

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Kineke Alexander

Meghan Armstrong

Marta Bote
Gonzalez

Brittany Brown

Nan Doak

Aisha James

Tiffany Johnson

100 Meters

1. Brittany Brown, 2018 11.28
2. **Briana Guillory, 2016** **11.35**
3. Lake Kwaza, 2015 11.40
4. Vivien McKenzie, 1985 11.45
5. Davera Taylor, 1984 11.51
6. Erica Broomfield, 1998 11.53
7. Jiselle Providence, 2001 11.57
8. Tanja Reid, 1994 11.60
Peaches Roach, 2005 11.60
10. Yolanda Hobbs, 1995 11.62

100-Meter Hurdles

1. Tiffany Johnson, 2007 13.20
2. **Jenny Kimbro, 2019** **13.22**
3. Jahisha Thomas, 2017 13.46
4. **Tria Simmons, 2019** **13.49**
5. Karessa Farley, 2009 13.53
6. C. Prendergast, 1999 13.60
Paula Ruen, 2000 13.60
8. Sarah Steffen, 2002 13.65
9. Ruqayya Raheem, 1998 13.90
10. Heaven Chandler, 2016 13.91

200 Meters

1. Brittany Brown, 2017 22.30
2. **Briana Guillory, 2016** **22.89**
3. Elexis Guster, 2016 23.03
4. Lake Kwaza, 2016 23.17
5. Shellene Williams, 2004 23.50
6. Kineke Alexander, 2006 23.58
7. Davera Taylor, 1984 23.59
8. Vivien McKenzie, 1985 23.61
9. Yolanda Hobbs, 1995 23.65
10. Alexis Hernandez, 2017 23.69

400 Meters

1. **Briana Guillory, 2018** **51.30**
2. Kineke Alexander, 2006 51.35
3. Elexis Guster, 2016 51.85
4. Shellene Williams, 2004 51.94
5. Ashley Liverpool, 2012 52.47
6. Ellen Grant, 1996 52.65
7. Alexis Hernandez, 2017 53.27
8. Senta Hawkins, 1988 54.01
Bethany Praska, 2011 54.01
10. Marlene Poole, 1994 54.03

400-Meter Hurdles

1. Mary Knoblauch, 1981 56.16
2. Wynsome Cole, 1998 56.67
3. MonTayla Holder, 2014 56.70
4. **Jenny Kimbro, 2019** **58.27**
5. Chris Davenport, 1981 59.18
6. Sommer Sharpe, 2018 59.20
7. Sarah Plock, 2018 59.49
8. Hannah Simonson, 2012 59.54
9. Sarah Steffen, 2002 59.59
10. Tiffany Hendricks, 2011 59.63

800 Meters

1. Bethany Praska, 2011 2:03.78
2. Kay Stormo, 1982 2:05.67
3. **Taylor Arco, 2019** **2:06.06**
4. Michelle Lahann, 2004 2:06.79
5. **Mallory King, 2019** **2:07.08**
6. Katharina Trost, 2015 2:07.09
7. Mahnee Watts, 2016 2:07.41
8. Aisha Hume, 2005 2:08.50
9. Adrienne Alexia, 2013 2:08.61
10. Jeanne Kruckeberg, 1987 2:08.75

1,500 Meters

1. Meghan Armstrong, 2006 4:17.41
2. Betsy Flood, 2010 4:17.75
3. Jeanne Kruckeberg 1989 4:19.71
4. McKenzie Melander, 2012 4:20.22
5. Lauren Hardesty, 2009 4:20.40
6. Diane Nukuri, 2007 4:20.95
7. Penny O'Brien, 1985 4:21.43
8. Kay Stormo, 1982 4:22.24
9. Michelle Lahann, 2004 4:24.00
10. Shannon Stanley, 2006 4:25.08

3,000 Meters

1. Diane Nukuri, 2008 9:18.82
2. Penny O'Brien, 1985 9:20.61
3. McKenzie Melander, 2012 9:21.59
4. Betsy Flood, 2010 9:22.63
5. Nan Doak, 1985 9:23.04
6. Tracy Dahl, 1992 9:23.53
7. Meghan Armstrong, 2006 9:28.03
8. Brooke Eilers, 2011 9:30.08
9. Jeanne Kruckeberg, 1989 9:30.69
10. Jennifer Brower, 1992 9:34.59

3,000-Meter Steeplechase

1. Marta Bote Gonzalez, 2015 10:23.15
2. Danielle Berndt, 2011 10:26.54
3. Jessica Schmidt, 2008 10:27.18
4. Sarah Arens, 2004 10:34.50
5. Hannah Roeder, 2011 10:35.22
6. Madison Wayire, 2017 10:41.91
7. Kelsey Hart, 2011 10:47.56
8. **Anna Hostetler, 2019** **10:57.25**
9. Kelly Breen, 2017 10:59.99
10. Katie Ellis, 2010 11:02.62

