

# OUTDOOR ALL-TIME TOP 10 PERFORMERS



Meghan Armstrong



Marta Bote  
Gonzalez



Nan Doak



Briana Guillory



LaSarah Hargrove



Amanda Howe



Aisha James

## 100 Meters

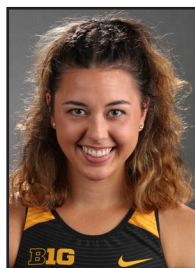
1. **LaSarah Hargrove, 2022** ..... 11.20
2. Brittany Brown, 2018 ..... 11.28
3. **Lia Love, 2022**..... 11.33
4. Briana Guillory, 2016..... 11.35
5. Lake Kwaza, 2015 ..... 11.40
6. Vivien McKenzie, 1985..... 11.45
7. Davera Taylor, 1984 ..... 11.51
8. Erica Broomfield, 1998..... 11.53
9. Jiselle Providence, 2001..... 11.57
10. Tanja Reid, 1994..... 11.60
- Peaches Roach, 2005 ..... 11.60

## 100-Meter Hurdles

1. **Paige Magee, 2021** ..... 13.17
2. Tiffany Johnson, 2007 ..... 13.20
3. Jenny Kimbro, 2018..... 13.22
4. **Myreanna Bebe, 2022** ..... 13.35
5. Jahisha Thomas, 2017 ..... 13.46
6. Tria Simmons, 2019..... 13.49
7. Karessa Farley, 2009 ..... 13.53
8. **Tionna Tobias, 2021**..... 13.58
9. C. Prendergast, 1999..... 13.60
- Paula Ruen, 2000 ..... 13.60

## 200 Meters

1. Brittany Brown, 2017 ..... 22.30
2. **LaSarah Hargrove, 2022** ..... 22.72
3. Briana Guillory, 2016..... 22.89
4. Elexis Guster, 2016 ..... 23.03
5. Lake Kwaza, 2016 ..... 23.17
6. Shellene Williams, 2004..... 23.50
7. Kineke Alexander, 2006 ..... 23.58
8. Davera Taylor, 1984 ..... 23.59
9. Vivien McKenzie, 1985..... 23.61
10. **Lia Love, 2022**..... 23.64



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 Strohman, 2021..... 53.68
9. **Tesa Roberts, 2022** ..... 53.95
10. 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. **Erin Dowd, 2022** ..... 56.77
5. **Paige Magee, 2022** ..... 57.06
6. **Marriel Bruxvoort, 2022**..... 57.45
7. **Payton Wensel, 2022** ..... 57.63
8. Jenny Kimbro, 2019..... 58.27
9. Chris Davenport, 1981 ..... 59.18
10. Sommer Sharpe, 2018..... 59.20

## 800 Meters

1. Bethany Praska, 2011..... 2:03.78
2. Mallory King, 2021 ..... 2:05.23
3. Kay Stormo, 1982..... 2:05.67
4. **Clare Pitcher, 2022**.....2:06.05
5. Taylor Arco, 2019 ..... 2:06.06
6. Michelle Lahann, 2004..... 2:06.79
7. **Alli Bookin-Nosbisch, 2022** .....2:06.92
8. Katharina Trost, 2015 ..... 2:07.09
9. Mahnee Watts, 2016..... 2:07.41
10. Aisha Hume, 2005 ..... 2:08.50

## 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. **Amber Aesoph, 2022** .....4:24.87

## 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. **Brooke McKee, 2022**.....10:45.84
8. Kelsey Hart, 2011 ..... 10:47.56
9. Anna Hostetler, 2019 ..... 10:57.25
10. Kelly Breen, 2017 ..... 10:59.99

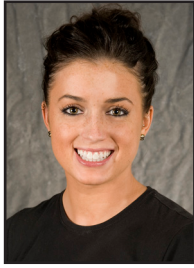
## 5,000 Meters

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, 2021..... 5,679 pts
2. Tammilee Kerr, 2008..... 5,633 pts
3. Tria Simmons, 2019..... 5,557 pts
4. Dallyssa Huggins, 2021..... 5,437 pts
5. Kathy Gillespie, 1983..... 5,262 pts
6. **Tionna Tobias, 2022.....5,124 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, 2021 .....41-10 (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. Laulauga Tausaga, 2019 .59-1 1/2 (18.02)
2. Nia Britt, 2019 ..... 55-7 3/4 (16.96)
3. **Kat Moody, 2021 ..... 54-7 1/2 (16.65)**
4. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
5. **Jamie Kofron, 2022..... 50-6 (15.39)**
6. **Nicole Berry, 2022 ..... 50-5 1/4 (15.37)**
7. Gail Smith, 1984..... 50-3 1/4 (15.32)
8. Denise Taylor, 1992 ..... 50-1 3/4 (15.28)
9. Erika Hammond, 2019.... 49-9 1/4 (15.17)
10. Kamesha Marshall, 2005 48-6 3/4 (14.80)

## Discus

1. Laulauga Tausaga, 2019 ..... 209-9 (63.94)
2. Serena Brown, 2021..... 196-2 (59.81)
3. K. Spanoudakis, 2019 ..... 190-1 (57.95)
4. Majesty Tutson, 2013 ..... 181-1 (55.19)
5. **Kat Moody, 2022 .....174-7 (53.23)**
6. Dakotah Goodell, 2014 ..... 169-4 (51.62)
7. **Jamie Kofron, 2022.....166-1 (50.62)**
8. Kara Misel, 2021..... 162-1 (49.40)
8. Tiffany Medenwaldt, 2010. 161-3 (49.16)
10. Denise Taylor, 1992 ..... 160-5 (48.90)

