

WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



Maria Arboleda



Meghan Armstrong



Alli
Bookin-Nosbisch



Pauline Bikembo



Nan Doak



Marta Bote
Gonzalez



LaSarah Hargrove

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. **Holly Duax, 2025 11.37**
6. Lake Kwaza, 2015 11.40
7. Vivien McKenzie, 1985 11.45
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. **Holly Duax, 2025 23.18**
8. Shellene Williams, 2004 23.50
9. **Alivia Williams, 2025 23.55**
10. Kineke Alexander, 2006 23.58

400 Meters

1. **Chioma Nwachukwu, 2025 51.26**
2. Briana Guillory, 2018 51.30
3. Kineke Alexander, 2006 51.35
4. **Damaris Mutunga, 2025 51.57**
5. Elexis Guster, 2016 51.85
6. Shellene Williams, 2004 51.94
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 2:01.70**
2. Bethany Praska, 2011 2:03.77
3. Mallory King, 2021 2:05.23
4. **Gabby Cortez, 2025 2:05.39**
5. **Grace Bookin-Nosbisch, 2023 2:05.49**
6. Kay Stormo, 1982 2:05.67
7. Clare Pitcher, 2022 2:06.05
8. Taylor Arco, 2019 2:06.06
9. Michelle Lahann, 2004 2:06.79
10. Katharina Trost, 2015 2:07.09



Amanda Howe



Aisha James

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. **Pauline Bikembo, 2025 5,772 pts**
2. Jenny Kimbro, 2021 5,679 pts
3. Tionna Tobias, 2023 5,640 pts
4. Tammilee Kerr, 2008..... 5,633 pts
5. Tria Simmons, 2019..... 5,557 pts
6. Dallyssa Huggins, 2021 5,437 pts
7. **Annie Wirth, 2024..... 5,332 pts**
8. **Carlee Rochford, 2025..... 5,319 pts**
9. Kathy Gillespie, 1983 5,262 pts
10. Tiff Pedersen, 2004..... 4,976 pts

High Jump

1. **Maria Arboleda, 2025..... 6-2 (1.88)**
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, 2010 5-10 (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, 2003 22-3 (6.78)
2. Jahisha Thomas, 2018 21-6 (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, 2025 20-1 (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, 2025. 43-10 (13.36)**
4. **Jeanne Le Goff, 2025 .. 43-2 1/2 (13.17)**
5. Zinnia Miller, 2014 42-0 1/2 (12.81)
6. Kayla Hutchins, 2021 41-10 (12.75)
7. Tiffany Johnson, 2007 41-8 3/4 (12.72)
8. Eavion Richardson, 2021 41-1 (12.52)
9. Carisa Leacock, 2012 40-10 1/2 (12.46)
10. Amanda Carty, 2019 40-11 (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, 2023 55-7 3/4 (16.96)
4. **Wisdom Williams, 2025 .. 53-1 1/2 (16.19)**
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, 1984 50-3 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. **Sydney 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, 2022 212-9 (64.84)
2. Laulauga Tausaga, 2019 201-3 (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. **Duax, Edison, Al. Williams, Love, 2025** **43.86**
3. Kwaza, Guster, Guillory, Hernandez, 2016 44.04
4. Pattison, **Love, Duax**, Magee, 2024 44.07
5. Hargrove, **Love, Edison**, Magee, 2023 44.08
6. **Duax, Lucas, Al. Williams, Love, 2025** **44.29**
7. Chapman, Guillory, Hernandez, Brown, 2017 44.34
8. Kwaza, Guster, Chapman, Guillory, 2016 44.41
9. Thomas, Avant, Guillory, Brown, 2018 44.44
- Tobias, **Love, Duax**, Magee, 2024 44.44

Shuttle Hurdle Relay

1. Prendergast, Cole, Raheem, Ruen, 1998 56.44
2. Cole, Prendergast, Raheen, Ruen, 1998 56.54
3. Raheen, 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. **Al. Williams, Mutunga, Lucas, Nwachukwu, 2025** **3:26.90**
2. **Lucas, Al. Williams, Mutunga, Nwachukwu, 2025** **3:30.92**
3. Hernandez, Guillory, Holder, Guster, 2016 3:30.97
4. **Al. Williams, Lucas, Mutunga, Nwachukwu, 2025** **3:31.13**
5. **Lucas, Al. Williams, Nwachukwu, Mutunga, 2025** **3:31.55**
6. Guillory, Brown, Hernandez, Champe, 2017 3:32.37
7. Dorn, Biermann, Roberts, Bruxvoort, 2023 3:33.16
8. Bruxvoort, Dowd, Wensel, Roberts, 2022 3:33.18
9. Guster, Hernandez, Holder, Kwaza, 2014 3:34.83
10. Dorn, Larsen, Biermann, Bruxvoort, 2023 3:35.10

Sprint Medley Relay

1. **Duax, Love, Mutunga, A. Bookin-Nosbisch, 2025** **3:44.12**
2. Jones, Hendricks, Liverpool, Praska, 2011 3:48.63
3. Brown, Kwaza, Guster, Watts, 2014 3:51.18
4. Hargrove, Dowd, Wensel, Pitcher, 2022 3:52.56
5. Kwaza, Guster, Holder, Watts, 2016 3:52.62
6. Swanson, Morken, King, Arco, 2019 3:52.85
7. Kwaza, Brown, Guster, Trost, 2015 3:53.29
8. Christian, Buss, Guillory, Arco, 2019 3:54.18
9. Kwaza, R. Moore, Holder, Alexia, 2013 3:54.51
10. Trusty, R. Moore, Hendricks, Praska, 2010 3:56.53

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. **Kelly, Cortez, Itson, A. Bookin-Nosbisch, 2025** **8:41.93**
4. Suppelsa, Wodek, Kruckeberg, Schneckloth, 1987 8:46.45
5. Lahann, Stanley, Hume, Barber, 2004 8:48.87
6. **Itson, G. Bookin-Nosbisch**, Pitcher, Moore, 2023 8:49.00
7. Schneckloth, Roberts, Hawkins, Kruckeberg, 1989 8:49.38
8. Trost, Maser, Alexia, Nelson, 2014 8:49.95
9. Nelson, Watts, Wilberding, Sindt, 2016 8:51.90
10. Flood, Dlhly, L. Hardesty, Docherty, 2009 8:53.91

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. **Blazek, Cortez, Itson, Torres, 2025** **11:28.80**
5. Stanley, McCalla, Hume, Armstrong, 2005 11:34.04
6. Barber, Williams, Hume, Arens, 2004 11:34.56
7. Thompson, Williams, Hume, Arens, 2003 11:39.02
8. 2000 11:39.83
9. **G. Bookin-Nosbisch, Roberts, A. Bookin-Nosbisch**, Aesoph, 2022 11:40.18
10. Schrulle, Erickson, Placzek, Eilers, 2012 11:40.57

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. **Blazek, Torres, Kalaway, Kelly, 2025** **19:59.51**
8. Jones, Bote Gonzalez, Wilberding, Reischmann, 2015 19:59.72
9. Maser, Price, Wilberding, Montuclard, 2014 20:23.27
10. Chapple, Laney, Donlon, Sokol, 2005 20:39.12