

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. **LaSarah Hargrove, 2021.....7.40**
4. Elaine Jones, 1983 7.43
5. Kyara Avant, 2018 7.44
6. **Lia Love, 20217.44**
7. Peaches Roach, 2005 7.45
8. **Antonise Christian, 20207.45**
9. Shellene Williams, 2004..... 7.50
10. Briana Guillory, 2017 7.51

60-Meter Hurdles

1. Karessa Farley, 2009 8.21
2. Jenny Kimbro, 2020 8.22
3. **Paige Magee, 20218.26**
4. **Myreanna Bebe, 20228.30**
5. Tiffany Johnson, 2006..... 8.33
6. Jahisha Thomas, 2017..... 8.35
7. Paula Ruen, 1998..... 8.39
8. Tria Simmons, 2019 8.40
9. Heaven Chandler, 2017..... 8.44
10. Sarah Steffen, 2002..... 8.45
11. Renee White, 2008 8.45
12. **Tionna Tobias, 20218.45**

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. **LaSarah Hargrove, 2022.....23.58**
6. Shellene Williams, 2004..... 23.62
7. Marlene Poole, 1994 23.66
8. Yolanda Hobbs, 1995 23.66
9. Erica Broomfield, 1998 23.81
10. **Antonise Christian, 202023.89**

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. **Nylah Perry, 202154.43**
10. Sheridan Champe, 2018 54.70

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, 2020 1:29.83
6. **Payton Wensel, 20201:29.87**
7. **Clare Pitcher, 20211:29.96**
8. Mahnee Watts, 2016..... 1:30.41
9. Senta Hawkins, 1987 1:30.77
10. Aly Weum, 2020 1:30.86

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, 2020 2:08.83
8. Taylor Arco, 2020..... 2:08.94
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

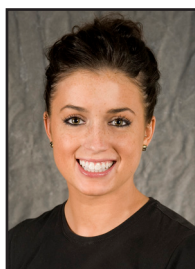


McKenzie Melander

INDOOR ALL-TIME TOP 10 PERFORMERS



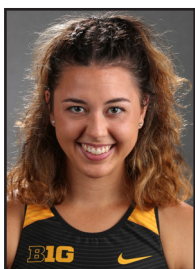
Diane Nukuri



Bethany Praska



Peaches Roach



Jenny Kimbro



Jessie Strand



Laulauga 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. Dallyssa Huggins, 2021 3,881 points
5. Chris Davenport, 1983 3,798 points
6. Kamesha Marshall, 2005 3,701 points
7. **Tionna Tobias, 2021 3,625 points**
8. Tiff Pedersen, 2004 3,511 points
9. Sarah Ryan, 2013 3,472 points
10. Maureen Abel, 1979 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)
- 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)
- 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. Kassidy Ellis, 2015 19-5 1/2 (5.93)
6. Jenny Kimbro, 2020 19-4 (5.89)
- Tionna Tobias, 2021 19-4 (5.89)**
8. Renee White, 2006 19-3 1/4 (5.87)
9. Tiffany Johnson, 2007 19-2 1/2 (5.85)
10. Tria Simmons, 2018 19-2 (5.84)

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. Eavion Richardson, 2021 ... 41-3 1/4 (12.58)
7. Zinnia Miller, 2014 41-2 1/2 (12.56)
8. **Kayla Hutchins, 2022 40-9 3/4 (12.44)**
9. Hannah Schlib, 2019 40-7 (12.37)
10. Carisa Leacock, 2012 40-5 1/2 (12.33)

Shot Put

1. Laulauga Tausaga, 2020 .. 58-11 1/4 (17.96)
2. **Nia Britt, 2019 54-11 1/2 (16.75)**
3. **Kat Moody, 2022 53-6 1/2 (16.32)**
4. **Erika Hammond, 2019 .. 51-3 1/2 (15.63)**
5. Gail Smith, 1985 51-0 (15.54)
- Nicole Berry, 2021 51-0 (15.54)**
7. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
8. **Jamie Kofron, 2021 50-0 3/4 (15.26)**
9. Kamesha Marshall, 2005 49-2 1/4 (14.99)
10. Denise Taylor, 1992 48-9 (14.86)

Weight Throw

1. Laulauga Tausaga, 2019. 76-3 3/4 (23.26)
2. **Amanda Howe, 2021 67-9 3/4 (20.67)**
3. **Nia Britt, 2021 64-11 1/4 (19.79)**
4. Ashlyn Gulvas, 2013 63-6 (19.35)
5. Jasmine Simpson, 2013. 62-6 1/2 (19.06)
6. **Jamie Kofron, 2021 61-11 1/2 (18.88)**
7. Annemie Smith, 2014 61-4 (18.69)
8. Kelsey Taylor, 2011 60-4 1/2 (18.40)
9. **Alivia Bauer, 2021 59-5 (18.11)**
10. Allison Wahrman, 2020. 59-1 1/2 (18.02)

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
- Kimbrow, 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
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54
10. Lahann, Williams, Stanley, Arens, 2004 11:30.36