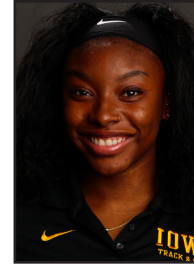
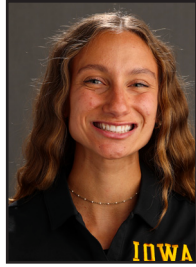


WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



Maria Arboleda

Meghan Armstrong

Alli Bookin-Nosbisch

Marta Bote Gonzalez

Nan Doak

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. **Holly Duax, 2025 11.47**
8. Davera Taylor, 1984 11.51
9. Erica Broomfield, 1998..... 11.53
10. Jiselle Providence, 2001 11.57

100-Meter Hurdles

1. **Paige Magee, 2024 12.88**
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
8. **Natalie Harris, 2023 13.49**
9. Karessa 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. **Lia Love, 2024 23.04**
6. Lake Kwaza, 2016..... 23.17
7. Shellene Williams, 2004..... 23.50
8. **Holly Duax, 2025 23.50**
9. Kineke Alexander, 2006..... 23.58
10. Davera Taylor, 1984 23.59

400 Meters

1. **Chioma Nwachukwu, 2025 51.26**
2. Briana Guillory, 2018..... 51.30
3. Kineke Alexander, 2006..... 51.35
4. Elexis Guster, 2016..... 51.85
5. Shellene Williams, 2004..... 51.94
6. **Damaris Mutunga, 2025 52.13**
7. Ashley Liverpool, 2012..... 52.47
8. Ellen Grant, 1996..... 52.65
9. Audrey Biermann, 2023..... 52.67
10. Tesa Roberts, 2023..... 52.86

400-Meter Hurdles

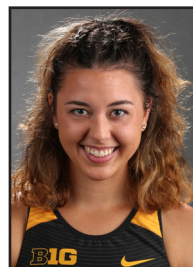
1. Mary Knoblauch, 1981 56.16
2. **Paige Magee, 2022 56.62**
3. Wynsome Cole, 1998..... 56.67
4. MonTayla Holder, 2014 56.70
5. Mariel Bruxvoort, 2023 56.71
6. Erin Dowd, 2022 56.77
7. Payton Wensel, 2022..... 57.63
8. Jenny Kimbro, 2019 58.27
9. Nylah Perry, 2023 58.28
10. **Ali Frandsen, 2025 59.00**

800 Meters

1. **Alli Bookin-Nosbisch, 2025..... 2:02.92**
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. **Gabby Cortez, 2025 2:06.46**
9. Michelle Lahann, 2004..... 2:06.79
10. Katharina Trost, 2015..... 2:07.09



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



Lizzy Korczak



Paige Magee



Diane Nukuri



Chioma Nwachukwu



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, 20235,640 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. Carlee Rochford, 2025..... 5,114 pts**
9. Tiff Pedersen, 2004.....4,976 pts
10. Janet Adams, 19814,855 pts

High Jump

- 1. Maria Arboleda, 2025.....6-1 1/2 (1.87)**
2. Peaches Roach, 2006.....6-1 1/4 (1.86)
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. Maud Zeffou-Poaty, 2025**
..... **20-8 1/2 (6.31)**
5. Zinnia Miller, 2014 20-6 1/2 (6.26)
6. Renee White, 2008 20-3 3/4 (6.19)
- 7. Pauline Bikembo, 202520-1 (6.12)**
8. Carisa Leacock, 2014 19-11 3/4 (6.09)
9. Amanda Carty, 2019 19-11 1/2 (6.08)
10. Becki Borg, 1988..... 19-7 1/4 (5.97)

Triple Jump

1. Jahisha Thomas, 2018 44-2 (13.46)
2. Renee White, 2008 43-10 3/4 (13.36)
- 3. Daniela Wamokpego, 2024**
..... **43-4 3/4 (13.21)**
4. Zinnia Miller, 201442-0 1/2(12.81)
5. Kayla Hutchins, 2021 41-10 (12.75)
6. Tiffany Johnson, 200741-8 3/4 (12.72)
- 7. Jeanne Le Goff, 202541-4 (12.67)**
8. Eavion Richardson, 2021 41-1 (12.52)
9. Carisa Leacock, 2012 40-10 1/2 (12.46)
10. Amanda Carty, 201940-11 (12.47)

Shot Put

1. Laulauga Tausaga, 2019.59-1 1/2 (18.02)
2. Nia Britt, 2019.....55-7 3/4 (16.96)
- Kat Moody, 202355-7 3/4 (16.96)
- 4. Wisdom Williams, 202553-0 (16.15)**
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. Kat Moody, 2024 194-7 (59.37)
4. K. Spanoudakis, 2019 190-1 (57.95)
5. Majesty Tutson, 2013 181-1 (55.19)
- 6. Sydnie Smith, 2025..... 172-2 (52.48)**
7. Dakotah Goodell, 2014..... 169-4 (51.62)
8. Jamie Kofron, 2022..... 166-1 (50.62)
9. Kara Misel, 2021 162-1 (49.40)
10. Tiffany Medenwaldt, 2010.. 161-3 (49.16)

Javelin

- 1. Lizzy Korczak, 2025 190-7 (58.10)**
2. Alana Redfern, 2003..... 181-5 (55.30)
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, 2022212-9 (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. 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..... 188-9 (57.53)**

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. Pattison, **Love**, **Duax**, **Magee**, 2024 44.07
4. Hargrove, **Love**, **Edison**, **Magee**, 2023 44.08
5. **Duax**, **Lucas**, **Al. Williams**, **Love**, 2025 **44.29**
6. Chapman, Guillory, Hernandez, Brown, 2017 44.34
7. Kwaza, Guster, Chapman, Guillory, 2016 44.41
8. Thomas, Avant, Guillory, Brown, 2018 44.44
9. Tobias, **Love**, **Duax**, **Magee**, 2024 44.44
10. Kwaza, Guster, Hernandez, Brown, 2014 44.51

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. **Lucas**, **Al. Williams**, **Mutunga**, **Nwachukwu**, 2025 **3:30.92**
2. Hernandez, Guillory, Holder, Guster, 2016 3:30.97
3. **Lucas**, **Al. Williams**, **Nwachukwu**, **Mutunga**, 2025 **3:31.55**
4. Guillory, Brown, Hernandez, Champe, 2017 3:32.37
5. Dorn, Biermann, Roberts, Bruxvoort, 2023 3:33.16
6. Bruxvoort, Dowd, Wensel, Roberts, 2022 3:33.18
7. Guster, Hernandez, Holder, Kwaza, 2014 3:34.83
8. Dorn, Larsen, Biermann, Bruxvoort, 2023 3:35.10
9. Larsen, Roberts, Biermann, **Itson**, 2023 3:35.17
10. Dorn, **Magee**, Biermann, Larsen, 2023 3:35.53

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. Schulle, 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, Schulle, 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