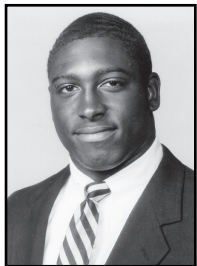


OUTDOOR ALL-TIME TOP 10 PERFORMERS



Jeremy Allen



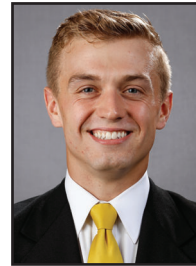
Justin Austin



Matt Byers



Troy Doris



William Dougherty



Mar'Yea Harris



Jeffery Herron

100 Meters

- Justin Austin, 2011 10.21
- O'Shea Wilson, 2017 10.22
- George Page, 1996 10.25
- James Harrington, 2015..... 10.26
- Anthuan Maybank, 1994 10.31
- Tim Dwight, 1997 10.31
- Josh Larney, 2013 10.31
- Vinnie Saucer, Jr., 2015 10.31
- Antonio Woodard, 2018..... 10.34**
- Bob Lawson, 1976 10.36

110-Meter High Hurdles

- Aaron Mallett, 2017..... 13.24
- Pat McGhee, 1989 13.50
- Dion Trowers, 1996..... 13.62
- Jaylan McConico, 2019..... 13.62**
- Ronnie McCoy, 1985 13.66
- Ethan Holmes, 2011 13.73
- Jordan Mullen, 2013..... 13.76
- Chris Douglas, 2018..... 13.76
- Anthony Williams, 2019 13.81
- James Armstrong, 1991 13.89

200 Meters

- Justin Austin, 2011 20.31
- Jeff Patrick, 1983 20.47
- James Harrington, 2015..... 20.50
- Karayme Bartley, 2019..... 20.51
- Anthuan Maybank, 1994 20.55
- Victor Green, 1984 20.60
- Antonio Woodard, 2018..... 20.61**
- Andre Morris, 1995 20.64
- George Page, 1996 20.67
- Collin Hofacker, 2017 20.71

400 Meters

- Mar'yea Harris, 2018 44.94
- Anthuan Maybank, 1993 44.99
- Andre Morris, 1995 45.15
- Mike Mondane, 1967 45.20
- Wayne Lawrence, Jr., 2019 45.33**
- Steven Willey, 2010 45.78
- Karayme Bartley, 2019..... 45.80
- DeJuan Frye, 2018 46.17
- Gary Hollingsworth, 1963..... 46.30
- Harold Leonard, 1986..... 46.45

400-Meter Hurdles

- Pat McGhee, 1988 48.83
- Monte Raymond, 1998..... 50.09
- Ray Varner, 2010..... 50.24
- Chris Douglas, 2019 50.32
- Paul Steele, 1989 50.45
- Russell Peterson, 2001 50.50
- Ethan Holmes, 2013 50.51
- Adam Kunkel, 2001..... 50.73
- Jon Reimer, 1967 50.94
- Noah Larrison, 2016 50.94

800 Meters

- Erik Sowinski, 2012..... 1:45.90
- Matt Manternach, 2019 1:46.93
- Carter Lilly, 2016..... 1:46.95
- Bill Frazier, 1962 1:47.64
- D'Juan Stozier, 1990 1:47.82
- Adam Hairston, 2011..... 1:48.10
- Tysen VanDraska, 2019 1:48.52**
- Will Teubel, 2015..... 1:48.60
- Nolan Teubel, 2019..... 1:48.75
- Michael Layne, 1999..... 1:49.61

1,500 Meters

- Jeff Thode, 2010 3:43.02
- Joel Moeller, 1978 3:44.01
- Jim Docherty, 1978..... 3:44.30
- Nathan Mylenek, 2019..... 3:44.49**
- Sam Fourman, 2015 3:44.50
- Michael Melchert, 2018 3:44.59
- Adam Jones, 2017 3:45.48
- Dan Waters, 1986 3:46.35
- Kevin Herd, 1994 3:46.64
- John Clark, 1977 3:46.84

