kris Kelly	1993
9	34:09.00	Kelli Hunt	1993
10	34:20.10	Donna Fidler	1999

100 Hurdles

1	12.85	Aleesha Barber	2010
2	13.03	Evonne Britton	2014
3	13.35	Gayle Hunter	2009
4	13.36	Toyin Augustus	2001
5	13.45	Brittney Howell	2014
6	13.57	Queenie Dale	2018
7	13.70	Madeline Holmberg	2017
8	13.71	Shelley Black	2015
9	13.83	Kamilah Salaam	2006
10	13.83	Monique Walker	2006

400 Hurdles

1	55.57	Fawn Dorr	2010
2	55.88	Kiah Seymour	2014
3	57.00	Aleesha Barber	2007
4	57.32	Evonne Britton	2010
5	57.35	Megan Duncan	2011
6	57.88	Shelley Mitchell	1991
7	58.45	Tammie Hart	1982
8	58.60	Ernestine Marsh	1987
9	58.77	Kim Markel	2007
10	58.93	Doris Anyanwu	2012

3,000-Meter Steeplechase

1	9:32.35	Bridget Franek	2010
2	9:46.76	Tori Gerlach	2017
3	10:07.78	Molly Landreth	2003
4	10:07.86	Natalie Bower	2013
5	10:11.29	Greta Lindsley	2018
6	10:16.91	Tracey Brauksieck	2003
7	10:20.33	Lindsey Graybill	2012
8	10:20.76	Abbie Benson	2014
9	10:24.01	Claire Percival	2007
10	10:26.41	Nicole Lord	2010

4x100-Meter Relay

1	44.25	Fox, Shoaff, Moore Aduba	2003
2	44.38	Salaam, Aduba, Shoaff, Moore	2004
3	44.57	Greaves, DeFusco, Barber, Dorr	2010
4	44.59	Williams, Thomas, Lester, Holmes	2019
5	44.64	Gibson, Jones, McGee, Seymour	2014

4x400-Meter Relay

1	3:27.69	Blake, Barber, Hunter, Cox	2008
2	3:30.34	Barber, Greaves, Hunter, Dorr	2009
3	3:30.35	Anyanwu, Greaves, Iheoma, Duncan	2011
4	3:30.74	Barber, Greaves, Anyanwu, Dorr	2010
5	3:31.17	McGee, Jones, Rhodes, Seymour	2014

High Jump

1	6-0 (1.83)	Shelley Mitchell	1992
2	5-11.50 (1.82)	Megan McCloskey	2017
3	5-11.25 (1.81)	Pam Connell	1991
4	5-11.25 (1.81)	Ahmenah Richardson	2015
5	5-11 (NMC)	Antoinette O'Carroll	1987
6	5-10.75 (1.80)	Erika Morgan	2013
7	5-10.5 (1.79)	Karen Krawick	1980
	5-10.5 (1.79)	Jenny Williams	1987
	5-10.5 (1.79)	Leslie Lippincott	1991
	5-10.5 (1.79)	Holly Jones	1992

Pole Vault

1	13-6.25 (4.12)	Hannah Mulhern	2018
2	13-6.25 (4.12)	Katie Jones	2018
3	13-4.50 (4.08)	Lexi Masterson	2017
4	13-2.25 (4.02)	Carena Nottoli	2019
5	13-1.50 (4.00)	Sara Dougherty	2004
6	12-10.25 (3.92)	Kasey Kemp	2016
7	12-10 (3.91)	Greer Gumbrecht	2019
8	12-9.50 (3.90)	Jocelyn Witmer	2010
	12-9.50 (3.90)	Erin Knabe	2014
10	12-8.25 (3.87)	Caitlin Fairbairn	2010

Long Jump

1	21-6 (6.55)	Chi-Chi Aduba	2004
2	21-4.75 (6.52)	Gayle Hunter	2008
3	20-10.75 (6.37)	Carmen Mann	1989
	20-10.75 (6.37)	Shakeema Walker	1999
	20-10.75 (6.37)	Brittney Howell	2014
	20-10.75 (6.37)	Madeline Holmberg	2018
7	20-5.25 (6.25)	Bianca Fung	2009
	20-10.5 (6.36w)		
8	20-4.5 (6.21)	Vivian Riddick	1982
9	20-4.25 (6.20)	Monique Gillman	1997
10	20-3.75 (6.19)	Breana Gambrell	2019

Triple Jump

1	44-6.75 (13.58)	Chi-Chi Aduba	2004
2	44-5 (13.54)	Danniel Gibson	2016
	45-1.75 (13.76w)		
3	44-3 (13.48)	Shakeema Walker	1999
4	43-1 (13.13)	Carmen Mann	1990
5	42-9.25 (13.04)	Kaitlyn Lopez	2017
6	42-3.50 (12.89)	Tanaya Lloyd	2012
7	42-2.75 (12.87)	Marlene Ricketts	2014
8	41-7 (12.67)	Lena Bettis	2007
9	41-2.50 (12.56)	Gayle Hunter	2007
	41-2.50 (12.56)	Alicia Porro	1992
	42-9.25 (13.04w)		

