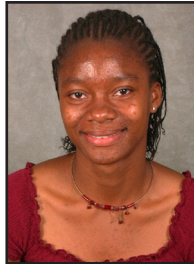


INDOOR ALL-TIME TOP 10 PERFORMERS



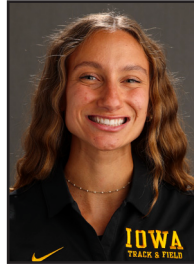
Amber Aesoph



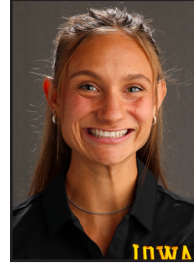
Kineke Alexander



Myreanna Bebe



Alli Bookin-Nosbisch



Grace Bookin-Nosbisch



Brittany Brown



Tracy Dahl

60 Meters

- Lia Love, 20247.24
- LaSarah Hargrove, 20227.25
- Lake Kwaza, 20167.33
- Holly Duax, 20247.38**
- Brittany Brown, 20177.39
- Elaine Jones, 19837.43
- Kyara Avant, 20187.44
- Paige Magee, 20237.45
- Peaches Roach, 20057.45
- Antonise Christian, 20207.45

60-Meter Hurdles

- Paige Magee, 20247.99
- Myreanna Bebe, 20238.07
- Tionna Tobias, 20248.15
- Lillian Harden, 20258.16
- Karessa Farley, 20098.21
- Jenny Kimbro, 20208.22
- Tiffany Johnson, 20068.33
- Carlee Rochford, 20268.34**
- Jahisha Thomas, 20178.35
- Paula Ruen, 19988.39

200 Meters

- Brittany Brown, 201722.79
- Briana Guillory, 201823.22
- LaSarah Hargrove, 202323.37
- Lia Love, 202523.38
- Chioma Nwachukwu, 202623.43**
- Paige Magee, 202323.46
- Kineke Alexander, 200623.49
- Lake Kwaza, 201623.54
- Shellene Williams, 200423.62
- Marlene Poole, 199423.66
- Yolanda Hobbs, 199523.66

400 Meters

- Kineke Alexander, 200751.48
- Briana Guillory, 201851.68
- Chioma Nwachukwu, 202552.07**
- Damaris Mutunga, 202552.14**
- Elaxis Guster, 201652.36
- Ellen Grant, 199652.65
- Shellene Williams, 200452.83
- Alivia Williams, 202553.11**
- Audrey Biermann, 202353.28
- Nylah Perry, 202453.37

600 Yards

- Senta Hawkins, 19871:21.06
- Aisha Hume, 20041:21.74
- Kay Stormo, 19821:22.49
- Nicole Erickson, 20121:22.61
- Mahnee Watts, 20161:22.72
- Bethany Praska, 20091:23.12
- Hannah Simonson, 20121:23.18
- Jaiden Itson, 20251:23.80
- Chris Davenport, 19821:24.14
- Kaitlyn Nelson, 20151:24.52

600 Meters

- Damaris Mutunga, 20261:26.69**
- Kineke Alexander, 20081:27.45
- Gabby Cortez, 20261:27.89**
- Bethany Praska, 20111:28.14
- Chloe Larsen, 20231:28.31
- Mallory King, 20221:28.45
- Alli Bookin-Nosbisch, 20241:28.73
- Leanna Lewis, 20261:29.02**
- Aliyanna Dorn, 20231:29.03
- MonTayla Holder, 20161:29.35

800 Meters

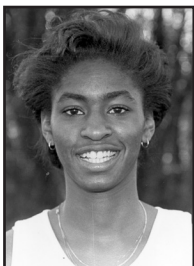
- Alli Bookin-Nosbisch, 20242:03.42
- Mallory King, 20222:04.56
- Gabby Cortez, 20262:04.79**
- Bethany Praska, 20112:05.01
- Clare Pitcher, 20232:05.94
- Jeanne Kruckeberg, 19892:06.38
- Leanna Lewis, 20262:06.53**
- Michelle Lahann, 20042:06.83
- Grace Bookin-Nosbisch, 20242:07.21
- Katharina Trost, 20142:07.38

