

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. **Lia Love, 2023** 11.21
2. Brittany Brown, 2018 11.28
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, 2023** 12.90
2. **Myreanna Bebe, 2023** 12.94
3. **Tionna Tobias, 2023** 13.11
4. Tiffany Johnson, 2007 13.20
5. Jenny Kimbro, 2018 13.22
6. Jahisha Thomas, 2017 13.46
7. Tria Simmons, 2019 13.49
- Natalie Harris, 2023** 13.49
9. Karessa Farley, 2009 13.53
10. C. Prendergast, 1999 13.60
- Paula Ruen, 2000 13.60

200 Meters

1. Brittany Brown, 2017 22.42
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. **Lia Love, 2023** 23.23
7. Shellene Williams, 2004 23.50
8. Kineke Alexander, 2006 23.58
9. Davera Taylor, 1984 23.59
10. Vivien McKenzie, 1985 23.61
- Paige Magee, 2023** 23.61

400 Meters

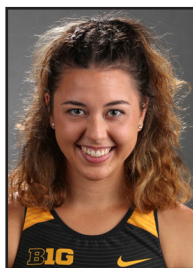
1. Briana Guillory, 2018 51.30
2. Kineke Alexander, 2006 51.35
3. Elexis Guster, 2016 51.85
4. Shellene Williams, 2004 51.94
5. Ashley Liverpool, 2012 52.47
6. Ellen Grant, 1996 52.65
7. **Audrey Biermann, 2023** 52.67
8. **Tesa Roberts, 2023** 52.86
9. Alexis Hernandez, 2017 53.27
10. **Chloe Larsen, 2023** 53.41

400-Meter Hurdles

1. Mary Knoblauch, 1981 56.16
2. **Paige Magee, 2022** 56.62
3. Wynsome Cole, 1998 56.67
4. MonTayla Holder, 2014 56.70
5. **Marriel Bruxvoort, 2023** 56.71
6. Erin Dowd, 2022 56.77
7. Payton Wensel, 2022 57.63
8. Jenny Kimbro, 2019 58.27
9. **Nylah Perry, 2023** 58.28
10. Chris Davenport, 1981 59.18

800 Meters

1. Bethany Praska, 2011 2:03.77
2. **Alli Bookin-Nosbisch, 2023** 2:04.37
3. Mallory King, 2021 2:05.23
4. **Grace Bookin-Nosbisch, 2023** 2:05.49
5. Kay Stormo, 1982 2:05.67
6. **Clare Pitcher, 2022** 2:06.05
7. Taylor Arco, 2019 2:06.06
8. Michelle Lahann, 2004 2:06.79
9. Katharina Trost, 2015 2:07.09
10. Mahnee Watts, 2016 2:07.41



Jenny Kimbro



Paige Magee

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. **Brooke McKee, 2023** 10:39.88
7. Madison Waymire, 2017 10:41.91
8. Kelsey Hart, 2011 10:47.56
9. Anna Hostetler, 2019 10:57.25
10. Kelly Breen, 2017 10:59.99

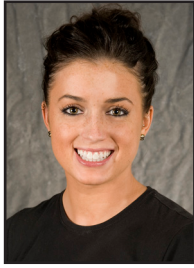
5,000 Meters

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. **Maddie Block, 202334:44.62**

Heptathlon

1. Jenny Kimbro, 2021..... 5,679 pts
2. **Tionna Tobias, 2023.....5,640 pts**
3. Tammilee Kerr, 2008..... 5,633 pts
4. Tria Simmons, 2019..... 5,557 pts
5. Dallyssa Huggins, 2021..... 5,437 pts
6. Kathy Gillespie, 1983..... 5,262 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. **Tionna Tobias, 2023 20-6 1/4 (6.25)**
5. Renee White, 2008 20-3 3/4 (6.19)
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)
- Kayla Hutchins, 2023 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)
- Kat Moody, 2023 55-7 3/4 (16.96)**
4. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
5. **Jamie Kofron, 2022..... 50-6 (15.39)**
- Wisdom Williams, 2023 50-6 (15.39)**
7. Nicole Berry, 2022..... 50-5 1/4 (15.37)
8. Gail Smith, 1984..... 50-3 1/4 (15.32)
9. Denise Taylor, 1992 50-1 3/4 (15.28)
10. Erika Hammond, 2019.... 49-9 1/4 (15.17)

Discus

1. Laulauga Tausaga, 2019 ... 209-10 (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, 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. **Lizzie Korczak, 2023162-1 (49.40)**
4. Marissa Mueller, 2019..... 154-3 (47.02)
5. Mandy Beck, 1999..... 153-4 (46.74)
6. Dakotah Goodell, 2015 153-3 1/4 (46.71)
7. Terri Soldan, 1983..... 152-6 1/4 (46.48)
8. Shani Renning, 1990 152-3 (46.40)
9. Kayla Hochhalter, 2015 152-6 (46.48)
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. **Alivia Bauer, 2023.....195-9 (56.62)**

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.	Hargrove, Love, Edison, Magee, 2023	44.08
4.	Chapman, Guillory, Hernandez, Brown, 2017	44.34
5.	Kwaza, Guster, Chapman, Guillory, 2016.....	44.41
6.	Thomas, Avant, Guillory, Brown, 2018	44.44
7.	Kwaza, Guster, Hernandez, Brown, 2014.....	44.51
8.	Thomas, Guillory, Hernandez, Brown, 2017	44.53
9.	Kwaza, Guster, Holder, Brown, 2014	44.62
10.	Poole, Reid, Floyd, Hobbs, 1994	44.63

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, Fouché, 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.	Dorn, Biermann, Roberts, Bruxvoort, 2023	3:33.16
4.	Bruxvoort, Dowd, Wensel, Roberts, 2022	3:33.18
5.	Guster, Hernandez, Holder, Kwaza, 2014	3:34.83
6.	Dorn, Larsen, Biermann, Bruxvoort, 2023	3:35.10
7.	Larsen, Roberts, Biermann, Itson, 2023	3:35.17
8.	Dorn, Magee, Biermann, Larsen, 2023	3:35.53
9.	Dorn, Biermann, Larsen, Roberts, 2023	3:35.60
10.	Praska, Hendricks, Liverpool, Erickson, 2011	3:35.93

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.	Itson, G. Bookin-Nosbisch, Pitcher, Moore, 2023	8:49.00
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