



# MIAMI HURRICANES

## WOMEN'S OUTDOOR TOP-5

### 100 METERS

1. Lauryn Williams	10.97	06/11/04
2. Murielle Ahoure	11.09	05/30/09
<b>3. Alfreda Steele</b>	<b>11.15</b>	<b>05/29/21</b>
<b>4. Jacious Sears</b>	<b>11.37</b>	<b>05/27/21</b>
5. Carolyn Brown	11.38	05/10/19

### 100 METER HURDLES

1. Tiara McMin	12.74	06/07/19
2. Ebony Morrison	12.76	05/28/16
3. Ti'erra Brown	12.84	06/14/10
4. Yolanda McCray	12.85	06/05/99
5. Michelle Atherley	12.97	06/08/19
Gillian Russell	12.97	06/01/94

### 200 METERS

1. Shakima Wimbley	22.43	05/16/15
2. Lauryn Williams	22.46	04/10/04
<b>3. Alfreda Steele</b>	<b>22.77</b>	<b>05/13/21</b>
4. Murielle Ahoure	22.78	06/11/09
5. Charlette Greggs	22.85	06/09/05

### 400 METERS

1. Shakima Wimbley	50.40	05/14/17
2. Symone Mason	51.53	05/12/18
3. Charlette Greggs	51.65	05/31/03
4. Brittny Ellis	51.66	05/14/17
5. Ginou Etienne	51.94	05/29/04

### 400 METER HURDLES

1. Ti'erra Brown	54.74	05/31/10
2. Dominique Darden	55.27	04/08/06
3. Tameka Jameson	55.73	05/27/10
4. Takecia Jameson	55.97	06/24/11
5. Thandi Stewart	56.34	06/06/12

### 800 METERS

<b>1. Kayla Johnson</b>	<b>2:01.37</b>	<b>05/29/21</b>
2. Thandi Stewart	2:04.06	05/30/14
3. Ginou Etienne	2:04.26	05/27/06
4. Taneisha Cordell	2:04.65	05/16/15
5. Alaine Tate	2:05.20	05/25/13

### 1,500 METERS

1. Melanie Schultz	4:24.26	05/13/05
<b>2. Daphnee Lavassas</b>	<b>4:25.27</b>	<b>03/26/22</b>
3. Natalie Watson	4:29.62	04/15/00
4. Anne den Otter	4:30.06	05/12/17
5. Lindsy Arrington	4:30.10	05/13/12

### 3,000 METERS

<b>1. Daphnee Lavassas</b>	<b>9:34.27</b>	<b>03/18/22</b>
2. Dianna Adams	9:37.40	04/29/89
3. Gabrielle Hesslau	9:41.40	03/25/17
4. Emma Langlois	9:51.06	04/03/21
5. Shannon Sarabyn	10:04.40	03/26/99

### 3000 METERS STEEPLECHASE

<b>1. Bianca Banato</b>	<b>10:50.23</b>	<b>04/01/22</b>
<b>2. Morgan Johnson</b>	<b>10:54.89</b>	<b>04/16/21</b>
3. Katharine Woodard	11:22.71	04/21/11

### 5,000 METERS

<b>1. Daphnee Lavassas</b>	<b>16:23.51</b>	<b>04/01/22</b>
2. Gabrielle Hesslau	16:38.68	03/30/17
3. Melanie Schultz	16:44.10	04/23/05
4. Dianna Adams	16:56.60	03/22/90
5. Shannon Sarabyn	16:56.64	04/27/00

### 10,000 METERS

1. Gabrielle Hesslau	35:00.31	04/21/17
2. Alina Pinto	36:46.13	05/04/96
3. Jennifer Geroux	37:03.37	03/29/02
4. Jamie Heffner	37:06.87	05/02/98
5. Rosalba Cabrera	37:17.53	04/16/21

### 4x100 METER RELAY

1. C. Brown, S. Wimbley, A. Stiverne, K. Knott	43.36	05/14/17
2. K. Knott, <b>A. Steele</b> , S. Mason, T. McMin	43.48	05/12/18
<b>3 L. Harris, A. Steele, J. Sears</b> , T. McMin	43.49	04/30/21
C. Brown, T. McMin, <b>A. Steele</b> , A. Patterson	43.49	06/06/19
5. C. Brown, <b>A. Steele</b> , S. Mason, T. McMin	43.56	03/29/19
<b>L. Harris, A. Steele, J. Sears</b> , T. McMin	43.56	04/03/21

### 4x400 METER RELAY

1. G. Etienne, K. Simkins, C. Greggs, D. Darden	3:27.85	04/29/06
2. A. Runia, A. Stiverne, B. Ellis, S. Wimbley	3:27.87	04/01/17
3. K. Simkins, G. Etienne, E. Leufroy, D. Darden	3:28.43	06/10/06
4. W. Moore, G. Etienne, D. Darden, L. Austin	3:28.78	03/11/05
5. W. Moore, G. Etienne, D. Darden, C. Greggs	3:29.27	03/15/03



