

INDOOR ALL-TIME TOP 10 PERFORMERS



Amber Aesoph



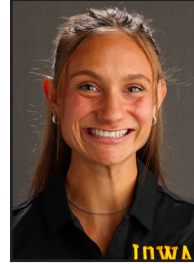
Kineke Alexander



Myreanna Bebe



Alli Bookin-Nosbisch



Grace 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, 2018.....7.44
8. **Paige Magee, 2023**.....**7.45**
- Peaches Roach, 2005.....7.45
- Antonise Christian, 2020.....7.45

60-Meter Hurdles

1. **Paige Magee, 2024**.....**7.99**
- Myreanna Bebe, 20238.07
3. Tionna Tobias, 20248.15
4. Karessa Farley, 2009.....8.21
5. Jenny Kimbro, 20208.22
6. **Lillian Harden, 2025**.....**8.26**
7. Tiffany Johnson, 2006.....8.33
8. Jahisha Thomas, 20178.35
9. Paula Ruen, 1998.....8.39
10. Tria Simmons, 20198.40

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, 2006.....23.49
7. Lake Kwaza, 201623.54
8. Shellene Williams, 200423.62
9. Marlene Poole, 1994.....23.66
- Yolanda Hobbs, 199523.66

400 Meters

1. Kineke Alexander, 200751.48
2. Briana Guillory, 2018.....51.68
3. Elexis Guster, 2016.....52.36
4. Ellen Grant, 1996.....52.65
5. Shellene Williams, 200452.83
6. **Damaris Mutunga, 2025**.....**53.15**
7. Audrey Biermann, 202353.28
8. **Chioma Nwachukwu, 2025****53.32**
9. Nylah Perry, 202453.37
10. Alexis Hernandez, 201753.42

600 Yards

1. Senta Hawkins, 19871:21.06
2. Aisha Hume, 2004.....1:21.74
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, 2012.....1:23.18
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. **Damaris Mutunga, 2025**.....**1:27.77**
3. Bethany Praska, 20111:28.14
4. Chloe Larsen, 20231:28.31
5. **Gabby Cortez, 2025****1:28.40**
6. Mallory King, 2022.....1:28.45
7. **Alli Bookin-Nosbisch, 2024**.....**1:28.73**
8. Aliyanna Dorn, 20231:29.03
9. MonTayla Holder, 20161:29.35
10. Clare Pitcher, 2022.....1:29.36

800 Meters

1. **Alli Bookin-Nosbisch, 2024**.....**2:03.42**
2. Mallory King, 2022.....2:04.56
3. Bethany Praska, 20112:05.01
4. Clare Pitcher, 2023.....2:05.94
5. Jeanne Kruckeberg, 19892:06.38
6. Michelle Lahann, 2004.....2:06.83
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

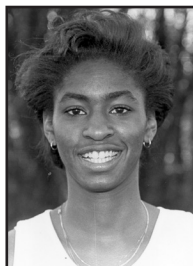
1. McKenzie Melander, 20114:39.78
2. Jeanne Kruckeberg, 19894:40.19
3. Meghan Armstrong, 2006.....4:40.59
4. Rachelle Roberts, 19904:40.79
5. Lauren Hardesty, 20114:41.01
6. Amber Aesoph, 20224:41.58
7. Tina Stec, 1994.....4:42.63
8. Betsy Flood, 2010.....4:42.70
9. Penny O'Brien, 1981.....4:43.72
10. Diane Nukuri, 20074:46.25

3,000 Meters

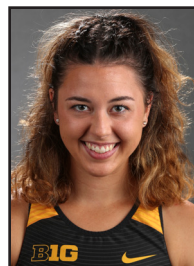
1. Tracy Dahl, 19939:15.57
2. Meghan Armstrong, 2008.....9:17.50
3. Diane Nukuri, 2008.....9:20.07
4. Betsy Flood, 20119:20.09
5. Nan Doak, 19829:21.60
6. Jenny Spangler, 19869:22.41
7. Mareike Schrulle, 2012.....9:23.97
8. Brooke Eilers, 20129:27.92
9. McKenzie Melander, 2012.....9:29.71
10. Krista 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. **Annie Wirth, 2025 3,890 points**
7. Dallyssa Huggins, 2021 3,881 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, 20056-0 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. **Pauline Bikembo, 2025 20-9 1/4 (6.33)**
4. **Maud Zeffou-Poaty, 2025 20-6 1/2 (6.26)**
3. Zinnia Miller, 2014..... 20-4 1/4 (6.20)
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. **Jeanne Le Goff, 2025 42-2 3/4 (12.87)**
5. Amanda Carty, 2019..... 42-1 1/2 (5.88)
6. Tria Simmons, 2017 42-1 1/4 (12.83)
7. Tiffany Johnson, 2007..... 41-3 3/4 (12.59)
8. Eavion Richardson, 2021 41-3 1/4 (12.58)
9. Zinnia Miller, 2014..... 41-2 1/2 (12.56)
10. Kayla Hutchins, 2022..... 40-9 3/4 (12.44)

Shot Put

1. Lauauga 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. Lauauga 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 60-4 3/4 (18.41)**

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