

## WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



**Meghan Armstrong**

**Alli Bookin-Nosbisch**

**Marta Bote Gonzalez**

**Nan Doak**

**Briana Guillory**

**LaSarah Hargrove**

**Amanda Howe**

### 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
- Peches 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. Kaessa 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

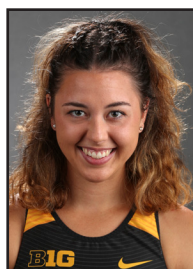
1. Mary Knoblauch, 1981 ..... 56.16
2.  **Paige Magee, 2022 ..... 56.62**
3. Wynsome Cole, 1998..... 56.67
4. MonTayla Holder, 2014 ..... 56.70
5.  **Mariel Bruxvoort, 2023 ..... 56.71**
6. Erin Dowd, 2022..... 56.77
7. Payton Wensel, 2022..... 57.63
8. Jenny Kimbro, 2019 ..... 58.27
9.  **Nylah Perry,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

### 800 Meters

1.  **Alli Bookin-Nosbisch, 2024..... 2:03.24**
2. Bethany Praska, 2011 ..... 2:03.77
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



**Aisha James**



**Jenny Kimbro**

### 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. Rachelle Roberts, 1990 ..... 4:23.16

### 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

**WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS**



Paige Magee



Diane Nukuri



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, 2023..... 34:44.62

**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. Annie Wirth, 2024..... 5,332 pts**
7. Kathy Gillespie, 1983 .....5,262 pts
8. Tiff Pedersen, 2004.....4,976 pts
9. Janet Adams, 1981 .....4,855 pts
10. Sarah Ryan, 2012.....4,819 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)
- Annie Wirth, 2024.....5-9 1/4 (1.76)**

**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. Tionna Tobias, 2024..... 21-4 1/4 (6.51)**
4. Zinnia Miller, 2014 ..... 20-6 1/2 (6.26)
5. Renee White, 2008 ..... 20-3 3/4 (6.19)
- Maud Zeffou-Poaty, 2024**  
..... **20-3 3/4 (6.19)**
7. Carisa Leacock, 2014 .....19-11 3/4 (6.09)
8. Amanda Carty, 2019 .....19-11 1/2 (6.08)
9. Becki Borg, 1988..... 19-7 1/4 (5.97)
10. Jenny Kimbro, 2018 ..... 19-7 (5.97)

**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, 2021..... 41-10 (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)
- Tria Simmons,2016.....40-7 1/2(12.38)
- Daniela Wamokpego, 2024**  
..... **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. Wisdom Williams, 2024 .....**  
..... **51-2 3/4 (15.61)**
5. Lisa Van Steenwyk, 1992..... 50-8 (15.44)
- 6. Jamie Kofron, 2022.....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, 2023..... 185-3 (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. Sydnie Smith, 2024..... 163-4 (49.80)**
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. Lizzy Korczak, 2024 ..... 166-1 (50.62)**
3. Tammilee Kerr, 2008..... 163-5 (49.81)
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, 2022 .....212-9 (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, 2024..... 185-10 (56.64)**

## WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

**4x100-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. **Tobias**, **Love**, **Duax**, **Magee**, 2024 ..... **44.44**
8. Kwaza, Guster, Hernandez, Brown, 2014 ..... 44.51
9. Thomas, Guillory, Hernandez, Brown, 2017 ..... 44.53
10. **Duax**, **Love**, **Pattison**, **Edison**, 2024 ..... **44.54**

**Shuttle Hurdle Relay**

1. Prendergast, Cole, Raheem, Ruen, 1998 ..... 56.44
2. Cole, Prendergast, Raheem, Ruen, 1998 ..... 56.54
3. Raheem, Prendergast, Cole, Ruen, 1998 ..... 57.53

**4x200-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

**4x400-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

**4x800-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. Powell, Hoskins, Schneckloth, Roberts, 1990 ..... 11:24.12
3. Armstrong, Alexander, Poncé, Stanley, 2007 ..... 11:25.05
4. Stanley, McCalla, Hume, Armstrong, 2005 ..... 11:34.04
5. Barber, Williams, Hume, Arens, 2004 ..... 11:34.56
6. Thompson, Williams, Hume, Arens, 2003 ..... 11:39.02
7. 2000 ..... 11:39.83
8. **G. Bookin-Nosbisch**, **Roberts**, **A. Bookin-Nosbisch**, **Aesoph**, 2022 ..... 11:40.18
9. Schrulle, Erickson, Placzek, Eilers, 2012 ..... 11:40.57
10. Davenport, xx, xx, xx, 1981 ..... 11:41.44

**4x1,600-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, Gambrell, 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