

INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander Meghan Armstrong Brittany Brown Tracy Dahl Briana Guillory Karessa Farley Elexis Guster

60 Meters

1. Lake Kwaza, 2016 7.33
2. Brittany Brown, 2017..... 7.39
3. Elaine Jones, 1983 7.43
4. Kyara Avant, 2018..... 7.44
5. Peaches Roach, 2005..... 7.45
- Antonise Christian, 20207.45**
7. Shellene Williams, 2004 7.50
8. Briana Guillory, 2017 7.51
- Lasrah Hargrove, 20207.51**
10. Jiselle Providence, 2002 7.52

60-Meter Hurdles

1. Karessa Farley, 2009 8.21
- 2. Jenny Kimbro, 20208.22**
3. Tiffany Johnson, 2006..... 8.33
4. Jahisha Thomas, 2017 8.35
5. Paula Ruen, 1998..... 8.39
6. Tria Simmons, 2019..... 8.40
7. Heaven Chandler, 2017 8.44
8. Sarah Steffen, 2002 8.45
- Renee White, 2008..... 8.45
- 10. Tionna Tobias, 2020.....8.46**

200 Meters

1. Brittany Brown, 2017..... 22.79
2. Briana Guillory, 2018 23.22
3. Kineke Alexander, 2006 23.49
4. Lake Kwaza, 2016 23.54
5. Shellene Williams, 2004 23.62
6. Marlene Poole, 1994 23.66
- Yolanda Hobbs, 1995..... 23.66
8. Erica Broomfield, 1998 23.81
- 9. Antonise Christian, 202023.89**
10. Raven Moore, 2013 24.00

400 Meters

1. Kineke Alexander, 2007 51.48
2. Briana Guillory, 2018 51.68
3. Elexis Guster, 2016 52.36
4. Ellen Grant, 1996..... 52.65
5. Shellene Williams, 2004 52.83
6. Alexis Hernandez, 2017 53.42
7. Ashley Liverpool, 2011 54.09
8. MonTayla Holder, 2015 54.32
9. Sheridan Champe, 2018 54.70
10. Tiffany Hendricks, 2011 55.06

600 Yards

1. Senta Hawkins, 1987 1:21.06
2. Aisha Hume, 2004 1:21.74
3. Kay Stormo, 1982 1:22.49
4. Nicole Erickson, 2012 1:22.61
5. Mahnee Watts, 2016..... 1:22.72
6. Bethany Praska, 2009..... 1:23.12
7. Hannah Simonson, 2012 1:23.18
8. Chris Davenport, 1982..... 1:24.14
9. Kaitlyn Nelson, 2015..... 1:24.52
10. Sophia Poncè, 2007 1:24.55

600 Meters

1. Kineke Alexander, 2008 1:27.45
2. Bethany Praska, 2011 1:28.14
- 3. Mallory King, 2020.....1:29.10**
4. MonTayla Holder, 2016 1:29.35
- 5. Tia Saunders, 20201:29.83**
- 6. Payton Wensel, 20201:29.87**
7. Mahnee Watts, 2016..... 1:30.41
8. Senta Hawkins, 1987 1:30.77
- 9. Aly Weum, 20201:30.86**
10. Briana Guillory, 2019 1:30.92

800 Meters

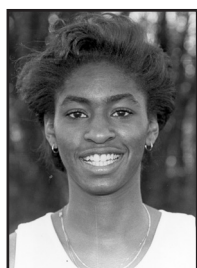
1. Bethany Praska, 2011 2:05.01
- 2. Mallory King, 2020.....2:05.12**
3. Jeanne Kruckeberg, 1989 2:06.38
4. Michelle Lahann, 2004 2:06.83
5. Katharina Trost, 2014 2:07.38
6. Mahnee Watts, 2014..... 2:08.79
- 7. Tia Saunders, 20202:08.83**
- 8. Taylor Arco, 20202:08.94**
9. Adrienne Alexia, 2013 2:08.95
10. Briana Benning, 1996 2:09.22

Mile

1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011 4:41.01
5. Tina Stec, 1994 4:42.63
6. Betsy Flood, 2010..... 4:42.70
7. Penny O'Brien, 1981..... 4:43.72
8. Diane Nukuri, 2007..... 4:46.25
9. Michelle Lahann, 2004 4:47.23
10. Amanda Hardesty, 2010 4:48.69

3,000 Meters

1. Tracy Dahl, 1993 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011..... 9:20.09
5. Nan Doak, 1982..... 9:21.60
6. Jenny Spangler, 1986..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 2012..... 9:29.71
10. Krista Anderson, 2006 9:29.75

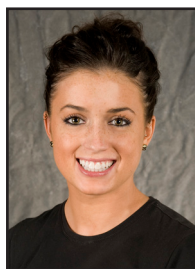


Lauren Hardesty Senta Hawkins Alexis Hernandez MonTayla Holder Lake Kwaza McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Bethany Praska



Peaches Roach



Jenny Kimbro



Jessie Strand



Lauauga Tausaga



Jahisha Thomas

5,000 Meters

1. Tracy Dahl, 1993 15:49.52
2. Nan Doak, 1985 15:55.45
3. Racheal Marchand, 2009 15:55.70
4. Diane Nukuri, 2008 16:01.36
5. Jenny Spangler, 1982 16:08.74
6. Judy Parker, 1981 16:16.63
7. Betsy Flood, 2011 16:20.67
8. Andrea Shine, 2018 16:21.53
9. Jennifer Brower, 1992 16:22.19
10. Nikki Chapple, 2004 16:27.04