3,000-Meter Steeplechase

- Nathan Mylenek, 2019..... 8:38.53**
- Deacon Jones, 1956..... 8:47.40
- Steve Pershing, 1978 8:54.59
- Andy Morris, 2000..... 8:56.21
- Matt Gerard, 1994 8:57.01
- Andy Napier, 2008 8:57.54
- Rollie Kitt, 1967 9:02.90
- Al Greene, 1985..... 9:02.96
- Tony Rakaric, 2005..... 9:03.29
- Mark Battista, 2010 9:04.60

5,000 Meters

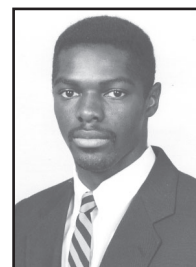
- Micah VanDenend, 2007 13:49.31
- Larry Wiczorek, 1968 13:56.00
- Kevin Herd, 1993 13:59.00
- Stetson Steele, 2000..... 14:02.76
- Kevin Lewis, 2014 14:02.78
- Eric MacTaggart, 2005 14:04.79
- Dan Haut, 2006..... 14:07.30
- Jesse Luciano, 2010 14:08.71
- Nathan Mylenek, 2018..... 14:09.43**
- Adam Jones, 2017 14:11.52



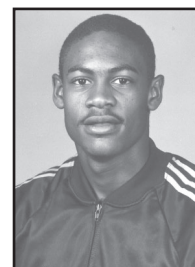
Gabe Hull



Aaron Mallett



Anthuan Maybank



Pat McGhee

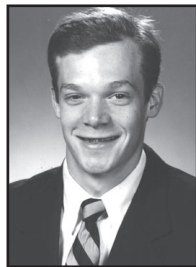
OUTDOOR ALL-TIME TOP 10 PERFORMERS



Nathan Mylenek



Erik Sowinski



Stetson Steele



Jeff Thode



Micah VanDenend



Todd Wigginton



Arno
van der Westhuizen

10,000 Meters

1. Stetson Steele, 2000..... 28:44.47
2. Eric MacTaggart, 2006..... 28:50.23
3. Kevin Lewis, 2015..... 28:59.62
4. **Daniel Soto, 2019.....29:31.88**
5. Nick Nordheim, 2002..... 29:44.71
6. Trent Corey, 2002..... 29:45.25
7. Ian Eklin, 2017..... 29:47.06
8. Chad Schwitters, 1999..... 29:56.00
9. Luke Sampson, 2018..... 29:58.47
10. Nick Holmes, 2010..... 30:02.31

Decathlon

1. William Dougherty, 2018..... 7,673 pts
2. Kyle Reid, 2013..... 7,203 pts
3. **Peyton Haack, 2019..... 7,129 pts**
4. Jack Eckert, 2015..... 7,087 pts
5. Dan Rolling, 2010..... 6,957 pts
6. Scott Faber, 2000..... 6,839 pts
7. Ryan Niver, 2008..... 6,837 pts
8. Chad Ohly, 1994..... 6,641 pts
9. Gary Kostrubala, 1984..... 6,498 pts
10. Frank Prill, 2008..... 6,381 pts

High Jump

1. Jeffery Herron, 2012..... 7-4 1/4 (2.24)
2. Bill Hansen, 1978..... 7-4 (2.23)
3. Bill Knoedel, 1975..... 7-4 (2.23)
4. Kevin Spejcher, 2014..... 7-2 1/2 (2.20)
5. M. Cunningham, 1986..... 7-1 (2.16)
6. Kenneth Lansing, 1988..... 7-1 (2.16)
7. Jay Hunt, 2019..... 7-1 (2.16)
8. Pat Meade, 1987..... 7-0 1/4 (2.14)
9. Graham Valdes, 2012..... 6-11 3/4 (2.12)
10. Peter Hlavin, 1979..... 6-11 (2.11)
11. Scott Hudek, 1993..... 6-11 (2.11)
12. Jeremy Petsche, 2008..... 6-11 (2.11)
13. Brandon Oest, 2012..... 6-11 (2.11)

