

# INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Brittany Brown



Mariel Bruxvoort



Tracy Dahl



Karessa Farley



Lauren Hardesty

## 60 Meters

1. **LaSarah Hargrove, 2022** ..... **7.25**
2. Lake Kwaza, 2016 ..... 7.33
3. Brittany Brown, 2017 ..... 7.39
4. **Lia Love, 2022** ..... **7.40**
5. Elaine Jones, 1983 ..... 7.43
6. Kyara Avant, 2018 ..... 7.44
7. Peaches Roach, 2005 ..... 7.45
- Antonise Christian, 2020 ..... 7.45
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, 2022** ..... **8.26**
- Myreanna Bebe, 2022** ..... **8.26**
5. Tiffany Johnson, 2006 ..... 8.33
6. Jahisha Thomas, 2017 ..... 8.35
7. Paula Ruen, 1998 ..... 8.39
8. Tria Simmons, 2019 ..... 8.40
- Tionna Tobias, 2022** ..... **8.40**
10. **Miya Brines, 2022** ..... **8.43**

## 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** ..... **23.55**
6. Shellene Williams, 2004 ..... 23.62
7. Marlene Poole, 1994 ..... 23.66
- Yolanda Hobbs, 1995 ..... 23.66
9. Erica Broomfield, 1998 ..... 23.81
10. Antonise Christian, 2020 ..... 23.89

## 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. **Tesa Roberts, 2022** ..... **53.91**
8. Ashley Liverpool, 2011 ..... 54.09
9. MonTayla Holder, 2015 ..... 54.32
10. **Nylah Perry, 2021** ..... **54.43**

## 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, 2022** ..... **1:28.45**
4. MonTayla Holder, 2016 ..... 1:29.35
5. **Clare Pitcher, 2022** ..... **1:29.36**
6. Tia Saunders, 2020 ..... 1:29.83
7. **Payton Wensel, 2020** ..... **1:29.87**
8. Mahnee Watts, 2016 ..... 1:30.41
9. **Jaiden Itson, 2022** ..... **1:30.69**
10. Senta Hawkins, 1987 ..... 1:30.77

## 800 Meters

1. **Mallory King, 2022** ..... **2:04.56**
2. Bethany Praska, 2011 ..... 2:05.01
3. Jeanne Kruckeberg, 1989 ..... 2:06.38
4. Michelle Lahann, 2004 ..... 2:06.83
5. Katharina Trost, 2014 ..... 2:07.38
6. **Clare Pitcher, 2022** ..... **2:07.56**
7. **Alli Bookin-Nosbisch, 2022** ..... **2:08.38**
8. Mahnee Watts, 2014 ..... 2:08.79
9. Tia Saunders, 2020 ..... 2:08.83
10. Taylor Arco, 2020 ..... 2:08.94

## 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. **Amber Aesoph, 2022** ..... **4:41.58**
6. Tina Stec, 1994 ..... 4:42.63
7. Betsy Flood, 2010 ..... 4:42.70
8. Penny O'Brien, 1981 ..... 4:43.72
9. Diane Nukuri, 2007 ..... 4:46.25
10. Michelle Lahann, 2004 ..... 4:47.23

## 3,000 Meters

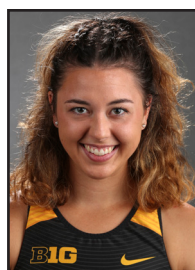
1. Tracy Dahl, 1993 ..... 9:15.57
2. Meghan Armstrong, 2008 ..... 9:17.50
3. Diane Nukuri, 2008 ..... 9:20.07
4. Betsy Flood, 2011 ..... 9:20.09
5. Nan Doak, 1982 ..... 9:21.60
6. Jenny Spangler, 1986 ..... 9:22.41
7. Mareike Schrulle, 2012 ..... 9:23.97
8. Brooke Eilers, 2012 ..... 9:27.92
9. McKenzie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



LaSarah Hargrove



Senta Hawkins



Jenny Kimbro



Mallory King



McKenzie Melander

# INDOOR ALL-TIME TOP 10 PERFORMERS



Diane Nukuri



Tesa Roberts



Peaches Roach



Jessie Strand



Laulauga Tausaga



Jahisha Thomas



Payton Wensel

## 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, 2022..... 3,674 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. Tionna Tobias, 2022 ..... 20-1 1/2 (6.13)
4. Carisa Leacock, 2014..... 19-9 1/2 (6.03)
5. Lisa Moats, 1986 ..... 19-6 (5.95)
6. Kassidy Ellis, 2015 ..... 19-5 1/2 (5.93)
7. Jenny Kimbro, 2020 ..... 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. **Nicole Berry, 2022 ..... 52-6 3/4 (16.02)**
5. Erika Hammond, 2019..... 51-3 1/2 (15.63)
6. Gail Smith, 1985..... 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, 2022..... 69-8 (21.23)**
3. **Nia Britt, 2022 ..... 68-8 1/2 (20.94)**
4. **Jamie Kofron, 2022..... 67-4 3/4 (20.54)**
5. Ashlyn Gulvas, 2013..... 63-6 (19.35)
6. Jasmine Simpson, 2013 ..... 62-6 1/2 (19.06)
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. **Bruxvoort, Roberts, Wensel, King, 2022..... 3:32.38**
2. Holder, Guillory, Hernandez, Guster, 2016 ..... 3:32.93
3. Champe, Guillory, Brown, Plock, 2018 ..... 3:33.19
4. Sharpe, Guillory, Brown, Champe, 2018 ..... 3:34.34
5. **Bruxvoort, Wensel, King, Roberts, 2022..... 3:35.73**
6. **Bruxvoort, Wensel, Itson, Roberts, 2022..... 3:35.90**
7. Holder, Guster, Hernandez, Guillory, 2016 ..... 3:36.47
8. Liverpool, Hendricks, Praska, Erickson, 2011 ..... 3:36.97
9. Holder, Hernandez, Guster, Guillory, 2016 ..... 3:36.99
10. Hernandez, Holder, Guster, Watts, 2014 ..... 3:37.16

## Distance Medley Relay

1. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 ..... 11:20.11
2. **Gordon, Bruxvoort, G. Bookin-Nosbisch, Aesoph, 2022..... 11:21.29**
3. Melander, Hendricks, L. Hardesty, Eilers, 2011 ..... 11:22.44
4. Stormo, Davenport, Williams, O'Brien, 1981..... 11:23.02
5. Melander, Praska, Hendricks, Flood, 2011 ..... 11:24.47
6. Flood, Hendricks, L. Hardesty, Melander, 2010.. 11:25.01
7. Melander, Hendricks, Flood, Marchand, 2009... 11:27.34
8. Benning, Poole, Salsberry, Stec, 1994 ..... 11:28.03
9. Stormo, Davenport, Hayden, Doak, 1982 ..... 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54