**INDOOR ALL-TIME TOP 10 PERFORMERS**

### 60 Meters

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Time</th>
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<tbody>
<tr>
<td>1</td>
<td>LaSarah Hargrove, 2022</td>
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<tr>
<td>2</td>
<td>Lake Kwaza, 2016</td>
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</tr>
<tr>
<td>3</td>
<td>Brittany Brown, 2017</td>
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</tr>
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<td>4</td>
<td>Mia Love, 2022</td>
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<td>5</td>
<td>Elaine Jones, 1983</td>
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<td>6</td>
<td>Kyara Avant, 2018</td>
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<td>7</td>
<td>Peaches Roach, 2005</td>
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<td>Antonise Christian, 2020</td>
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<td>9</td>
<td>Shellene Williams, 2004</td>
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<td>10</td>
<td>Myreanna Bebe, 2023</td>
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### 60-Meter Hurdles

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<tbody>
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<td>1</td>
<td>Myreanna Bebe, 2023</td>
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<td>Paige Magee, 2023</td>
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<td>Reessa Farley, 2009</td>
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<td>Jenny Kimbro, 2009</td>
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<td>Tiffany Johnson, 2006</td>
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<td>6</td>
<td>Jahisha Thomas, 2017</td>
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<td>7</td>
<td>Paula Ruen, 1998</td>
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<td>Tiona Tobias, 2023</td>
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<td>Tria Simmons, 2019</td>
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<td>10</td>
<td>Miya Brines, 2022</td>
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### 200 Meters

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<td>1</td>
<td>Brittany Brown, 2017</td>
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<td>2</td>
<td>Briania Guillory, 2018</td>
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<td>3</td>
<td>LaSarah Hargrove, 2023</td>
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<td>Paige Magee, 2023</td>
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<td>Kineke Alexander, 2006</td>
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<tr>
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<td>Lake Kwaza, 2016</td>
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<td>7</td>
<td>Shellene Williams, 2004</td>
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<td>8</td>
<td>Marlene Poole, 1994</td>
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<td>9</td>
<td>Yolanda Hobs, 1995</td>
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<td>Lia Love, 2023</td>
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### 400 Meters

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<td>1</td>
<td>Kineke Alexander, 2007</td>
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<td>2</td>
<td>Briana Guillory, 2018</td>
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<td>3</td>
<td>Elexis Guster, 2016</td>
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<td>Ellen Grant, 1996</td>
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<td>5</td>
<td>Shelleene Williams, 2004</td>
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<td>6</td>
<td>Audrey Biermann, 2023</td>
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<td>7</td>
<td>Alexs Hernandez, 2017</td>
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<td>Tesa Roberts, 2022</td>
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<td>Ashley Liverpoo, 2011</td>
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<td>10</td>
<td>Montayla Holder, 2015</td>
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### 800 Meters

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<tbody>
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<td>1</td>
<td>Alli Bookin-Nobisch, 2023</td>
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<td>2</td>
<td>Mallory King, 2022</td>
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<td>3</td>
<td>Bethany Praska, 2011</td>
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<td>Clare Pitcher, 2023</td>
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<td>5</td>
<td>Jeanne Kruckeberg, 1989</td>
<td>2:06.38</td>
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<td>Michelle Lahann, 2004</td>
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<td>Katharina Trast, 2014</td>
<td>2:07.38</td>
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<td>Mahnee Watts, 2002</td>
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<td>Tia Saunders, 2020</td>
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<td>Taylor Arco, 2020</td>
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<tr>
<td>1</td>
<td>McKenzie Melander, 2011</td>
<td>4:39.78</td>
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<td>Jeanne Kruckeberg, 1989</td>
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<td>Meghan Armstrong, 2006</td>
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<td>Lauren Hardesty, 2011</td>
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<td>Amber Aesop, 2022</td>
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<td>6</td>
<td>Tina Stec, 1994</td>
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<td>7</td>
<td>Betsy Flood, 2010</td>
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<td>8</td>
<td>Penny O’Brien, 1981</td>
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<td>9</td>
<td>Diane Nukuri, 2007</td>
<td>4:46.25</td>
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<td>10</td>
<td>Michelle Lahann, 2004</td>
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### 3,000 Meters