Pole Vault

1. Todd Wigginton, 1984..... 17-0 (5.18)
2. Chad Ohly, 1994..... 16-8 3/4 (5.10)
3. Kyle Reid, 2013..... 16-8 3/4 (5.10)
4. Curt Broek, 1978..... 16-8 (5.08)
5. Andy Jatis, 2018..... 16-7 1/2 (5.07)
6. Phil Wertman, 1971..... 16-7 (5.05)
7. Kelly Scott, 1988..... 16-7 (5.05)
8. **Peyton Haack, 2019..... 16-4 3/4 (5.00)**
9. John Teffer, 1972..... 16-2 (4.93)
10. Alex Zona, 2009..... 16-0 3/4 (4.90)

Long Jump

1. Anthuan Maybank, 1993..... 27-1 (8.25)
2. Bashir Yamini, 1997..... 26-8 1/4 (8.13)
3. Paul Jones, 1989..... 25-10 1/4 (7.88)
4. Darren Smith, 1991..... 25-9 3/4 (7.86)
5. Quinn Early, 1986..... 25-7 1/4 (7.80)
6. O'Shea Wilson, 2017..... 25-5 1/4 (7.75)
7. Ed Gordon, 1931..... 25-4 3/8 (7.68)
8. Matty Gorman, 2006..... 25-1 1/4 (7.65)
9. Ronnie McCoy, 1985..... 25-0 (7.62)
10. Antwon James, 2017..... 24-11 (7.59)

Triple Jump

1. Troy Doris, 2012..... 54-8 (16.66)
2. Babatunde Amosu, 2015..... 53-10 (16.15)
3. Paul Jones, 1990..... 53-9 (16.38)
4. Antwon James, 2017..... 52-4 1/2 (15.96)
5. Klyvens Delaunay, 2013... 52-2 1/2 (15.91)
6. Gordon Finch, 1988..... 50-9 1/4 (15.47)
7. Mike Lacy, 1984..... 50-5 (15.36)
8. **James Carter, 2019..... 50-1 3/4 (15.28)**
9. Pat Miller, 1985..... 49-8 1/2 (15.25)
10. Matty Gorman, 2008..... 49-2 1/2 (15.00)

Shot Put

1. Jeremy Allen, 2001..... 63-2 3/4 (19.27)
2. Reno Tuufuli, 2018..... 62-10 3/4 (19.17)
3. Ken Kemeny, 2005..... 62-3 (18.97)
4. Shane Maier, 2006..... 62-2 1/4 (18.95)
5. Andy Banse, 2005..... 61-11 1/2 (18.88)
6. John Hickey, 2008..... 61-9 1/2 (18.83)
7. Avery Meyers, 2017..... 60-4 (18.39)
8. Chris Gambol, 1987..... 60-0 1/2 (18.30)
9. A.J. Curtis, 2008..... 59-8 1/4 (18.19)
10. Gabe Hull, 2014..... 59-4 1/4 (18.09)

Discus

1. Gabe Hull, 2014..... 207-1 (63.11)
2. Reno Tuufuli, 2019..... 205-2 (62.54)
3. A.J. Curtis, 2007..... 202-11 (61.84)
4. Gary Kostrubala, 1986..... 202-4 (61.68)
5. Jeremy Allen, 2001..... 195-4 (59.54)
6. Tim Brodersen, 2005..... 193-6 (58.98)
7. Avery Meyers, 2017..... 185-8 (56.61m)
8. Brad Daufeldt, 2004..... 185-0 (56.40)
9. Nick Brayton, 2009..... 180-11 (55.15)
10. Andy Banse, 2005..... 180-0 (54.86)

Hammer

1. A. van der Westhuizen, 2001 222-11 (67.94)
2. Adam Hamilton, 2007..... 222-2 (67.73)
3. Jim Costello, 2002..... 217-7 (66.32)
4. Brad Daufeldt, 2004..... 207-10 (63.34)
5. Chris Voller, 2005..... 206-0 (62.80)
6. Matt Banse, 2012..... 201-11 (61.55)
7. Jeremy Allen, 2001..... 199-0 (60.66)
8. Ben Stancombe, 2011..... 197-6 (60.20)
9. Ryan Jordan, 2007..... 184-6 (56.23)
10. Mark Shapveld, 2009..... 184-6 (56.23)

