

INDOOR ALL-TIME TOP 10 PERFORMERS



Amber Aesoph



Kineke Alexander



Myreanna Bebe

Alli
Bookin-NosbischGrace
Bookin-Nosbisch

Brittany Brown



Mariel Bruxvoort

60 Meters

1. **Lia Love, 2024**.....7.24
2. LaSarah Hargrove, 20227.25
3. Lake Kwaza, 20167.33
4. **Holly Duax, 2024**.....7.38
5. Brittany Brown, 20177.39
6. Elaine Jones, 19837.43
7. Kyara Avant, 20187.44
8. **Paige Magee, 2023**.....7.45
- Peaches Roach, 20057.45
- Antonise Christian, 20207.45

60-Meter Hurdles

1. **Paige Magee, 2024**.....7.99
- Myreanna Bebe, 20238.07
3. **Tionna Tobias, 2024**.....8.15
4. Karessa Farley, 20098.21
5. Jenny Kimbro, 20208.22
6. Tiffany Johnson, 20068.33
7. Jahisha Thomas, 20178.35
8. Paula Ruen, 19988.39
9. Tria Simmons, 20198.40
10. **Miya Brines, 2022**.....8.43

200 Meters

1. Brittany Brown, 201722.79
2. Briana Guillory, 201823.22
3. LaSarah Hargrove, 202323.37
4. **Lia Love, 2024**.....23.39
5. **Paige Magee, 2023**.....23.46
6. Kineke Alexander, 200623.49
7. Lake Kwaza, 201623.54
8. Shellene Williams, 200423.62
9. Marlene Poole, 199423.66
- Yolanda Hobbs, 199523.66

400 Meters

1. Kineke Alexander, 200751.48
2. Briana Guillory, 201851.68
3. Elexis Guster, 201652.36
4. Ellen Grant, 199652.65
5. Shellene Williams, 200452.83
6. **Audrey Biermann, 2023**53.28
7. **Nylah Perry, 2024**.....53.37
8. Alexis Hernandez, 201753.42
9. **Tesa Roberts, 2022**.....53.91
10. Ashley Liverpool, 201154.09

600 Yards

1. Senta Hawkins, 19871:21.06
2. Aisha Hume, 20041:21.74
3. Kay Stormo, 19821:22.49
4. Nicole Erickson, 20121:22.61
5. Mahnee Watts, 20161:22.72
6. Bethany Praska, 20091:23.12
7. Hannah Simonson, 20121:23.18
8. Chris Davenport, 19821:24.14
9. Kaitlyn Nelson, 20151:24.52
10. Sophia Poncè, 20071:24.55

600 Meters

1. Kineke Alexander, 20081:27.45
2. Bethany Praska, 20111:28.14
3. **Chloe Larsen, 2023**1:28.31
4. Mallory King, 20221:28.45
5. **Gabby Cortez, 2023**1:28.47
6. **Alli Bookin-Nosbisch, 2024**.....1:28.73
7. **Aliyanna Dorn, 2023**.....1:29.03
8. MonTayla Holder, 20161:29.35
9. **Clare Pitcher, 2022**.....1:29.36
10. Tia Saunders, 20201:29.83

800 Meters

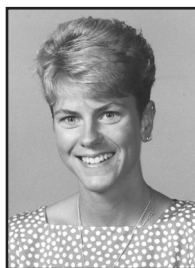
1. **Alli Bookin-Nosbisch, 2024**.....2:03.42
2. Mallory King, 20222:04.56
3. Bethany Praska, 20112:05.01
4. **Clare Pitcher, 2023**.....2:05.94
5. Jeanne Kruckeberg, 19892:06.38
6. Michelle Lahann, 20042:06.83
7. **Grace Bookin-Nosbisch, 2024**.....2:07.21
8. Katharina Trost, 20142:07.38
9. Mahnee Watts, 20142:08.79
10. Tia Saunders, 20202:08.83

Mile

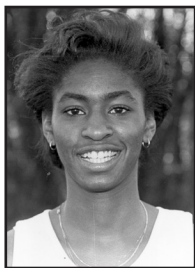
1. McKenzie Melander, 20114:39.78
2. Jeanne Kruckeberg, 19894:40.19
3. Meghan Armstrong, 20064:40.59
4. Rachelle Roberts, 19904:40.79
5. Lauren Hardesty, 20114:41.01
6. **Amber Aesoph, 2022**.....4:41.58
7. Tina Stec, 19944:42.63
8. Betsy Flood, 20104:42.70
9. Penny O'Brien, 19814:43.72
10. Diane Nukuri, 20074:46.25

3,000 Meters

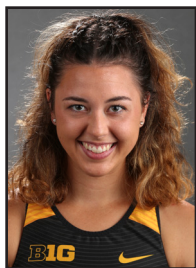
1. Tracy Dahl, 19939:15.57
2. Meghan Armstrong, 20089:17.50
3. Diane Nukuri, 20089:20.07
4. Betsy Flood, 20119:20.09
5. Nan Doak, 19829:21.60
6. Jenny Spangler, 19869:22.41
7. Mareike Schulle, 20129:23.97
8. Brooke Eilers, 20129:27.92
9. McKenzie Melander, 20129:29.71
10. Krista Anderson, 20069:29.75