5,000 Meters

1. Nan Doak, 1985 15:45.84
2. McKenzie Melander, 2012 15:57.13
3. Diane Nukuri, 2008 15:59.39
4. Betsy Flood, 2011 16:04.46
5. Meghan Armstrong, 2008 16:08.83
6. Brooke Eilers, 2011 16:11.86
7. Mareike Schrulle, 2013 16:12.66
8. Jenny Spangler, 1983 16:17.21
9. Tracy Dahl, 1992 16:18.77
10. Racheal Marchand, 2008 16:27.02

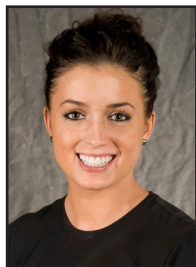


Jenny Kimbro

OUTDOOR ALL-TIME TOP TEN PERFORMERS



Diane Nukuri



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand



Lauauga Tausaga



Jahisha Thomas

10,000 Meters

1. Diane Nukuri, 2008 33:17.01
2. Jennifer Brower, 1991..... 33:23.38
3. Meghan Armstrong, 2008..... 33:28.00
4. Nan Doak, 1985 33:33.03
5. Jenny Spangler, 1983 33:39.24
6. **Andrea Shine, 201833:50.25**
7. Racheal Marchand, 2008 34:05.87
8. McKenzie Melander, 2012 34:29.83
9. Tracy Dahl, 1992 34:30.09
10. Betsy Flood, 2011 35:05.10

Heptathlon

1. **Jenny Kimbro, 20195,679 pts**
2. Tammilee Kerr, 2008 5,633 pts
3. **Tria Simmons, 20175,557 pts**
4. Kathy Gillespie, 1983 5,262 pts
5. Tiff Pedersen, 2004 4,976 pts
6. Janet Adams, 1981..... 4,855 pts
7. Sarah Ryan, 2012 4,819 pts
8. Ruqayya Raheem, 1997 4,665 pts
9. Angela Chadwick, 1993..... 4,493 pts
10. **Allison Wahrman, 20174,315 pts**

High Jump

1. Peaches Roach, 2006 6-1 1/4 (1.86)
2. **Jenny Kimbro, 20196-0 3/4 (1.85)**
3. Mary Mol, 1983 6-0 (1.83)
4. Khanishah Williams, 2013. 5-11 1/4 (1.81)
5. Caleigh Bacchus, 2010 5-10 (1.78)
6. Lynn McMillan, 1988 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2018.... 5-9 1/4 (1.76)**
- Gillian Urycki, 2018 5-9 1/4 (1.76)**
- Tria Simmons, 2019 5-9 1/4 (1.76)**
10. Madison Rouw, 2016 5-8 3/4 (1.75)

Pole Vault

1. Jessie Strand, 2003 12-10 1/4 (3.92)
2. Sarah Burgett, 2006 12-1 3/4 (3.70)
3. Kirsten Weismantle, 2011..... 12-0 (3.66)
4. Amy Smith, 2018..... 11-11 3/4 (3.65)
5. Katie Truedson, 2010 11-5 1/4 (3.49)
6. Gina Shannon, 2001..... 11-2 1/4 (3.41)
7. Brittany Holst, 2013 11-1 (3.38)
8. Elyssa Tracy, 2015..... 10-6 (3.20)
9. Kacey Childs, 2000 8-0 1/2 (2.45)

Long Jump

1. Aisha James, 2003..... 22-3 (6.78)
2. Jahisha Thomas, 2018..... 21-6 (6.55)
3. Zinnia Miller, 2014 20-6 1/2 (6.26)
4. Renee White, 2008 20-3 3/4 (6.19)
5. Carisa Leacock, 2014..... 19-11 3/4 (6.09)
6. **Amanda Carty, 2019 19-11 1/2 (6.08)**
7. Becki Borg, 1988 19-7 1/4 (5.97)
8. **Jenny Kimbro, 2018 19-7 (5.97)**
9. Cassidy Ellis, 2015 19-6 1/4 (5.95)
10. Lisa Moats, 1986 19-6 (5.95)

Triple Jump

1. Jahisha Thomas, 2018..... 44-2 (13.46)
2. Renee White, 2008 43-10 3/4 (13.36)
3. Zinnia Miller, 2014 42-0 1/2(12.81)
4. Tiffany Johnson, 2007 41-8 3/4 (12.72)
5. **Tria Simmons, 2018 40-11 3/4 (13.49)**
6. **Amanda Carty, 201940-11 (12.47)**
7. Carisa Leacock, 2012..... 40-10 1/2 (12.46)
8. Becki Borg, 1988 40-7 1/2 (12.38)
9. **Hannah Schlib, 2017 40-6 (12.34)**
10. Lynn McMillan, 1988 39-6 1/2 (12.05)
- Allison Wahrman, 2018. 39-6 1/2 (12.05)**

