

INDOOR ALL-TIME TOP 10 PERFORMERS



Kineke Alexander



Meghan Armstrong



Myreanna Bebe



Brittany Brown



Mariel Bruxvoort



Tracy Dahl



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. **Myreanna Bebe, 2023**7.50

60-Meter Hurdles

1. **Myreanna Bebe, 2023**8.11
2. Karessa Farley, 2009 8.21
3. Jenny Kimbro, 2020 8.22
4. **Paige Magee, 2022**8.26
5. Tiffany Johnson, 2006..... 8.33
6. Jahisha Thomas, 2017..... 8.35
7. Paula Ruen, 1998..... 8.39
- Tionna Tobias, 2023**8.39
9. Tria Simmons, 2019 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. **Aliyanna Dorn, 2022**1:29.49
7. Tia Saunders, 2020 1:29.83
8. Payton Wensel, 2020..... 1:29.87
9. **Alli Bookin-Nosbisch, 2023**.....1:30.02
10. Mahnee Watts, 2016..... 1:30.41

800 Meters

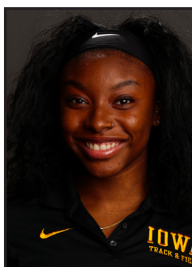
1. Mallory King, 2022 2:04.56
2. Bethany Praska, 2011 2:05.01
3. Jeanne Kruckeberg, 1989 2:06.38
4. **Alli Bookin-Nosbisch, 2023**.....2:06.59
5. Michelle Lahann, 2004 2:06.83
6. Katharina Trost, 2014 2:07.38
7. **Clare Pitcher, 2022**2:07.56
8. Mahnee Watts, 2014..... 2:08.79
9. Tia Saunders, 2020 2:08.83
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

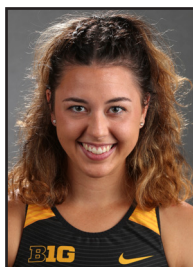
1. Tracy Dahl, 1993..... 9:15.57
2. Meghan Armstrong, 2008 9:17.50
3. Diane Nukuri, 2008..... 9:20.07
4. Betsy Flood, 2011..... 9:20.09
5. Nan Doak, 1982..... 9:21.60
6. Jenny Spangler, 1986..... 9:22.41
7. Mareike Schrulle, 2012..... 9:23.97
8. Brooke Eilers, 2012..... 9:27.92
9. McKenzie Melander, 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, 202220-1 3/4 (6.14)**
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. **Emma Callahan, 2022.50-6 1/4 (15.40m)**
8. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
9. **Jamie Kofron, 202150-0 3/4 (15.26)**
10. **Wisdom Williams, 2023 ... 49-10 (15.19)**

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, 202267-4 3/4 (20.54)**
5. Ashlyn Gulvas, 2013 63-6 (19.35)
6. Jasmine Simpson, 2013 62-6 1/2 (19.06)
7. **Alivia Bauer, 2022 62-3 (18.97)**
8. Annemie Smith, 2014 61-4 (18.69)
9. Kelsey Taylor, 2011 60-4 1/2 (18.40)
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. **Biermann, Magee, Larsen, Cortez,**
2023 **3:37.07**

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