Shot Put

1	56-3.25 (17.15)	Rachel Fotherly	2015
2	55-4.75 (16.88)	Ja'Nai O'Connor	2004
3	55-0 (16.76)	Elaine Sobansky	1984
4	54-2 (16.51)	Alyssa Robinson	2016
5	53-11 (16.43)	Obeng Marfo	2017
6	53-10.25 (16.41)	Payden Montana	2019
7	53-8.25 (16.36)	Jennifer Leatherman	2006
8	52-6 (16.00)	Jane Swenson	2011
9	51-6.5 (15.71)	Melissa Kurzdorfer	2014
10	51-6.25 (15.70)	Deshaya Williams	2003

Discus

1	185-1 (56.41)	Deshaya Williams	2001
2	173-4 (52.83)	Christen Clemson	2007
3	170-8 (52.03)	Obeng Marfo	2016
4	170-0 (51.82)	Jennifer Leatherman	2006
5	167-7 (51.08)	Elaine Sobansky	1984
6	167-4 (51.01)	Emma Schmelzer	2007
7	166-8 (50.82)	Melissa Kurzdorfer	2013
8	162-3 (49.47)	Payden Montana	2019
9	161-5 (49.21)	Rachel Fotherly	2014
10	157-6 (48.02)	Taylor McNally	2011

Hammer

1	219-1 (66.78)	Jennifer Leatherman	2006
2	207-10 (63.35)	Melissa Kurzdorfer	2012
3	197-3 (60.12)	Kate Johnston	2003
4	193-9 (59.05)	Gianna Rao	2019
5	191-9 (58.44)	Rachel Fotherly	2015
6	191-2 (58.27)	Anjuli Vester	2015
7	190-10 (58.16)	Deshaya Williams	2003
8	187-6 (57.15)	Alyssa Robinson	2017
9	186-11 (56.97)	Helen Higgins	2007
10	183-6 (55.94)	Obeng Marfo	2017

Javelin

1	178-6 (54.41)	Laura Loht	2014
2	178-4 (54.35)	Kim Hanslovan	2009
3	177-10 (54.02)	Lauren Kenney	2013
4	176-2 (53.70)	Karlee McQuillen	2008
5	173-5 (52.85)	Madison Smith	2019
6	169-3 (51.58)	Carrie Karabinos	1999
7	167-2 (50.96)	Heidi Nadeau	2007
8	167-1 (50.92)	Brianne Johnson	2001
9	164-0 (50.00)	Stephanie Sievers	2019
10	159-4 (48.56)	Ashley Colley	2002

Heptathlon

1	5976	Madeline Holmberg	2018
2	5797	Gayle Hunter	2009
3	5706	Pam Connell	1991
4	5625	Brittney Howell	2014
5	5420	Carmen Mann	1990
6	5407	Shelley Mitchell	1992
7	5311	Carla Criste	1986
8	4941	Tal Ben-Artzi	2016
9	4919	Amber Strouse	2007
10	4917	Holly Jones	1992

All-Time Men's Top 10 Outdoor Performances

100-Meter Dash

1	10.32 (10.10w)	Xavier Smith	2018
2	10.34 (10.1 MT)	Mike Sands	1975
3	10.37 (10.26w)	Malik Moffett	2018
4	10.38 (10.22w)	Karson Kowalchuk	2017
	10.38	Justin Ofotan	2019
6	10.42	Terrance Laird	2018
7	10.44	Mike Shine	1976
8	10.46	Ryan Olkowski	2002
9	10.47	Michael Timpson	1987
10	10.49	Bob Brown	1961
	10.49	Will Henderson	2018

200-Meter Dash

1	20.23	Michael Timpson	1986
2	20.41	Terrance Laird	2018
3	20.49 (19.87w)	Malik Moffett	2017
4	20.58	Mike Sands	1975
5	20.59	Ryan Olkowski	2002
6	20.62	Brady Gehret	2012
7	20.68 (20.23w)	Xavier Smith	2018
8	21.01	Ernie Terrell	2002
	21.01	Justin Ofotan	2019
10	21.02	Barney Ewell	1942
	21.02	Art Pollard	1955

400-Meter Dash

1	45.20	Mike Sands	1975
2	45.22	Brady Gehret	2012
3	45.94	Brandon Bennett-Green	2012
4	46.12	Byron Robinson	2014
5	46.14	Paul Lankford	1980
6	46.16	Dan Chisena	2017
7	46.62	Ernie Terrell	2002
8	46.74	Mike Cadau	2009
9	46.91	Ben Karcz	2002
10	46.93	Tyreek Mathis	2017