Javelin

1. Matt Byers, 2011..... 245-8 (74.89)
2. Bill Neumann, 2002..... 244-8 (74.58)
3. Dan Ralph, 2000..... 227-10 (69.44)
4. Sam Joens, 2015..... 211-5 3/4 (64.45)
5. Zach Schimp, 2010..... 211-0 (64.32)
6. Alex Balke, 2016..... 205-11 (62.77)
7. Kale Katt, 2007..... 204-0 (62.17)
8. Joel Storm, 2004..... 203-5 (62.01)
9. Matt Stank, 2001..... 199-0 (60.66)
10. Jack Eckert, 2015..... 188-9 (57.53)

MEN'S ALL-TIME TOP 10 RELAYS

400-Meter Relay

1. Brissett, Wilson, Thompson, Mallett, 201739.12
2. Hofacker, **Woodard, Lawrence Jr.**, Bartley, 201939.17
3. Mincy, Wilson, Harrington, Brown, 201439.19
4. Mincy, Austin, E. Holmes, Larney, 201339.31
5. Saucer, Jr., Brissett, Harrington, Mallett, 201639.44
6. Brissett, Wilson, **Woodard**, Mallett, 201739.46
7. Beecham, Duckett, Greer, R. Smith, 198439.48
8. Mallett, Wilson, Ogwo, Harris, 201739.49
9. **Woodard**, Wilson, Hofacker, Harris, 201839.51
10. Brissett, Harris, Harrington, Mallett, 201639.53

Shuttle Hurdle Relay

1. McGhee, Armstrong, Falls, Stelle, 198957.80
2. Wigginton, Jones, Lacey, McCoy, 198559.77
3. Williams, **Haack, Braverman, McConico, 2019** **1:01.14**
4. 19751:05.20

800-Meter Relay

1. James, Mallett, Harris, B. Thompson, 20171:23.02
2. B. Thompson, Brissett, Harrington, Ganschow, 20161:23.36
3. B. Thompson, Ganschow, **Frye**, Hofacker, 20171:23.73
4. Richardson, Sayon, Richards, Chaney, Jr., 20091:24.85
5. Harrington, VanCleave, Wilson, Mallett, 20141:24.86
6. Austin, Brown, Larney, VanCleave, 20131:25.60
7. Wilson, Sorrells, Douglas, Williams, 20181:25.87
8. Barclay, McCalister, Jensen, Elliott, 19791:26.39
9. Sorrells, **Braverman**, Douglas, **Haack**, 20191:28.29
10. Thomas, Balkrishnan, Patterson, Freidrich 19911:28.38

1,600-Meter Relay

1. **Lawrence Jr., Woodard**, Bartley, Harris, 20193:00.14
2. **Frye**, Harris, Hofacker, Ogwo, 20173:01.91
3. **Frye**, Ogwo, Hofacker, Harris, 20173:02.57
4. **Lawrence Jr., Woodard**, Hofacker, Harris, 20193:03.10
5. Morris, Davis, Page, Rozell, 19953:03.11
6. Branch, Dwight, Dodge, Yamini, 19993:03.29
7. **Frye, Woodard**, Hofacker, Harris, 20183:03.69
8. Ogwo, Harris, **Hofacker, Lilly**, 20173:03.78
9. Ferree, Frazier, Mondane, Reimer, 19673:04.10
10. Hofacker, **Woodard, Frye**, Harris, 20183:04.38

Sprint Medley Relay

1. McCorkle, Jones, Chung, Strozier, 19903:15.64
2. Sayon, Austin, Willey, Sowinski, 20113:16.18
3. Richards, Larney, Davey, Sowinski, 20123:17.25
4. Richardson, Richards, Willey, Sowinski, 20103:17.74
5. Hofacker, **Woodard**, Harris, **VanDraska**, 20183:18.11
6. Saucer, Jr., Brissett, Harris, Lilly, 20163:18.53
7. Hofacker, **Woodard**, Harris, Lilly, 20173:18.73
8. Armstrong, Thomas, Maybank, Strozier, 19913:18.93
9. Yamini, Davis, Dodge, Donovan, 19993:19.87
10. Richards, Chaney, Jr., Barton, Hairston, 20093:20.05

