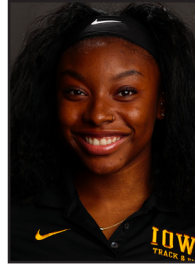


OUTDOOR ALL-TIME TOP 10 PERFORMERS



Meghan Armstrong

Marta Bote
Gonzalez

Nan Doak

Briana Guillory

LaSarah Hargrove

Amanda Howe

Aisha James

100 Meters

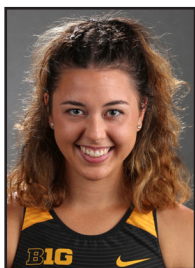
1. **LaSarah Hargrove, 2022** **11.20**
2. Brittany Brown, 2018 11.28
3. **Lia Love, 2022** **11.33**
4. Briana Guillory, 2016 11.35
5. Lake Kwaza, 2015 11.40
6. Vivien McKenzie, 1985 11.45
7. Davera Taylor, 1984 11.51
8. Erica Broomfield, 1998 11.53
9. Jiselle Providence, 2001 11.57
10. Tanja Reid, 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. Karesa 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 Strohmman, 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. **Mariel 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. **Amber Aesoph, 2023** **4:21.11**
8. Penny O'Brien, 1985 4:21.43
9. Kay Stormo, 1982 4:22.24
10. Michelle Lahann, 2004 4:24.00

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

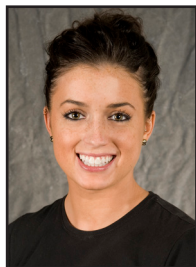
5,000 Meters

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. **Tionna Tobias, 2023 20-1 (6.12)**
6. Carisa Leacock, 2014..... 19-11 3/4 (6.09)
7. Amanda Carty, 2019..... 19-11 1/2 (6.08)
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, 202141-10 (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. **Kat Moody, 2023185-3 (56.47)**
5. Majesty Tutson, 2013 181-1 (55.19)
6. Dakotah Goodell, 2014 169-4 (51.62)
7. **Jamie Kofron, 2022166-1 (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. **Lizzie Korczak, 2023151-1 (46.07)**
10. Clara Simon, 1981 149-9 (45.64)

Hammer Throw

1. **Amanda Howe, 2022212-9 (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.	Hargrove, Love , Dowd, Magee , 2022.....	43.69
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.	Hargrove, Love, Tobias, Magee , 2022.....	44.66

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.	Bruxvoort , Dowd, Wensel, Roberts , 2022.....	3:33.18
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.	Kimbro, Weum, Simmons, Wensel, 2019.....	3:36.32
10.	King, Saunders, Bruxvoort , 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.	Hargrove , Dowd, Wensel, Pitcher , 2022.....	3:52.56
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.	Christian, 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.	Moore, A. Bookin-Nosbisch, G. Bookin-Nosbisch, Pitcher , 2022.....	8:35.75
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.	G. Bookin-Nosbisch, Roberts, A. Bookin-Nosbisch, Aesoph , 2022.....	11:40.18
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