Shot Put

1. **Lauauga Tausaga, 2019 .. 59-1 1/2 (18.02)**
2. **Nia Britt, 2019 55-7 3/4 (16.96)**
3. Lisa Van Steenwyk, 1992 50-8 (15.44)
4. Gail Smith, 1984..... 50-3 1/4 (15.32)
5. Denise Taylor, 1992 50-1 3/4 (15.28)
6. **Erika Hammond, 2019 ... 49-9 1/4 (15.17)**
7. Kamesha Marshall, 2005. 48-6 3/4 (14.80)
8. Laura Kriener, 1990..... 48-2 1/2 (14.69)
9. Jennifer Gilson, 2002 47-10 (14.58)
10. Rachel Curry, 2013..... 47-9 1/4 (14.56)

Discus

1. **Lauauga Tausaga, 2019207-6 (63.26)**
2. **K. Spanoudakis, 2019190-1 (57.95)**
3. Majesty Tutson, 2013 181-1 (55.19)
4. Dakotah Goodell, 2014 169-4 (51.62)
5. Kara Misel, 2018 162-1 (49.40)
6. Tiffany Medenwaldt, 2010.. 161-3 (49.16)
7. Denise Taylor, 1992 160-5 (48.90)
8. Amanda Stahle, 2014..... 159-3 (48.54)
9. Lisa Van Steenwyk, 1991 159-1 (48.50)
10. Gail Smith, 1983..... 158-2 (48.22)

Javelin

1. Alana Redfern, 2003 181-5 (55.30)
2. Tammilee Kerr, 2008 163-5 (49.81)
3. **Marissa Mueller, 2019154-3 (47.02)**
4. Mandy Beck, 1999 153-4 (46.74)
5. Dakotah Goodell, 2015 . 153-3 1/4 (46.71)
6. Terri Soldan, 1983..... 152-6 1/4 (46.48)
7. Shani Renning, 1990 152-3 (46.40)
8. Kayla Hochhalter, 2015 152-6 (46.48)
9. Clara Simon, 1981 149-9 (45.64)
10. Janet Adams, 1984..... 148-7 (45.28)

Hammer Throw

1. **Lauauga Tausaga, 2019.....201-3 (61.34)**
2. Annemie Smith, 2015 ... 200-1 1/2 (60.99)
3. **Nia Britt, 2019200-1 (60.99)**
4. Jasmine Simpson, 2013..... 197-7 (60.23)
5. Becca Franklin, 2007 195-0 (59.45)
6. Ashlyn Gulvas, 2014..... 192-9 (58.75)
7. **Amanda Howe, 2019191-3 (58.30)**
8. Leah Colbert, 2018..... 189-3 (57.69)
9. **Allison Wahrman, 2019185-6 (56.55)**
10. Kelsey Taylor, 2011 177-0 (53.95)

WOMEN'S ALL-TIME RELAYS

400-Meter Relay

1.	Kwaza, Guster, Guillory , Hernandez, 2016	44.04
2.	Chapman, Guillory , Hernandez, Brown, 2017	44.34
3.	Kwaza, Guster, Chapman, Guillory , 2016	44.41
4.	Thomas, Avant, Guillory , Brown, 2018.....	44.44
5.	Kwaza, Guster, Hernandez, Brown, 2014.....	44.51
6.	Thomas, Avant, Champe, Brown, 2018	44.52
7.	Thomas, Guillory , Hernandez, Brown, 2017	44.53
8.	Kwaza, Guster, Holder, Brown, 2014	44.62
9.	Poole, Reid, Floyd, Hobbs, 1994	44.63
	Chapman, Guillory , Hernandez, Brown, 2017	44.63

Shuttle Hurdle Relay

1.	Prendergast, Cole, Raheem, Ruen, 1998.....	56.44
2.	Cole, Prendergast, Raheen, Ruen, 1998	56.54
3.	Raheen, Prendergast, Cole, Ruen, 1998	57.53
4.	Morken, Donahue, Swanson, Winger, 2019	1:05.60

