

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**
- Brittany Brown, 2018..... 11.28
- Briana Guillory, 2016..... 11.35
- Lake Kwaza, 2015..... 11.40
- Vivien McKenzie, 1985..... 11.45
- Davera Taylor, 1984 11.51
- Erica Broomfield, 1998..... 11.53
- Jiselle Providence, 2001 11.57
- 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**
- Tiffany Johnson, 2007 13.20
- Jenny Kimbro, 2018 13.22
- Jahisha Thomas, 2017 13.46
- Tria Simmons, 2019..... 13.49
- Natalie Harris, 2023..... 13.49**
- Karessa Farley, 2009..... 13.53
- C. Prendergast, 1999..... 13.60
- Paula Ruen, 2000..... 13.60

200 Meters

- Brittany Brown, 2017..... 22.42
- 2. LaSarah Hargrove, 2022..... 22.72**
- Briana Guillory, 2016..... 22.89
- Elexis Guster, 2016..... 23.03
- Lake Kwaza, 2016..... 23.17
- 6. Lia Love, 2023 23.23**
- Shellene Williams, 2004..... 23.50
- Kineke Alexander, 2006..... 23.58
- Davera Taylor, 1984 23.59
- Vivien McKenzie, 1985..... 23.61
- Paige Magee, 2023 23.61**

400 Meters

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

400-Meter Hurdles

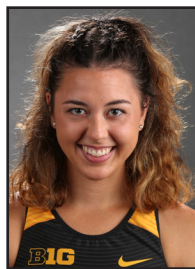
- Mary Knoblauch, 1981 56.16
- 2. Paige Magee, 2022 56.62**
- Wynsome Cole, 1998..... 56.67
- MonTayla Holder, 2014 56.70
- 5. Mariel Bruxvoort, 2023 56.71**
- Erin Dowd, 2022..... 56.77
- Payton Wensel, 2022..... 57.63
- Jenny Kimbro, 2019 58.27
- 9. Nylah Perry, 2023 58.28**
- Chris Davenport, 1981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

800 Meters

- 1. Alli Bookin-Nosbisch, 2024..... 2:03.24**
- Bethany Praska, 2011 2:03.77
- Mallory King, 2021..... 2:05.23
- 4. Grace Bookin-Nosbisch, 2023 2:05.49**
- Kay Stormo, 1982..... 2:05.67
- 6. Clare Pitcher, 2022..... 2:06.05**
- Taylor Arco, 2019..... 2:06.06
- Michelle Lahann, 2004..... 2:06.79
- Katharina Trost, 2015..... 2:07.09
- Mahnee Watts, 2016 2:07.41



Aisha James



Jenny Kimbro

1,500 Meters

- Meghan Armstrong, 2006 4:17.41
- Betsy Flood, 2010..... 4:17.75
- Jeanne Kruckeberg 1989 4:19.71
- McKenzie Melander, 2012 4:20.22
- Lauren Hardesty, 2009..... 4:20.40
- Diane Nukuri, 2007..... 4:20.95
- 7. Amber Aesoph, 2023..... 4:21.11**
- Penny O'Brien, 1985 4:21.43
- Kay Stormo, 1982..... 4:22.24
- Rachelle Roberts, 1990 4:23.16

3,000 Meters

- Diane Nukuri, 2008..... 9:18.82
- Penny O'Brien, 1985 9:20.61
- McKenzie Melander, 2012 9:21.59
- Betsy Flood, 2010..... 9:22.63
- Nan Doak, 1985 9:23.04
- Tracy Dahl, 1992..... 9:23.53
- Meghan Armstrong, 2006 9:28.03
- Brooke Eilers, 2011 9:30.08
- Jeanne Kruckeberg, 1989 9:30.69
- Jennifer Brower, 1992 9:34.59

3,000-Meter Steeplechase

- Marta Bote Gonzalez, 2015 10:23.15
- Danielle Berndt, 2011 10:26.54
- Jessica Schmidt, 2008 10:27.18
- Sarah Arens, 2004 10:34.50
- Hannah Roeder, 2011..... 10:35.22
- 6. Brooke McKee, 2023..... 10:39.88**
- Madison Waymire, 2017 10:41.91
- Kelsey Hart, 2011 10:47.56
- Anna Hostetler, 2019..... 10:57.25
- Kelly Breen, 2017..... 10:59.99

5,000 Meters

- Nan Doak, 1985 15:45.84
- McKenzie Melander, 2012 15:57.13
- Diane Nukuri, 2008..... 15:59.39
- Betsy Flood, 2011..... 16:04.46
- Meghan Armstrong, 2008 16:08.83
- Brooke Eilers, 2011 16:11.86
- Mareike Schrulle, 2013..... 16:12.66
- Jenny Spangler, 1983 16:17.21
- Tracy Dahl, 1992..... 16:18.77
- 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, 20215,679 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, 20215,437 pts
- 6. Annie Wirth, 2024..... 5,332 pts**
7. Kathy Gillespie, 19835,262 pts
8. Tiff Pedersen, 2004.....4,976 pts
9. Janet Adams, 19814,855 pts
10. Sarah Ryan, 2012.....4,819 pts

High Jump

1. Peaches Roach, 2006.....6-1 1/4 (1.86)
2. Jenny Kimbro, 20196-0 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, 20105-10 (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, 200322-3 (6.78)
2. Jahisha Thomas, 201821-6 (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, 201419-11 3/4 (6.09)
8. Amanda Carty, 201919-11 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, 201442-0 1/2(12.81)
- 4. Kayla Hutchins, 2021..... 41-10 (12.75)**
5. Tiffany Johnson, 200741-8 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, 201940-11 (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, 198450-3 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. 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, 2019201-3 (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. Alivia Bauer, 2023..... 195-9 (56.62)**
8. Becca Franklin, 2007 195-0 (59.45)
9. Ashlyn Gulvas, 2014..... 192-9 (58.75)
10. Leah Colbert, 2018 189-3 (57.69)

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