3,200-Meter Relay

1. Schum, Christensen, Steffen, Criswell, 19717:18.60
2. **VanDraska, Still**, Teubel, Lilly, 20197:22.50
3. Hairston, Prom, Thode, Sowinski, 20117:23.77
4. Manternach, **VanDraska**, W. Teubel, Lilly, 20177:24.77
5. Melchert, Manternach, N. Teubel, Lilly, 20187:28.37
6. Corrigan, Blackman, Strozier, Chambers, 19897:29.00
7. Melchert, Dorman, Lilly, Larrison, 20167:30.32
8. N. Teubel, Manternach, Chaidez, W. Teubel, 20177:30.74
9. Lilly, Dorman, W. Teubel, Davey, 20157:31.48
10. Willey, Braff, Sowinski, Hairston, 20097:33.08

Distance Medley Relay

1. Pershing, Moeller, Slack, Docherty, 19789:39.94
2. Kuczwarra, Barton, Hairston, Thode, 20119:41.37
3. N. Holmes, VanCleave, Sowinski, Thode, 20129:41.59
4. Young, Barton, Kuczwarra, Luciano, 20109:42.97
5. **Mylenek**, Thompson, Manternach, Melchert, 20189:50.70
6. **VanDraska, Lawrence Jr.**, Teubel, **Mylenek**, 20199:53.14
7. Prom, Davey, Weir, Witt, 20139:53.83
8. Theisen, Williams, Wiesa, Waters, 19859:54.04
9. Wilfong, Slaymaker, W. Teubel, Witt, 20139:54.05
10. Luciano, Pierre, Hairston, VanDenend, 20079:54.07

6,400-Meter Relay

1. Pershing, Fuller, Moeller, Docherty, 197816:27.70
2. Rakaric, Webster, MacTaggart, VanDenend, 200616:55.43
3. Lewis, Witt, Hart, Fourman, 201516:58.44
4. Price, Eklin, Gardarsson, Docherty, 201617:00.30
5. Paul, Kadlec, Thode, Luciano, 201017:01.46
6. Witt, Lewis, Hart, Butler, 201417:01.65
7. N. Holmes, Witt, Thode, Lewis, 201217:02.26
8. Thomas, Allen, Rakaric, Lloyd, 200317:06.27
9. Pittman, Novotny, Feeldy, Marquardt, 199517:12.49
10. Bakker, Feeldy, Peters, Pittman, 199617:13.10

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Meghan Armstrong

Marta Bote
Gonzalez

Brittany Brown

Nan Doak

Briana Guillory

Aisha James

Tiffany Johnson

100 Meters

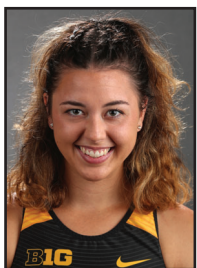
1. Brittany Brown, 2018..... 11.28
2. Briana Guillory, 2016 **11.35**
3. Lake Kwaza, 2015 11.40
4. Vivien McKenzie, 1985 11.45
5. Davera Taylor, 1984 11.51
6. Erica Broomfield, 1998..... 11.53
7. Jiselle Providence, 2001 11.57
8. Tanja Reid, 1994..... 11.60
Peaches Roach, 2005 11.60
10. Yolanda Hobbs,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

100-Meter Hurdles

1. Tiffany Johnson, 2007 13.20
2. **Jenny Kimbro, 2018 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



Jenny Kimbro

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. Katharina Trost, 2015 2:07.09
6. Mallory King, 2019 2:07.08
7. Mahnee Watts, 2016..... 2:07.41
8. **Mallory King, 2018.....2:08.45**
9. Aisha Hume, 2005 2:08.50
10. Adrienne Alexia, 2013 2:08.61

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 Waymire, 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

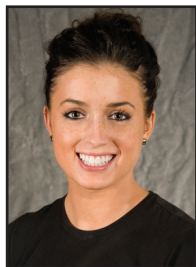
5,000 Meters

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

OUTDOOR ALL-TIME TOP10 PERFORMERS



Diane Nukuri



Bethany Praska



Alana Redfern



Peaches Roach



Jessie Strand



Laulauga 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, 2018 33:50.25
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, 2019 5,679 pts**
2. Tammilee Kerr, 2008 5,633 pts
3. Tria Simmons, 2019 5,557 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, 2017 4,315 pts**

