

INDOOR ALL-TIME TOP 10 PERFORMERS



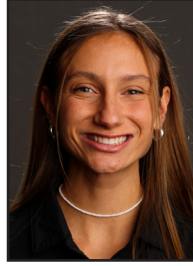
Kineke Alexander



Meghan Armstrong



Myreanna Bebe



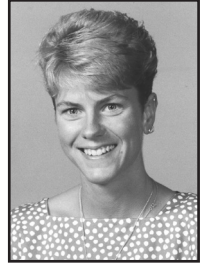
Alli
Bookin-Nosbisch



Brittany Brown



Mariel Bruxvoort



Tracy Dahl

60 Meters

1. LaSarah Hargrove, 2022.....7.25
2. Lake Kwaza, 2016..... 7.33
3. Brittany Brown, 2017 7.39
4. Lia Love, 20227.40
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
- Myreanna Bebe, 20237.50

60-Meter Hurdles

1. Myreanna Bebe, 20238.07
2. Paige Magee, 20238.13
3. Karessa Farley, 2009 8.21
4. Jenny Kimbro, 2020 8.22
5. Tiffany Johnson, 2006..... 8.33
6. Jahisha Thomas, 2017..... 8.35
7. Paula Ruen, 1998..... 8.39
- Tionna Tobias, 20238.39
9. Tria Simmons, 2019 8.40
10. Miya Brines, 20228.43

200 Meters

1. Brittany Brown, 2017 22.79
2. Briana Guillory, 2018 23.22
3. LaSarah Hargrove, 2023.....23.37
4. Paige Magee, 202323.46
5. Kineke Alexander, 2006..... 23.49
6. Lake Kwaza, 2016..... 23.54
7. Shellene Williams, 2004..... 23.62
8. Marlene Poole, 1994 23.66
- Yolanda Hobbs, 1995 23.66
10. Lia Love, 202323.73

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. Audrey Biermann, 202353.28
7. Alexis Hernandez, 2017..... 53.42
8. Tesa Roberts, 2022.....53.91
9. Ashley Liverpool, 2011 54.09
10. MonTayla Holder, 2015 54.32
- Chloe Larsen, 2023.....54.32

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. Chloe Larsen, 2023.....1:28.42
4. Mallory King, 2022 1:28.45
5. Gabby Cortez, 2023.....1:28.47
6. Alli Bookin-Nosbisch, 2023.....1:28.89
7. Aliyanna Dorn, 20231:29.03
8. MonTayla Holder, 2016 1:29.35
9. Clare Pitcher, 2022.....1:29.36
10. Tia Saunders, 2020 1:29.83

800 Meters

1. Alli Bookin-Nosbisch, 2023..... 2:04.28
2. Mallory King, 2022 2:04.56
3. Bethany Praska, 2011 2:05.01
4. Clare Pitcher, 20232:05.94
5. Jeanne Kruckeberg, 1989 2:06.38
6. Michelle Lahann, 2004 2:06.83
7. Katharina Trost, 2014 2:07.38
8. Mahnee Watts, 2014..... 2:08.79
9. Tia Saunders, 2020 2:08.83
10. Taylor Arco, 2020..... 2:08.94

Mile

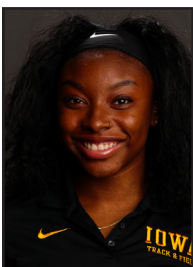
1. McKenzie Melander, 2011..... 4:39.78
2. Jeanne Kruckeberg, 1989 4:40.19
3. Meghan Armstrong, 2006 4:40.59
4. Lauren Hardesty, 2011 4:41.01
5. Amber Aesoph, 20224:41.58
6. Tina Stec, 1994 4:42.63
7. Betsy Flood, 2010..... 4:42.70
8. Penny O'Brien, 1981..... 4:43.72
9. Diane Nukuri, 2007..... 4:46.25
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



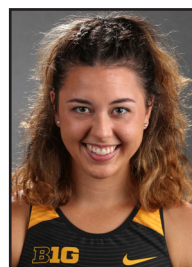
Lauren Hardesty



LaSarah Hargrove



Senta Hawkins



Jenny Kimbro



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. **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. 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)
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)
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 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, 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)**
9. Lisa Van Steenwyk, 1993 50-5 1/4 (15.37)
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)
4. **Jamie Kofron, 2022 67-4 3/4 (20.54)**
5. **Alivia Bauer, 2023 63-7 3/4 (19.40)**
6. Ashlyn Gulvas, 2013 63-6 (19.35)
7. Jasmine Simpson, 2013 62-6 1/2 (19.06)
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. **Larsen, Magee, Biermann, Roberts, 2023 3:33.00**
4. Champe, Guillory, Brown, Plock, 2018 3:33.19
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**
9. **Bruxvoort, Wensel, Itson, Roberts, 2022 3:35.90**
10. Holder, Guster, Hernandez, Guillory, 2016 3:36.47

Distance Medley Relay

1. **A. Bookin-Nosbisch, Roberts, G. Bookin-Nosbisch, Aesoph, 2023 11:15.07**
2. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
3. **Gordon, Bruxvoort, G. Bookin-Nosbisch, Aesoph, 2022 11:21.29**
4. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
5. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
6. Melander, Praska, Hendricks, Flood, 2011 11:24.47
7. Flood, Hendricks, L. Hardesty, Melander, 2010 11:25.01
8. Melander, Hendricks, Flood, Marchand, 2009 11:27.34
9. Benning, Poole, Salsberry, Stec, 1994 11:28.03
10. Stormo, Davenport, Hayden, Doak, 1982 11:29.54
- Armstrong, Granger, Stanley, K. Anderson, 2006 11:29.54