Pentathlon

1. **Jenny Kimbro, 2020 4,269 points**
2. Tria Simmons, 2019 4,200 points
3. Tammilee Kerr, 2008 3,974 points
4. Chris Davenport, 1983 3,798 points
5. **Dallyssa Huggins, 2020 3,785 points**
6. Kamesha Marshall, 2005 3,701 points
7. Tiff Pedersen, 2004 3,511 points
8. Sarah Ryan, 2013 3,472 points
9. Maureen Abel, 1979 3,427 points
10. **Allison Wahrman, 2017 3,427 points**

High Jump

1. Peaches Roach, 2005 6-0 3/4 (1.85)
2. Mary Mol, 1983 6-0 (1.83)
3. Khanishah Williams, 2013 5-11 1/4 (1.81)
4. **Dallyssa Huggins, 2020 5-10 (1.78)**
5. Becky Kaza, 1995 5-9 3/4 (1.77)
6. Caleigh Bacchus, 2010 5-9 1/4 (1.76)
7. **Aubrianna Lantrip, 2019 .. 5-9 1/4 (1.76)**
8. **Gillian Urycki, 2018 5-8 3/4 (1.75)**
9. Kristi Dinkla, 1985 5-8 1/2 (1.74)
10. Kacey Childs, 2001 5-8 1/2 (1.74)

Pole Vault

1. Jessie Strand, 2004 12-5 1/2 (3.80)
2. Amy Smith, 2017 11-11 3/4 (3.65)
3. Sarah Burgett, 2007 11-10 (3.61)
4. Kirsten Weismantle, 2011 11-5 3/4 (3.50)
5. Brittany Holst, 2013 11-3 3/4 (3.45)
6. Katie Truedson, 2010 10-11 3/4 (3.35)
7. Gina Shannon, 2001 10-6 (3.20)
8. Kacey Childs, 2001 9-0 (2.75)
9. Amy Kasparbauer, 2000 8-0 (2.44)

Long Jump

1. Jahisha Thomas, 2018 21-0 3/4 (6.42)
2. Zinnia Miller, 2014 20-4 1/4 (6.20)
3. Carisa Leacock, 2014 19-9 1/2 (6.03)
4. Lisa Moats, 1986 19-6 (5.95)
5. Cassidy Ellis, 2015 19-5 1/2 (5.93)
6. **Jenny Kimbro, 2020 19-4 (5.89)**
7. Tria Simmons, 2018 19-2 (5.84)
9. Renee White, 2006 19-3 1/4 (5.87)
9. Tiffany Johnson, 2007 19-2 1/2 (5.85)
10. Davera Taylor, 1984 19-1 1/2 (5.83)
10. **Tionna Tobias, 2020 19-1 1/2 (5.83)**

Triple Jump

1. Jahisha Thomas, 2018 ... 43-4 1/2 (13.22)
2. Renee White, 2008 42-4 (12.90)
3. Amanda Carty, 2019 42-1 1/2 (5.88)
4. Tria Simmons, 2017 42-1 1/4 (12.83)
5. Tiffany Johnson, 2007 ... 41-3 3/4 (12.59)
6. Zinnia Miller, 2014 41-2 1/2 (12.56)
7. Carisa Leacock, 2012 40-5 1/2 (12.33)
8. **Hannah Schlib, 2019 40-7 (12.37)**
9. **Allison Wahrman, 2017 39-10 (12.14)**
10. Becki Borg, 1987 39-6 (12.04)

Shot Put

1. **Lauauga Tausaga, 2020 58-11 1/4 (17.96)**
2. **Nia Britt, 2019 54-11 1/2 (16.75)**
3. **Erika Hammond, 2019 .. 51-3 1/2 (15.63)**
4. Gail Smith, 1985 51-0 (15.54)
5. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
6. Kamesha Marshall, 2005 49-2 1/4 (14.99)
7. **Kat Moody, 2020 48-11 (14.91)**
8. Denise Taylor, 1992 48-9 (14.86)
9. Rachel Curry, 2013 48-2 1/2 (14.69)
10. Megan Maurer, 1995 47-5 3/4 (14.47)

Weight Throw

1. **Lauauga Tausaga, 2019 76-3 3/4 (23.26)**
2. Ashlyn Gulvas, 2013 63-6 (19.35)
3. **Amanda Howe, 2020 62-4 1/2 (19.01)**
4. Jasmine Simpson, 2013 .. 62-6 1/2 (19.06)
5. **Nia Britt, 2019 61-4 3/4 (18.71)**
6. Annemie Smith, 2014 61-4 (18.69)
7. Kelsey Taylor, 2011 60-4 1/2 (18.40)
8. **Allison Wahrman, 2020 59-1 1/2 (18.02)**
9. Majesty Tutson, 2011 58-4 (17.78)
10. Becca Franklin, 2007 58-3 1/4 (17.76)

1,600-Meter Relay

1. Holder, Guillory, Hernandez, Guster, 2016 3:32.93
2. Champe, Guillory, Brown, Plock, 2018 3:33.19
3. Sharpe, Guillory, Brown, Champe, 2018 3:34.34
4. Holder, Guster, Hernandez, Guillory, 2016 3:36.47
5. Liverpool, Hendricks, Praska, Erickson, 2011 3:36.97
6. Holder, Hernandez, Guster, Guillory, 2016 3:36.99
7. Hernandez, Holder, Guster, Watts, 2014 3:37.16
8. Liverpool, Hendricks, Erickson, Praska, 2011 3:37.58
9. **Kimbro, Simmons, Weum, Guillory, 2019 3:37.58**
10. Kwaza, Guster, Holder, Watts, 2015 ... 3:37.84

Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
2. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
3. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
4. Melander, Praska, Hendricks, Flood, 2011 11:24.47
5. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
6. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
7. Benning, Poole, Salsberry, Stec, 1994 11:28.03
8. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
9. Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36