Tracy Dahl



Senta Hawkins



Jenny Kimbro



Mallory King



Lia Love



Paige Magee

INDOOR ALL-TIME TOP 10 PERFORMERS



McKenzie Melander



Tesa Roberts



Peaches Roach



Jessie Strand



Laulauga Tausaga



Daniela Martine
Wamokpego



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, 2024..... 4,049 points**
4. Tammilee Kerr, 2008..... 3,974 points
5. Dallyssa Huggins, 2021 3,881 points
6. **Annie Wirth, 2024..... 3,870 points**
7. Chris Davenport, 1983..... 3,798 points
8. Tahlee McVee, 2023..... 3,767 points
9. Kamesha Marshall, 2005..... 3,701 points
10. **Carlee Rochford, 2024.... 3,578 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. **Annie Wirth, 2023 5-10 1/2 (1.79)**
5. Dallyssa Huggins, 2020 5-10 (1.78)
6. Becky Kaza, 1995..... 5-9 3/4 (1.77)
- Caleigh Bacchus, 2010..... 5-9 1/4 (1.76)
- Aubrianna Lantrip, 2019..... 5-9 1/4 (1.76)
9. Gillian Urycki, 2018..... 5-8 3/4 (1.75)
10. 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. **Tionna Tobias, 2023 21-0 1/2 (6.41)**
3. Zinnia Miller, 2014..... 20-4 1/4 (6.20)
4. **Maud Zeffou-Poaty, 2024..... 20-2 1/4 (6.15)**
5. Carisa Leacock, 2014 19-9 1/2 (6.03)
6. Lisa Moats, 1986 19-6 (5.95)
7. Kassidy Ellis, 2015..... 19-5 1/2 (5.93)
8. **Kayla Hutchins, 2024... 19-4 1/4 (5.90)**
9. Jenny Kimbro, 2020 19-4 (5.89)
10. Renee White, 2006..... 19-3 1/4 (5.87)

Triple Jump

1. **Daniela Martine Wamokpego, 2024 43-5 1/4 (13.24)**
2. Jahisha Thomas, 2018..... 43-4 1/2 (13.22)
3. Renee White, 2008..... 42-4 (12.90)
4. Amanda Carty, 2019..... 42-1 1/2 (5.88)
5. Tria Simmons, 2017 42-1 1/4 (12.83)
6. Tiffany Johnson, 2007..... 41-3 3/4 (12.59)
7. Eavion Richardson, 2021 41-3 1/4 (12.58)
8. Zinnia Miller, 2014..... 41-2 1/2 (12.56)
9. **Kayla Hutchins, 2022 40-9 3/4 (12.44)**
10. Hannah Schlib, 2019 40-7 (12.37)

Shot Put

1. Laulauga Tausaga, 2020 .. 58-11 1/4 (17.96)
2. **Kat Moody, 2024 55-9 1/4 (17.00)**
3. Nia Britt, 2019 54-11 1/2 (16.75)
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. **Jamie Kofron, 2024... 69-0 1/2 (21.04)**
4. Nia Britt, 2022 68-8 1/2 (20.94)
5. **Alivia Bauer, 2023 67-0 1/2 (20.43)**
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)

4x400-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. **Biermann, Magee, Larsen, Perry, 2024 3:34.24**
7. **Biermann, Dorn, Magee, Perry 2024 3:34.29**
8. Sharpe, Guillory, Brown, Champe, 2018..... 3:34.34
9. **Dorn, Magee, Larsen, Biermann, 2023..... 3:34.49**
10. **Bruxvoort, Wensel, King, Roberts, 2022..... 3:35.73**

Distance Medley Relay

1. **A. Bookin-Nosbisch, Roberts, G. Bookin-Nosbisch, Aesoph, 2023 11:15.07**
2. **A. Bookin-Nosbisch, Dorn, G. Bookin-Nosbisch, Aesoph, 2024 11:17.78**
3. Armstrong, Alexander, L. Hardesty, Nukuri, 2008 11:20.11
4. Gordon, **Bruxvoort, G. Bookin-Nosbisch, Aesoph, 2022..... 11:21.29**
5. Melander, Hendricks, L. Hardesty, Eilers, 2011 11:22.44
6. Stormo, Davenport, Williams, O'Brien, 1981 11:23.02
7. Melander, Praska, Hendricks, Flood, 2011 11:24.47
8. Flood, Hendricks, L. Hardesty, Melander, 2010..... 11:25.01
9. Melander, Hendricks, Flood, Marchand, 2009..... 11:27.34
10. Benning, Poole, Salsberry, Stec, 1994..... 11:28.03