

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
3. 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. **Jailya Ash, 2026 ..... 13.29**
7. Jahisha Thomas, 2017 .....13.46
8. Tria Simmons, 2019.....13.49
9. **Natalie Harris, 2023..... 13.49**
10. Karessa Farley, 2009.....13.53

**200 Meters**

1. Brittany Brown, 2017 .....22.42
2. LaSarah Hargrove, 2022 .....22.72
3. Briana Guillory, 2016.....22.89
4. **Chioma Nwachukwu, 2026 ..... 22.96**
5. Elexis Guster, 2016.....23.03
6. Lia Love, 2024.....23.04
7. Lake Kwaza, 2016.....23.17
8. **Holly Duax, 2025 ..... 23.18**
9. Shellene Williams, 2004.....23.50
10. **Alivia Williams, 2025 ..... 23.55**

**400 Meters**

1. **Chioma Nwachukwu, 2026 ..... 51.24**
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. **Alivia Williams, 2026 ..... 52.67**

**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, 2026..... 58.63**

**800 Meters**

1. Alli Bookin-Nosbisch, 2025..... 2:01.70
2. **Leanna Lewis, 2026 ..... 2:03.24**
3. Bethany Praska, 2011 ..... 2:03.77
4. **Gabby Cortez, 2026..... 2:03.82**
5. **Rosemary Arthur, 2026 ..... 2:04.47**
6. Mallory King, 2021 ..... 2:05.23
7. Grace Bookin-Nosbisch, 2023 ..... 2:05.49
8. Kay Stormo, 1982..... 2:05.67
9. Clare Pitcher, 2022..... 2:06.05
10. Taylor Arco, 2019..... 2:06.06

**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

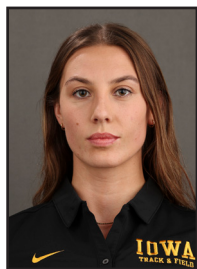


Amanda Howe



Aisha James

## WOMEN'S OUTDOOR ALL-TIME TOP 10 PERFORMERS



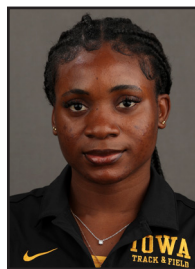
Lizzy Korczak



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. 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, 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. Peyton Wilson, 2026..... 194-2 (59.19)**
9. Ashlyn Gulvas, 2014..... 192-9 (58.75)
10. Leah Colbert, 2018 ..... 189-3 (57.69)

## WOMEN'S OUTDOOR ALL-TIME TOP 10 RELAYS

**4x100-Meter Relay**

1.	Hargrove, Love, Dowd, Magee, 2022 .....	43.69
2.	<b>Duax, Edison, Al. Williams</b> , Love, 2025 .....	43.86
3.	Kwaza, Guster, Guillory, Hernandez, 2016 .....	44.04
4.	Pattison, Love, <b>Duax</b> , Magee, 2024 .....	44.07
5.	Hargrove, Love, <b>Edison</b> , Magee, 2023 .....	44.08
6.	<b>Duax, Lucas, Al. Williams</b> , 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, <b>Duax</b> , 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, Fouchè, 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.	<b>Al. Williams, Mutunga, Lucas, Nwachukwu</b> , 2025 .....	3:26.90
2.	<b>Uche, Mutunga, A. Williams, Nwachukwu, 2026 .....</b>	<b>3:29.33</b>
3.	<b>Lucas, Mutunga, Lewis, Nwachukwu, 2026 .....</b>	<b>3:30.88</b>
4.	<b>Lucas, Al. Williams, Mutunga, Nwachukwu</b> , 2025 .....	3:30.92
5.	Hernandez, Guillory, Holder, Guster, 2016 .....	3:30.97
6.	<b>Al. Williams, Lucas, Mutunga, Nwachukwu</b> , 2025 .....	3:31.13
7.	<b>Lucas, Al. Williams, Nwachukwu, Mutunga</b> , 2025 .....	3:31.55
8.	Guillory, Brown, Hernandez, Champe, 2017 .....	3:32.37
9.	Dorn, Biermann, Roberts, Bruxvoort, 2023 .....	3:33.16
10.	Bruxvoort, Dowd, Wensel, Roberts, 2022 .....	3:33.18

**Sprint Medley Relay**

1.	<b>Duax</b> , Love, <b>Mutunga</b> , 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.	<b>Kelly, Cortez</b> , 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, Dhy, 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.	<b>Blazek, Cortez, Itson, Torres</b> , 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, Gambrall, 2013 .....	19:41.15
7.	<b>Blazek, Torres</b> , Kalaway, <b>Kelly</b> , 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