## 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. **Amanda Howe, 2022 .....212-9 (64.84)**
2. Laulauga Tausaga, 2019 ..... 201-3 (61.34)
3. Annemie Smith, 2015... 200-1 1/2 (60.99)
- Nia Britt, 2019 ..... 200-1 (60.99)
5. Allison Wahrman, 2021..... 198-7 (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.  | <b>Hargrove, Love, Dowd, Magee, 2022</b> .....   | <b>43.69</b> |
| 2.  | Kwaza, Guster, Guillory, Hernandez, 2016.....    | 44.04        |
| 3.  | Chapman, Guillory, Hernandez, Brown, 2017 .....  | 44.34        |
| 4.  | Kwaza, Guster, Chapman, Guillory, 2016.....      | 44.41        |
| 5.  | Thomas, Avant, Guillory, Brown, 2018 .....       | 44.44        |
| 6.  | Kwaza, Guster, Hernandez, Brown, 2014.....       | 44.51        |
| 7.  | Thomas, Guillory, Hernandez, Brown, 2017 .....   | 44.53        |
| 8.  | Kwaza, Guster, Holder, Brown, 2014 .....         | 44.62        |
| 9.  | Poole, Reid, Floyd, Hobbs, 1994.....             | 44.63        |
| 10. | <b>Hargrove, Love, Tobias, Magee, 2022</b> ..... | <b>44.66</b> |

## 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.  | <b>Bruxvoort, Dowd, Wensel, Roberts, 2022</b> .....    | <b>3:33.18</b> |
| 4.  | Guster, Hernandez, Holder, Kwaza, 2014 .....           | 3:34.83        |
| 5.  | Praska, Hendricks, Liverpool, Erickson, 2011 .....     | 3:35.93        |
| 6.  | Champe, Guillory, Plock, Sharpe, 2018 .....            | 3:35.94        |
| 7.  | Guster, Watts, Hernandez, Kwaza, 2014.....             | 3:36.09        |
| 8.  | Hume, Charles, Steffen, Williams, 2003 .....           | 3:36.26        |
| 9.  | Kimbrow, Weum, Simmons, <b>Wensel</b> , 2019.....      | 3:36.32        |
| 10. | King, Saunders, <b>Bruxvoort</b> , Strohman, 2021..... | 3:36.50        |

## Sprint Medley Relay

|     |                                                     |                |
|-----|-----------------------------------------------------|----------------|
| 1.  | Jones, Hendricks, Liverpool, Praska, 2011.....      | 3:48.63        |
| 2.  | Brown, Kwaza, Guster, Watts, 2014.....              | 3:51.18        |
| 3.  | <b>Hargrove, Dowd, Wensel, Pitcher, 2022</b> .....  | <b>3:52.56</b> |
| 4.  | Kwaza, Guster, Holder, Watts, 2016.....             | 3:52.62        |
| 5.  | Swanson, Morken, King, Arco, 2019.....              | 3:52.85        |
| 6.  | Kwaza, Brown, Guster, Trost, 2015 .....             | 3:53.29        |
| 7.  | <b>Christian</b> , Buss, Guillory, Arco, 2019 ..... | 3:54.18        |
| 8.  | Kwaza, R. Moore, Holder, Alexia, 2013.....          | 3:54.51        |
| 9.  | Trusty, R. Moore, Hendricks, Praska, 2010.....      | 3:56.53        |
| 10. | Reid, Philip, Hobbs, Benning, 1995.....             | 3:56.54        |

## 3,200-Meter Relay

|     |                                                                           |                |
|-----|---------------------------------------------------------------------------|----------------|
| 1.  | McCabe, Arco, Saunders, King, 2019.....                                   | 8:31.84        |
| 2.  | <b>Moore, A. Bookin-Nosbisch, G. Bookin-Nosbisch, Pitcher, 2022</b> ..... | <b>8:35.75</b> |
| 3.  | Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987.....                       | 8:46.45        |
| 4.  | Lahann, Stanley, Hume, Barber, 2004 .....                                 | 8:48.87        |
| 5.  | Schneckloth, Roberts, Hawkins, Kruckeberg, 1989 .....                     | 8:49.38        |
| 6.  | Trost, Maser, Alexia, Nelson, 2014 .....                                  | 8:49.95        |
| 7.  | Nelson, Watts, Wilberding, Sindt, 2016.....                               | 8:51.90        |
| 8.  | Flood, Dlh, L. Hardesty, Docherty, 2009.....                              | 8:53.91        |
| 9.  | Armstrong, Stanley, Laney, Hume, 2005.....                                | 8:54.27        |
| 10. | O'Brien, Camarigg, Williams, Stormo, 1981 .....                           | 8:54.36        |

## 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.  | <b>G. Bookin-Nosbisch, Roberts, A. Bookin-Nosbisch, Aesoph, 2022</b> ..... | <b>11:40.18</b> |
| 8.  | Schrulle, Erickson, Placzek, Eilers, 2012 .....                            | 11:40.57        |
| 9.  | Davenport, xx, xx, xx, 1981.....                                           | 11:41.44        |
| 10. | Pare, Grant, Benning, Gilchrist, 1997 .....                                | 11:41.92        |

## 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 |