

INDOOR ALL-TIME TOP 10 PERFORMERS



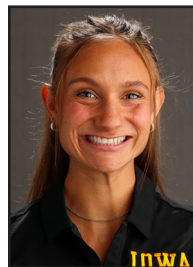
Amber Aesoph



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, 20248.15
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, 20228.43

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, 202353.28
7. Nylah Perry, 202453.37
8. Alexis Hernandez, 201753.42
9. Tesa Roberts, 202253.91
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. **Damaris Mutunga, 2025**.....1:28.19
4. Chloe Larsen, 20231:28.31
5. Mallory King, 20221:28.45
6. **Gabby Cortez, 2023**1:28.47
7. **Alli Bookin-Nosbisch, 2024**.....1:28.73
8. Aliyanna Dorn, 20231:29.03
9. MonTayla Holder, 20161:29.35
10. Clare Pitcher, 20221:29.36

800 Meters

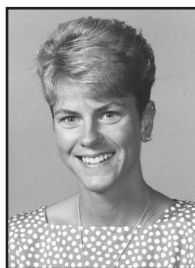
1. **Alli Bookin-Nosbisch, 2024**.....2:03.42
2. Mallory King, 20222:04.56
3. Bethany Praska, 20112:05.01
4. Clare Pitcher, 20232:05.94
5. Jeanne Kruckeberg, 19892:06.38
6. Michelle Lahann, 20042:06.83
7. **Grace Bookin-Nosbisch, 2024**.....2:07.21
8. Katharina Trost, 20142:07.38
9. Mahnee Watts, 20142:08.79
10. Tia Saunders, 20202:08.83

Mile

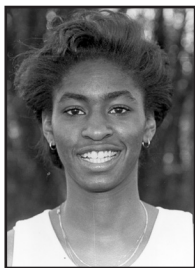
1. McKenzie Melander, 20114:39.78
2. Jeanne Kruckeberg, 19894:40.19
3. Meghan Armstrong, 20064:40.59
4. Rachelle Roberts, 19904:40.79
5. Lauren Hardesty, 20114:41.01
6. Amber Aesoph, 20224:41.58
7. Tina Stec, 19944:42.63
8. Betsy Flood, 20104:42.70
9. Penny O'Brien, 19814:43.72
10. Diane Nukuri, 20074:46.25

3,000 Meters

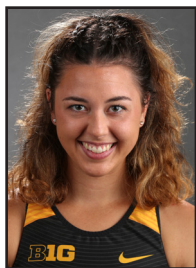
1. Tracy Dahl, 19939:15.57
2. Meghan Armstrong, 20089:17.50
3. Diane Nukuri, 20089:20.07
4. Betsy Flood, 20119:20.09
5. Nan Doak, 19829:21.60
6. Jenny Spangler, 19869:22.41
7. Mareike Schulle, 20129:23.97
8. Brooke Eilers, 20129:27.92
9. McKenzie Melander, 20129:29.71
10. Krista Anderson, 20069:29.75



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
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. **Pauline Bikembo, 2025 ... 4,229 points**
3. Tria Simmons, 2019 4,200 points
4. Tionna Tobias, 2024..... 4,049 points
5. Tammilee Kerr, 2008..... 3,974 points
6. Dallyssa Huggins, 2021 3,881 points
7. **Annie Wirth, 2025 3,872 points**
8. Chris Davenport, 1983..... 3,798 points
9. Tahlee McVee, 2023..... 3,767 points
10. Kamesha Marshall, 2005..... 3,701 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)
7. Caleigh Bacchus, 2010..... 5-9 1/4 (1.76)
8. Aubrianna Lantrip, 2019..... 5-9 1/4 (1.76)
9. Gillian Urycki, 2018..... 5-8 3/4 (1.75)
10. **Pauline Bikembo, 2025 .. 5-8 3/4 (1.75)**

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. **Pauline Bikembo, 2025 19-9 3/4 (6.04)**
6. Carisa Leacock, 2014 19-9 1/2 (6.03)
7. Lisa Moats, 1986 19-6 (5.95)
8. Kassidy Ellis, 2015..... 19-5 1/2 (5.93)
9. Kayla Hutchins, 2024..... 19-4 1/4 (5.90)
10. Jenny Kimbro, 2020 19-4 (5.89)

Triple Jump

1. **Daniela Wamokpego, 2025 43-8 1/2 (13.32)**
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. **Wisdom Williams, 2025 59-11 1/4 (18.27)**

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