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## WOMEN'S OUTDOOR TOP-5

### 4x800 METER RELAY

1. D. Dodds, S. Whittaker, P. Pearson, N. Watson	8:38.31	04/05/00
2. T. Madison, S. Whittaker, Z. Pascual, N. Watson	8:49.89	03/29/03
3. L. Shaw, N. Watson, R. Ruddock, D. Dodds	8:51.15	05/02/99
4. N. Watson, R. Ruddock, L. Shaw, D. Dodds	8:54.27	05/03/98
5. T. Hamilton, M. Lifleur, D. Dodds, T. Sturrup	9:26.32	03/22/97

### SPRINT MEDLEY

1. C. Greggs, D. Darden, G. Etienne, E. Leufroy	3:46.34	04/28/06
2. A. McClure, S. Wimbly, T. Cordell, A. Tate	3:47.21	04/05/14
3. K. Carter, J. Wade, S. Whittaker, N. Watson	3:48.23	04/27/01
4. W. Moore, L. Williams, S. Whittaker, P. Pearson	3:48.55	03/29/02
5. A. McClure, J. Jiles, T. Cordell, A. Tate	3:50.17	04/06/13

### DISTANCE MEDLEY

1. D. Dodds, J. Winston, S. Whittaker, L. Shaw	11:49.26	03/24/00
2. G. Ward, D. Joubert, M. Pratt, D. Adams	12:02.94	03/17/89
3. K. Carter, L. Rohrs, M. Ruiz, M. Schultz	12:06.78	03/27/04

### HIGH JUMP

1. Dakota Dailey-Harris	1.85m	04/09/16
2. Viktoria Andonova	1.83m	03/24/07
3. Michelle Atherley	1.81m	04/30/21
4. Robin Beecham	1.78m	05/04/97
5. Megan Novinger	1.77m	04/10/10

### POLE VAULT

1. Alysha Newman	4.60m	04/09/16
2. Emily Gale	4.00m	04/08/17
3. Amanda Gale	3.91m	04/30/16
4. Lauren Koutrelakos	3.25m	04/13/02
5. Lauren Stewart	3.20m	04/15/06

### LONG JUMP

1. Brenda Faulade	6.53m	04/06/07
2. Gina Harris	6.44m	05/03/03
3. Amy Seward	6.44m	05/25/07
4. Brittini Finch	6.43m	05/31/10
5. Ronalee Davis	6.39m	02/04/95

### TRIPLE JUMP

1. Tabia Charles	13.94m	04/28/06
2. Brenda Faluade	13.54m	04/14/07
3. Kareen Clarke	13.35m	05/04/02
4. Samantha Williams	13.34m	06/14/12
5. Antonnikka Owens	13.19m	05/05/01

### SHOT PUT

1. Kimberli Barrett	18.20m	06/11/05
2. Khadija Talley	17.02m	05/31/08
3. <b>Hannah-Sophia Hall</b>	<b>17.01m</b>	<b>04/09/22</b>
4. <b>Debbie Ajagbe</b>	<b>16.37m</b>	<b>03/20/21</b>
5. <b>Selina Dantzler</b>	<b>16.20m</b>	<b>04/03/21</b>

### DISCUS THROW

1. <b>Debbie Ajagbe</b>	<b>58.42m</b>	<b>05/13/21</b>
2. Zakiya Rashid	57.64m	03/27/21
3. Khadija Talley	57.10m	04/12/08
4. Amber Monroe	54.79m	05/30/14
5. <b>Kristina Rakocevic</b>	<b>52.31m</b>	<b>04/10/21</b>

### JAVELIN

1. <b>Erikka Hill</b>	<b>47.01m</b>	<b>03/19/22</b>
2. Kaitlin Nazario	43.64m	04/22/06
3. Lori Budd	39.56m	03/16/96
4. Megan Cobb	39.18m	03/29/02
5. Michelle Atherley	37.86m	05/12/21

### HAMMER THROW

1. Kimberli Barrett	62.20m	04/21/05
2. <b>Debbie Ajagbe</b>	<b>61.99m</b>	<b>05/27/21</b>
3. Lea Johnson	61.37m	04/17/14
4. Precious Ogunleye	61.17m	03/27/15
5. Tiffany Okieme	58.09m	04/10/15

### HEPTATHLON

1. Michelle Atherley	6,100	04/10/21
2. Amber Williams	5,490	04/22/05
3. Amy Seward	5,348	04/20/07
4. Amy Taintor	5,182	04/08/17
5. Stefani Kerrison	4,995	05/14/16