High Jump

1. Peaches Roach, 2006 6-1 1/4 (1.86)
2. **Jenny Kimbro, 2019 6-0 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)
Tria Simmons, 2019 5-9 1/4 (1.76)
9. Madison Rouw, 2016 5-8 3/4 (1.75)
Tria Simmons, 2018 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. Carisa Leacock, 2012 40-10 1/2 (12.46)
6. Amanda Carty, 2019 40-11 (12.47)
7. Becki Borg, 1988 40-7 1/2 (12.38)
8. Tria Simmons, 2016 40-7 1/2 (12.38)
9. Hannah Schlib, 2017 40-6 (12.34)
10. Lynn McMillan, 1988 39-6 1/2 (12.05)

Shot Put

1. **Laulauga 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. **Laulauga Tausaga, 2019 207-6 (63.26)**
2. K. Spanoudakis, 2019 190-1 (57.95)
3. Majesty Tutson, 2013 181-1 (55.19)
4. Dakotah Goodell, 2014 169-4 (51.62)
5. Tiffany Medenwaldt, 2010 .. 161-3 (49.16)
6. Denise Taylor, 1992 160-5 (48.90)
7. Amanda Stahle, 2014 159-3 (48.54)
8. Lisa Van Steenwyk, 1991 159-1 (48.50)
9. Gail Smith, 1983 158-2 (48.22)
10. Ashlyn Gulvas, 2011 154-11 (47.23)

Javelin

1. Alana Redfern, 2003 181-5 (55.30)
2. Tammilee Kerr, 2008 163-5 (49.81)
3. **Marissa Mueller, 2019 154-3 (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. **Laulauga Tausaga, 2019 201-3 (61.34)**
2. Annemie Smith, 2015 200-1 1/2 (60.99)
Nia Britt, 2019 200-1 (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. Leah Colbert, 2018 189-3 (57.69)
8. Kelsey Taylor, 2011 177-0 (53.95)
9. Tiffany Medenwaldt, 2010 171-11 (52.40)
10. Erin O'Hern, 2008 168-9 (51.45)

WOMEN'S ALL-TIME TOP 10 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, Guillory, Hernandez, Brown, 2017	44.53
7.	Kwaza, Guster, Holder, Brown, 2014	44.62
8.	Poole, Reid, Floyd, Hobbs, 1994.....	44.63
9.	Charles, Williams, Providence, James, 2003	44.71
	Brown, Kwaza, Ellis, Holder, 2015.....	44.71

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

800-Meter Relay

1.	Chapman, Guillory, Hernandez, Brown, 2017	1:35.36
2.	Hobbs, Reid, Floyd, Poole, 1994.....	1:35.69
3.	Roach, McCalla, Alexander, Johnson, 2006	1:36.19
4.	Chapman, Roberts-Lewis, Champe, Brown, 2016	1:36.98
5.	Williams, Charles, Fouchè, Providence, 2003.....	1:37.49
6.	Herrmann, McCalla, Raymond, Roach, 2004.....	1:37.66
7.	Charles, Dixon, Knight, Prendergast, 2002	1:38.15
8.	Christian , Buss, Swanson, Morken, 2019	1:38.52
9.	Prendergast, Dixon, Knight, Providence, 2001	1:38.73
10.	Trusty, Hendricks, Graham, Erickson, 2009	1:38.79

1,600-Meter Relay

1.	Hernandez, Guillory, Holder, Guster, 2016	3:30.97
2.	Guillory, Brown, Hernandez, Champe, 2017	3:32.37
3.	Guster, Hernandez, Holder, Kwaza, 2014	3:34.83
4.	Praska, Hendricks, Liverpool, Erickson, 2011	3:35.93
5.	Champe, Guillory, Plock, Sharpe, 2018	3:35.94
6.	Guster, Watts, Hernandez, Kwaza, 2014.....	3:36.09
7.	Hume, Charles, Steffen, Williams, 2003	3:36.26
8.	Kimbrow, Weum, Simmons, Wensel , 2019	3:36.32
9.	Simsonson, Liverpool, Erickson, Sack, 2012	3:37.57
10.	Guster, Watts, Holder, Kwaza, 2014.....	3:37.73

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