Mile

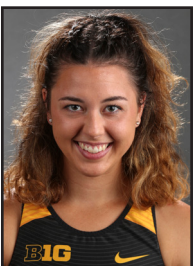
- McKenzie Melander, 20114:39.78
- Jeanne Kruckeberg, 19894:40.19
- Meghan Armstrong, 20064:40.59
- Rachelle Roberts, 19904:40.79
- Lauren Hardesty, 20114:41.01
- Amber Aesoph, 20224:41.58
- Tina Stec, 19944:42.63
- Betsy Flood, 20104:42.70
- Penny O'Brien, 19814:43.72
- Diane Nukuri, 20074:46.25

3,000 Meters

- Tracy Dahl, 19939:15.57
- Meghan Armstrong, 20089:17.50
- Diane Nukuri, 20089:20.07
- Betsy Flood, 20119:20.09
- Nan Doak, 19829:21.60
- Jenny Spangler, 19869:22.41
- Mareike Schrulle, 20129:23.97
- Brooke Eilers, 20129:27.92
- McKenzie Melander, 20129:29.71
- Krista Anderson, 20069:29.75



Senta Hawkins



Jenny Kimbro



Lia Love



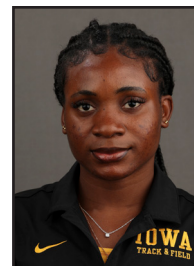
Olicia Lucas



Paige Magee



Damaris Mutunga



Chioma Nwachukwu

INDOOR ALL-TIME TOP 10 PERFORMERS



McKenzie Melander

Tesa Roberts

Peaches Roach

Jessie Strand

Lauauga 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. Pauline Bikembo, 2025..... 4,331 points
2. Jenny Kimbro, 2020..... 4,269 points
3. Tria Simmons, 2019 4,200 points
4. Tionna Tobias, 2024..... 4,049 points
5. **Carlee Rochford, 2025 4,036 points**
6. Tammilee Kerr, 2008..... 3,974 points
7. **Annie Wirth, 2025 3,890 points**
8. Dallyssa Huggins, 2021 3,881 points
9. Chris Davenport, 1983..... 3,798 points
10. Tahlee McVee, 2023..... 3,767 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)**
Pauline Bikembo, 2025..... 5-10 1/2 (1.79)
6. Dallyssa Huggins, 20205-10 (1.78)
7. Becky Kaza, 1995.....5-9 3/4 (1.77)
8. Caleigh Bacchus, 2010.....5-9 1/4 (1.76)
Aubrianna Lantrip, 2019.....5-9 1/4 (1.76)
10. Gillian Urycki, 2018.....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. Cassidy 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.....
..... 44-4 (13.51)
2. Jahisha Thomas, 2018.....43-4 1/2 (13.22)
3. Renee White, 2008..... 42-4 (12.90)
4. Jeanne Le Goff, 202542-2 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. **Wisdom Williams, 2025 .54-7 1/2 (16.65)**
5. Nicole Berry, 202252-6 3/4 (16.02)
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, 202367-0 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. **Al. Williams, Nwachukwu, Lucas,
Mutunga, 2025 3:31.04**
3. **Nwachukwu, Al. Williams, Lucas,
Mutunga, 2025 3:31.62**
4. Bruxvoort, Roberts, Wensel, King,
2022..... 3:32.38
5. **Al. Williams, Zahn, Mutunga,
Nwachukwu, 2026 3:32.52**
6. Holder, Guillory, Hernandez, Guster,
2016..... 3:32.93
7. Larsen, Magee, Biermann, Roberts,
2023..... 3:33.00
8. Champe, Guillory, Brown, Plock,
2018..... 3:33.19
9. Dorn, Magee, Biermann, Larsen,
2023..... 3:34.06
10. Biermann, Magee, Larsen, Perry,
2024..... 3:34.24

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. **Arthur, Lewis, Kelly, Gehl, 2026 11:27.97**