800-Meter Run

1	1:44.42	Isaiah Harris	2018
2	1:45.28	Casimir Loxsom	2011
3	1:45.58	Brannon Kidder	2015
4	1:45.96	Randy Moore	1985
5	1:46.62	Ray Levitre	1987
6	1:46.78	Ryan Foster	2009
7	1:46.81	Chris Mills	1987
8	1:46.82	Ken Wynn	1983
9	1:46.85	Samuel Borchers	2011
10	1:47.29	Domenic Perretta	2017

1500-Meter Run

1	3:38.82	Brannon Kidder	2014
2	3:38.99	Steve Balkey	1987
3	3:39.02	Robby Creese	2015
4	3:39.25	Larry Mangan	1980
5	3:39.57	Ryan Foster	2011
6	3:42.08	Doug Walter	1990
7	3:42.12	David McMillan	1988
8	3:42.2	George Malley	1977
	3:42.2	Mike Wyatt	1977
10	3:42.54	Owen Dawson	2012

5000 Meters

1	13:34.0	Greg Fredericks	1972
2	13:36.3	Robert Snyder	1978
3	13:42.1	Alan Scharu	1980
4	13:50.54	Steve Brown	1989
5	13:52.4	Paul Stemmer	1977
6	13:53.2	George Malley	1976
7	13:54.20	Timothy McGowan	2017
8	13:55.0	Jeff Adkins	1982
9	13:56.1	Charlie Maguire	1974
10	13:57.1	Gary Gittings	1973

10,000 Meters

1	28:08.0	Greg Fredericks	1972
2	28:29.4	Charlie Maguire	1974
3	28:38.3	Eric Carter	1987
4	28:42.80	Paul Stemmer	1976
5	28:55.33	Kyle Dawson	2012
6	29:11.71	John Ziegler	1979
7	29:15.73	Tyler McCandless	2010
8	29:25.58	Mark Wimmer	1994
9	29:27.6	George Malley	1975
10	29:30.6	Alan Scharu	1980

110 Hurdles

1	13.56	Guy Rose	2001
2	13.69	Sancho Barrett	2015
3	13.73	Paul Lankford	1980
4	13.80	Michael Timpson	1988
5	13.87	Mike Shine	1976
6	13.96	Ron Jules	2008
7	14.06	John Whelan	1997
8	14.08	Sam Harris	1988
9	14.09	Brian Derby	2002
	14.09	Barry Robinson	1985

400 Hurdles

1	48.69	Mike Shine	1976
2	49.55	Paul Lankford	1981
3	49.72	Brian Derby	2003
4	50.10	Jaret Campisi	2005
5	50.49	Bill Austin	1978
6	50.54	Michael Timpson	1988
7	50.61	Barry Robinson	1985
8	50.67	Kevin Crapanuk	1992
9	50.75	Byron Robinson	2014
10	50.76	Brian Kelly	1993

3000-Meter Steeplechase

1	8:22.54	George Malley	1977
2	8:37.7	Rick Garcia	1983
3	8:40.4	Bruce Baden	1977
4	8:42.85	Eric Carter	1988
5	8:47.03	Larry Mangan	1980
6	8:48.1	Paul Mackley	1985
7	8:49.45	Brian Laird	1989
8	8:50.9	Jim Allahand	1972
9	8:51.84	Chris Foster	2005
10	8:53.71	Andy Scott	1991

4x100-Meter Relay

Kowalchuk, Chisena, Smith, Moffett	2017
Henderson, Porter, Smith, Moffett	2018
Davis, Hackman, Shine, Sands	1975
Smith, Porter, Laird, Moffett	2018
Finkel, Singleton, Sands, Scott	1973

4x400-Meter Relay

Nadolsky, Br. Bennett-Green, Loxsom, Gehret	2012
Chisena, Smith Mathis, Harris	2017
Nadolsky, Gilmore, Gehret, Br. Bennett-Green	2012
Miner, Smith, Reiser, Harris	2018
Gilmore, Shisler, Bennett-Green, Bennett-Green	2012

High Jump

1	7-3.25 (2.22)	David Coney	1985
	7-3.25 (2.22)	Jon Hendershot	2013
3	7-3.00 (2.21)	Paul Souza	1983
4	7-2.50 (2.20)	Ryan Fritz	2007
5	7-2.25 (2.19)	Sean Reilly	2013
6	7-1.75 (2.18)	David Kriz	1995
7	7-1.5 (2.17)	Devin Bradham	2019
8	7-0.50 (2.15)	Ryan Olkowski	1999
10	7-0.50 (2.15)	Chisom Ifedi	2016
	7-0.25 (2.14)	Nick Plack	2000
	7-0.25 (2.14)	Rob Cardina	2014

