

OUTDOOR ALL-TIME TOP 10 PERFORMERS



Meghan Armstrong

Marta Bote
Gonzalez

Brittany Brown

Nan Doak

Briana Guillory

Amanda Howe

Aisha James

100 Meters

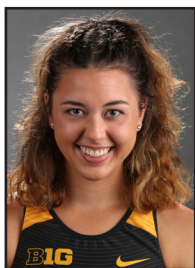
1. Brittany Brown, 2018 11.28
2. Briana Guillory, 2016..... 11.35
3. Lake Kwaza, 2015 11.40
4. Vivien McKenzie, 1985..... 11.45
5. Davera Taylor, 1984 11.51
6. Erica Broomfield, 1998..... 11.53
7. Jiselle Providence, 2001..... 11.57
8. Tanja Reid, 1994..... 11.60
Peaches Roach, 2005 11.60
10. Yolanda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

100-Meter Hurdles

1. **Paige Magee, 2021 13.17**
2. Tiffany Johnson, 2007 13.20
3. **Jenny Kimbro, 2018 13.22**
4. **Myreanna Bebe, 2021 13.37**
4. Jahisha Thomas, 2017 13.46
5. Tria Simmons, 2019..... 13.49
6. Karessa Farley, 2009 13.53
7. **Tionna Tobias, 2021..... 13.58**
8. C. Prendergast, 1999..... 13.60
Paula Ruen, 2000 13.60
10. Sarah Steffen, 2002..... 13.65

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. **LaSarah Hargrove, 2021 23.66**



Jenny Kimbro

Paige Magee

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. **Cortney Strohmman, 2021..... 53.68**
9. Senta Hawkins, 1988..... 54.01
Bethany Praska, 2011..... 54.01

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. **Mariel Bruxvoort, 2021..... 59.11**
6. Chris Davenport, 1981 59.18
7. Sommer Sharpe, 2018..... 59.20
8. Sarah Plock, 2018..... 59.49
9. Hannah Simonson, 2012 59.54
10. Sarah Steffen, 2002..... 59.59

800 Meters

1. Bethany Praska, 2011..... 2:03.78
2. **Mallory King, 20212:05.23**
3. Kay Stormo, 1982..... 2:05.67
4. Taylor Arco, 2019 2:06.06
5. Michelle Lahann, 2004..... 2:06.79
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. **Clare Pitcher, 2021.....2:08.64**

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

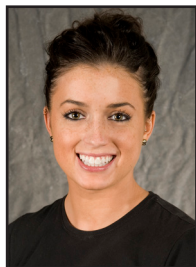
5,000 Meters

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



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, 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, 20215,679 pts**
2. Tammilee Kerr, 2008..... 5,633 pts
3. Tria Simmons, 2019..... 5,557 pts
4. **Dallyssa Huggins, 20215,437 pts**
5. Kathy Gillespie, 1983..... 5,262 pts
6. **Tionna Tobias, 2021.....5,083 pts**
7. Tiff Pedersen, 2004 4,976 pts
8. Janet Adams, 1981..... 4,855 pts
9. Sarah Ryan, 2012 4,819 pts
10. Ruqayya Raheem, 1997 4,665 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. **Dallyssa Huggins, 2021 5-10 1/2 (1.79m)**
6. Caleigh Bacchus, 2010..... 5-10 (1.78)
7. 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)
10. 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. **Tionna Tobais, 2021..... 19-11 (6.07)**
8. Becki Borg, 1988 19-7 1/4 (5.97)
9. **Jenny Kimbro, 2018 19-7 (5.97)**
10. Kassidy Ellis, 2015 19-6 1/4 (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. **Kayla Hutchins, 202141-10 (12.75)**
5. Tiffany Johnson, 2007 41-8 3/4 (12.72)
6. **Eavion Richardson, 2021..... 41-1 (12.52)**
7. Carisa Leacock, 2012 40-10 1/2 (12.46)
8. Amanda Carty, 2019 40-11 (12.47)
9. Becki Borg, 1988 40-7 1/2 (12.38)
10. Tria Simmons,2016 40-7 1/2(12.38)

Shot Put

1. **Lauauga Tausaga, 2019 59-1 1/2 (18.02)**
2. **Nia Britt, 2019 55-7 3/4 (16.96)**
3. **Kat Moody, 2021 53-5 3/4 (15.99)**
4. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
5. Gail Smith, 1984..... 50-3 1/4 (15.32)
6. Denise Taylor, 1992 50-1 3/4 (15.28)
7. **Erika Hammond, 2019 .. 49-9 1/4 (15.17)**
8. Kamesha Marshall, 2005 48-6 3/4 (14.80)
9. Laura Kriener, 1990..... 48-2 1/2 (14.69)
10. **Ianna Roach, 2021 48-0 1/2 (14.64)**

Discus

1. **Lauauga Tausaga, 2019209-9 (63.94)**
2. K. Spanoudakis, 2019 190-1 (57.95)
3. **Serena Brown, 2021188-5 (57.44)**
4. Majesty Tutson, 2013 181-1 (55.19)
5. Dakotah Goodell, 2014 169-4 (51.62)
6. **Kat Moody, 2021167-9 (51.13)**
7. Tiffany Medenwaldt, 2010. 161-3 (49.16)
8. Denise Taylor, 1992 160-5 (48.90)
- Jamie Kofron, 2021.....160-5 (48.90)**
10. Amanda Stahle, 2014 159-3 (48.54)

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. **Amanda Howe, 2021205-6 (62.65)**
2. **Lauauga Tausaga, 2019201-3 (61.34)**
3. Annemie Smith, 2015... 200-1 1/2 (60.99)
- Nia Britt, 2019200-1 (60.99)**
5. **Allison Wahrman, 2021198-7 (60.53)**
6. Jasmine Simpson, 2013..... 197-7 (60.23)
7. Becca Franklin, 2007 195-0 (59.45)
8. Ashlyn Gulvas, 2014 192-9 (58.75)
9. Leah Colbert, 2018..... 189-3 (57.69)
10. Kelsey Taylor, 2011 177-0 (53.95)

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.	King, Saunders, Bruxvoort, Strohman, 2021	3:36.50
10.	Saunders, Roberts, King, Strohman, 2021	3:37.15

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