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<tbody>
<tr>
<td>1</td>
<td>Tracy Dahl, 1993</td>
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<td>2</td>
<td>Meghan Armstrong, 2008</td>
<td>9:17.50</td>
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<td>3</td>
<td>Diane Nukuri, 2008</td>
<td>9:20.07</td>
</tr>
<tr>
<td>4</td>
<td>Betsy Flood, 2011</td>
<td>9:20.09</td>
</tr>
<tr>
<td>5</td>
<td>Nan Doak, 1982</td>
<td>9:21.60</td>
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<tr>
<td>6</td>
<td>Jenny Spangler, 1986</td>
<td>9:22.41</td>
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<td>7</td>
<td>Mareike Schrulle, 2012</td>
<td>9:23.97</td>
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<td>8</td>
<td>Brooke Eilers, 2012</td>
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<td>9</td>
<td>McKenzie Melander, 2012</td>
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<tr>
<td>10</td>
<td>Krista Anderson, 2006</td>
<td>9:29.75</td>
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</tbody>
</table>
INDOOR ALL-TIME TOP 10 PERFORMERS

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

Pentathlon
1. Jenny Kimbro, 2020 ............ 4,269 points
2. Tria Simmons, 2019 ........... 4,200 points
3. Tionna Tobias, 2023 ........... 3,997 points
4. Tammilee Kerr, 2008 .......... 3,974 points
5. Dallyssa Huggins, 2021 ....... 3,881 points
6. Chris Davenport, 1983 ...... 3,798 points
7. Tahlee McVee, 2023 ........... 3,767 points
8. Kamesha Marshall, 2005 .... 3,701 points
9. Tiff Pedersen, 2004 ........... 3,511 points
10. Sarah Ryan, 2013 ............ 3,472 points

High Jump
1. Peaches Roach, 2005 ........... 6-0 3/4 (1.85)
2. Mary Mol, 1983 ................ 6-0 (1.83)
3. Khanishaw Williams, 2013 5-11 1/4 (1.81)
4. Dallyssa Huggins, 2020 ....... 5-10 (1.78)
5. Becky Kaza, 1999 ............. 5-9 3/4 (1.77)
6. Caleigh Bacchus, 2010 ....... 5-9 1/4 (1.76)
7. 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)
10. Kacey Childs, 2001 ........ 5-8 1/2 (1.74)

Pole Vault
1. Jessie Strand, 2004 ........... 12-5 1/2 (3.80)
3. Sarah Burgett, 2007 ....... 11-10 (3.61)
5. Brittany Holst, 2013 ...... 11-3 3/4 (3.45)
7. Gina Shannon, 2001 ....... 10-6 (3.20)
8. Kacey Childs, 2001 ....... 9-0 (2.75)
9. Amy Kasparbauer, 2000 ...... 8-0 (2.44)
10. Payton Wensel, 2006 .... 7-9 1/4 (2.37)

Long Jump
2. Zinnia Miller, 2014 ........ 20-4 1/4 (6.20)
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. Carisa Leacock, 2012 ... 19-0 1/2 (5.81)

Triple Jump
1. Jahisha Thomas, 2018 ....... 43-4 1/2 (13.22)
2. Renee White, 2008 ....... 42-4 (12.70)
3. Amanda Cartty, 2019 ...... 42-1 1/2 (12.78)
4. Tria Simmons, 2017 ....... 42-1 1/2 (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)
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, 2023 ........ 54-7 1/4 (16.64)
4. Nicole Berry, 2022 ....... 52-6 3/4 (16.02)
5. Wisdom Williams, 2023 52-1 1/4 (15.88)
6. Erika Hammond, 2019 ... 51-3 1/2 (15.63)
7. Gail Smith, 1985 ............ 51-0 (15.54)
8. Emma Callahan, 2022 ..... 50-6 1/4 (15.40)
10. Jamie Kofron, 2021 ..... 50-0 3/4 (15.26)

Weight Throw
1. Laulauga Tausaga, 2019 76-3 3/4 (23.26)
2. Amanda Howe, 2023 ... 71-5 1/2 (21.78)
3. Nia Britt, 2022 ........ 68-8 1/2 (20.94)
6. Ashlynn Gulvas, 2013 .... 63-6 (19.35)
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
2. Holder, Guillory, Hernandez, Guster, 2016 3:32.93
3. Larsen, Magee, Biermann, Roberts, 2023 3:33.00
5. Dorn, Magee, Biermann, Larsen, 2023 3:34.06
6. Sharpe, Guillory, Brown, Champe, 2018 3:34.34
7. Dorn, Magee, Larsen, Biermann, 2023 3:34.49
8. Bruxvoort, Wensel, King, Roberts, 2022 3:35.73

Distance Medley Relay
1. A. Bookin-Nosbisch, Roberts, G. Bookin-Nosbisch, Aesoph, 2023 11:15.07
5. Stormo, Davenport, Williams, O’Brien, 1981 11:23.02
7. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
9. Benning, Poole, Salsberry, Stec, 1994 11:28.09
10. Stormo, Davenport, Hayden, Doak, 1982 11:29.54