

INDOOR ALL-TIME TOP 10 PERFORMERS



Amber Aesoph



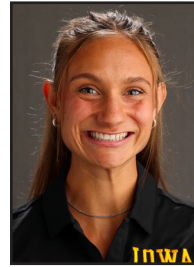
Kineke Alexander



Myreanna Bebe



Alli
Bookin-Nosbisch



Grace
Bookin-Nosbisch



Brittany Brown



Tracy Dahl

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. **Lillian Harden, 2025**.....**8.16**
5. Karessa Farley, 20098.21
6. Jenny Kimbro, 20208.22
7. Tiffany Johnson, 20068.33
8. Jahisha Thomas, 20178.35
9. Paula Ruen, 19988.39
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, 2025**.....**23.38**
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. **Damaris Mutunga, 2025**.....**52.14**
4. **Chioma Nwachukwu, 2025****52.25**
5. Elexis Guster, 201652.36
6. Ellen Grant, 199652.65
7. Shellene Williams, 200452.83
8. **Alivia Williams, 2025****53.11**
9. Audrey Biermann, 202353.28
10. Nylah Perry, 202453.37

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. **Jaiden Itson, 2025**.....**1:23.80**
9. Chris Davenport, 19821:24.14
10. Kaitlyn Nelson, 20151:24.52

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, 20221:28.45
7. **Alli Bookin-Nosbisch, 2024**.....**1:28.73**
8. Aliyanna Dorn, 20231:29.03
9. MonTayla Holder, 20161:29.35
10. Clare Pitcher, 20221:29.36

800 Meters

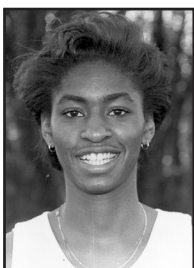
1. **Alli Bookin-Nosbisch, 2024**.....**2:03.42**
2. Mallory King, 20222:04.56
3. Bethany Praska, 20112:05.01
4. Clare Pitcher, 20232:05.94
5. Jeanne Kruckeberg, 19892:06.38
6. Michelle Lahann, 20042:06.83
7. **Grace Bookin-Nosbisch, 2024**.....**2:07.21**
8. Katharina Trost, 20142:07.38
9. Mahnee Watts,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

Mile

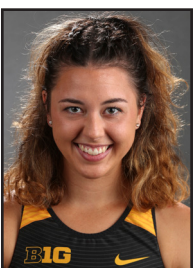
1. McKenzie Melander, 20114:39.78
2. Jeanne Kruckeberg, 19894:40.19
3. Meghan Armstrong, 20064:40.59
4. Rachelle Roberts, 19904:40.79
5. Lauren Hardesty, 20114:41.01
6. Amber Aesoph, 20224:41.58
7. Tina Stec, 19944:42.63
8. Betsy Flood, 20104:42.70
9. Penny O'Brien, 19814:43.72
10. Diane Nukuri, 20074:46.25

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



Senta Hawkins



Jenny Kimbro



Lia Love



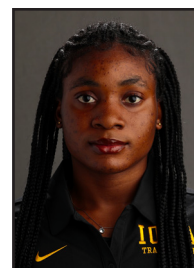
Olicia Lucas



Paige Magee

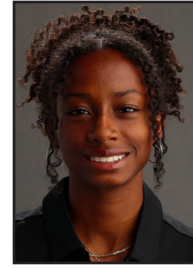


Damaris Mutunga



Chioma Nwachukwu

INDOOR ALL-TIME TOP 10 PERFORMERS



McKenzie Melander

Tesa Roberts

Peaches Roach

Jessie Strand

Laulauga Tausaga

Daniela
Wamokpego

Alivia Williams

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, 20235-10 1/2 (1.79)**
5. Dallyssa Huggins, 20205-10 (1.78)
6. Becky Kaza, 1995.....5-9 3/4 (1.77)
7. 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)
- 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 ..20-7 (6.27)**
5. 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, 201742-1 1/4 (12.83)
7. Tiffany Johnson, 2007.....41-3 3/4 (12.59)
8. Eavion Richardson, 202141-3 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, 202252-6 3/4 (16.02)
5. **Wisdom Williams, 2025 .52-2 3/4 (15.92)**
6. Erika Hammond, 201951-3 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, 199350-5 1/4 (15.37)
10. Jamie Kofron, 202150-0 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, 202469-0 1/2 (21.04)
4. Nia Britt, 202268-8 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, 201160-4 1/2 (18.40)
10. **Wisdom Williams, 2025 60-4 3/4 (18.41)**

4x400-Meter Relay

1. **Al. Williams, Nwachukwu, Mutunga, Lucas, 2025..... 3:30:42**
2. **Nwachukwu, Al. Williams, Lucas, Mutunga, 2025..... 3:31.62**
3. Bruxvoort, Roberts, Wensel, King, 2022..... 3:32.38
4. Holder, Guillory, Hernandez, Guster, 2016..... 3:32.93
5. Larsen, **Magee**, Biermann, Roberts, 2023..... 3:33.00
6. Champe, Guillory, Brown, Plock, 2018..... 3:33.19
7. Dorn, **Magee**, Biermann, Larsen, 2023..... 3:34.06
8. Biermann, **Magee**, Larsen, Perry, 2024..... 3:34.24
9. Biermann, Dorn, **Magee**, Perry 2024..... 3:34.29
10. Sharpe, Guillory, Brown, Champe, 2018..... 3:34.34

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