Pole Vault

1	17-5.5 (5.32)	John Vellenoweth	2009
2	17-5 (5.31)	Mason Ternay	1991
3	17-0 (5.18)	Dave Bollinger	2004
4	16-10 (5.13)	Rick Kleban	1985
5	16-8.75 (5.10)	Dylan Bilka	2014
6	16-7.25 (5.06)	Ron Campbell	1985
	16-7.25 (5.06)	Bradford Lawrence	2009
8	16-6.75 (5.05)	Kevin Dare	2001
	16-6.75 (5.05)	Nick Fegley	2003
10	16-6 (5.03)	Ken Stoffer	1983

Long Jump

1	26-3.00 (8.00)	Malik Moffett	2017
2	25-11 (7.90)	David Coney	1985
3	25-9.00 (7.86)	Rob Boulware	1986
	25-9.00 (7.86)	Steve Pina	1996
5	25-8.75 (7.84)	George Audu	1999
	25-8.75 (7.84)	John Gorham	1999
7	25-6.00 (7.77)	Antonio Davis	1993
8	25-2.75 (7.69)	Ryan Olkowski	2000
9	25-0.75 (7.64)	Chavous Nichols	2004
10	24-10.50 (7.58)	Al Bates	1928

Triple Jump

1	54-6.00 (16.61)	Antonio Davis	1993
2	54-3.75 (16.55)	Chavous Nichols	2004
3	53-4.50 (16.27)	Brian Leap	2016
4	53-1.50 (16.19)	Clarence Smith	2009
5	52-11.50 (16.14)	Steve Waithe	2014
	53-4.25 (16.26w)		
6	52-8.25 (16.06)	Ricardo Hall	1990
7	52-2.00 (15.90)	Bryce Williams	2017
8	51-8.50 (15.76)	Hanif Johnson	2011
9	51-1.00 (15.57)	Warren Rockwell	1966
10	50-7.00 (15.42)	Steve Pina	1995

Shot Put

1	69-2.00 (21.08)	Joe Kovacs	2012
2	68-5.25 (20.86)	Darrell Hill	2015
3	65-5.00 (19.94)	C.J. Hunter	1990
4	64-2.50 (19.57)	Blake Eaton	2010
5	64-0.25 (19.51)	Knut Hjeltnes	1975
6	62-9.25 (19.13)	Jon Yohman	2017
7	61-11.75 (18.89)	Logan Caldwell	2012
8	61-3.25 (18.68)	Greg Reyner	1986
9	61-1.25 (18.62)	Phil Caraher	1990
10	60-0.25 (18.29)	Ben Peterson	2019

Discus

1	207-5 (63.22)	Brian Milne	1992
2	201-10 (61.52)	Knut Hjeltnes	1975
3	201-6 (61.43)	David Lucas	2017
4	186-9 (56.90)	Gary Wilkly	1979
5	186-3 (56.78)	Blake Eaton	2011
6	184-0 (56.08)	Joe Kovacs	2011
7	183-6 (55.93)	Will Barr	2012
8	182-2 (55.53)	Jon Yohman	2016
9	177-11 (54.23)	Dan Diaz	2003
10	176-10 (53.90)	Steve Meyers	2006

Hammer

1	237-9 (72.47)	Morgan Shigo	2018
2	218-6 (66.60)	Alvin Jackson	1976
3	212-6 (64.78)	David Lucas	2018
4	212-4 (64.73)	Luke Grodeska	2019
5	207-10 (63.35)	Will Barr	2013
6	207-1 (63.11)	Kory Decesaris	2017
7	203-0 (61.88)	Neal McNutt	1998
8	201-9 (61.50)	Joe Kovacs	2011
9	198-5 (60.49)	Tyler Hoffman	2008
10	197-0 (60.04)	Todd Shenk	1984

Javelin

1	262-2 (79.91)	Michael Shuey	2017
2	239-9 (73.09)	Allen Pettner	2007
3	239-7 (73.02)	Michael Biddle	2018
4	237-1 (72.26)	Troy Burkholder	1997
5	233-8 (71.22)	Carl Wolter	1996
6	233-4 (71.13)	Tanner Evak	2009
7	232-0 (70.71)	Ryan Kerr	2017
8	231-3 (70.48)	Brian Stumpf	2003
9	230-3 (70.19)	Matt Moyer	2004
10	227-8 (69.40)	Rob Austin	1995

Decathlon

1	7685	Rick Kleban	1985
2	7666	Rob Cardina	2014
3	7600	James Cook	1996
4	7588	Dave Masgay	1987
5	7472	Barry Walsh	1989
6	7424	J.T. Kurelich	2003
7	7415	Brian Kelley	1991
8	7411	Noah Swaby	2019
9	7361	Shawn Colligan	2008
10	7119	Anyu Uzoh	2012