800-Meter Relay

1.	Brown , Champe, Avant, Plock, 2018	1:35.11
2.	Chapman, Guillory , Hernandez, Brown, 2017	1:35.36
3.	Hobbs, Reid, Floyd, Poole, 1994	1:35.69
4.	Roach, McCalla, Alexander, Johnson, 2006	1:36.19
5.	Chapman, Roberts-Lewis, Champe, Brown, 2016	1:36.98
6.	Williams, Charles, Fouchè, Providence, 2003.....	1:37.49
7.	Herrmann, McCalla, Raymond, Roach, 2004.....	1:37.66
8.	Charles, Dixon, Knight, Prendergast, 2002	1:38.15
9.	Christian, Buss, Swanson, Morken, 2019	1:38.52
10.	Prendergast, Dixon, Knight, Providence, 2001	1:38.73

1,600-Meter Relay

1.	Hernandez, Guillory , Holder, Guster, 2016	3:30.97
2.	Guillory , Brown, Hernandez, Champe, 2017	3:32.37
3.	Guster, Guillory , Holder, Hernandez, 2016.....	3:32.63
4.	Holder, Guillory , Hernandez, Guster, 2016.....	3:33.25
5.	Guster, Hernandez, Holder, Kwaza, 2014	3:34.83
6.	Praska, Hendricks, Liverpool, Erickson, 2011	3:35.93
7.	Guillory , Brown, Hernandez, Champe, 2017	3:35.94
	Champe, Guillory , Plock, Sharpe, 2018.....	3:35.94
9.	Guster, Watts, Hernandez, Kwaza, 2014.....	3:36.09
10.	Hume, Charles, Steffen, Williams, 2003	3:36.26

Sprint Medley Relay

1.	Jones, Hendricks, Liverpool, Praska, 2011.....	3:48.63
2.	Brown, Kwaza, Guster, Watts, 2014.....	3:51.18
3.	Kwaza, Guster, Holder, Watts, 2016.....	3:52.62
4.	Swanson, Morken, King, Arco, 2019	3:52.85
5.	Kwaza, Brown, Guster, Trost, 2015	3:53.29
6.	Christian, Buss, Guillory, Arco, 2019	3:54.18
7.	Kwaza, R. Moore, Holder, Alexia, 2013.....	3:54.51
8.	Trusty, R. Moore, Hendricks, Praska, 2010.....	3:56.53
9.	Reid, Philip, Hobbs, Benning, 1995.....	3:56.54
10.	Roach, Alexander, McCalla, Stanley, 2005.....	3:56.99

3,200-Meter Relay

1.	McCabe, Arco, Saunders, King, 2019	8:31.84
2.	Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....	8:46.45
3.	Lahann, Stanley, Hume, Barber, 2004	8:48.87
4.	Schneckloth, Roberts, Hawkins, Kruckeberg, 1989	8:49.38
5.	Trost, Maser, Alexia, Nelson, 2014	8:49.95
6.	Nelson, Watts, Wilberding, Sindt, 2016.....	8:51.90
7.	Flood, Dlh, L. Hardesty, Docherty, 2009.....	8:53.91
8.	Armstrong, Stanley, Laney, Hume, 2005.....	8:54.27
9.	O'Brien, Camarigg, Williams, Stormo, 1981	8:54.36
10.	Flood, Melander, Praska, Hardesty, 2010	8:54.45

Distance Medley Relay

1.	Hoskins, Powell, Schneckloth, Kruckeberg, 1989	11:22.18
2.	Armstrong, Alexander, Poncé, Stanley, 2007.....	11:25.05
3.	Stanley, McCalla, Hume, Armstrong, 2005	11:34.04
4.	Barber, Williams, Hume, Arens, 2004.....	11:34.56
5.	Thompson, Williams, Hume, Arens, 2003	11:39.02
6.	2000	11:39.83
7.	Schrulle, Erickson, Placzek, Eilers, 2012	11:40.57
8.	Davenport, xx, xx, xx, 1981.....	11:41.44
9.	Pare, Grant, Benning, Gilchrist, 1997	11:41.92
10.	Dlhy, Erickson, Docherty, Anderson, 2010.....	11:43.06

6,400-Meter Relay

1.	Flood, Melander, A. Hardesty, L. Hardesty, 2010.....	19:05.63
2.	Nukuri, Marchand, Henize, Armstrong, 2008.....	19:15.42
3.	Flood, Laesch, Ranegar, Melander, 2012.....	19:16.73
4.	Flood, Eilers, Melander, L. Hardesty, 2011	19:17.52
5.	Flood, Melander, A. Hardesty, Eilers, 2009.....	19:36.43
6.	Scott, Gordon, Schrulle, Gambrall, 2013	19:41.15
7.	Jones, Bote Gonzalez, Wilberding, Reischmann, 2015.....	19:59.72
8.	Maser, Price, Wilberding, Montuclard, 2014	20:23.27
9.	Chapple, Laney, Donlon, Sokol, 2005	20:39.12
10.	Arens, Barber, Butler, Roberts, 2001	20:40.89