

2024 MEN'S OUTDOOR PERFORMANCE LIST

Individual Season Best Marks

100 Meters

9.99	Godson Oghenebrume.....SEC Championships (5/11)
10.03w	Da'Marcus Fleming.....LSU Alumni Gold (4/20)
10.04	Myles ThomasSEC Championships (5/11)
10.12w	Jaiden ReidLSU Alumni Gold (4/20)
10.39w	Jahiem Stern.....LSU Alumni Gold (4/20)
10.56w	Matthew SophiaCameron Burrell Invite (4/6)

200 Meters

20.42	Da'Marcus FlemingSEC Championships (5/11)
20.51	Jaiden ReidSEC Championships (5/11)
20.63	Godson Oghenebrume... Hurricane Invitational (3/15)
20.76w	Dillon Bedell-Bass..... Hurricane Invitational (3/15)
20.97	Shakeem McKaySEC Championships (5/11)
21.02w	Sean BurrellKeyth Talley Invitational (3/23)
21.07	Salim Epps..... Hurricane Invitational (3/15)
21.19	Myles Thomas Hurricane Invitational (3/15)
21.56w	Mats Swanson Battle on the Bayou (3/29)
21.79	Louis Rudge Hurricane Invitational (3/15)

400 Meters

45.30	Dillon Bedell-BassTom Jones Invite (4/12)
46.19	Sean Burrell Battle on the Bayou (3/29)
46.39	Shakeem McKaySEC Championships (5/11)
46.80	Salim EppsTom Jones Invite (4/12)
47.79	Mats Swanson Hurricane Invitational (3/15)

600 Meters

1:17.91	Isiah TravisKeyth Talley Invitational (3/23)
1:18.26	Mats SwansonKeyth Talley Invitational (3/23)
1:19.04	Dyllon Nimmers.....Keyth Talley Invitational (3/23)
1:21.02	Rhen Langley.....Keyth Talley Invitational (3/23)
1:23.29	Trenton Sandler.....Keyth Talley Invitational (3/23)

800 Meters

1:48.78	Mats SwansonLSU Alumni Gold (4/20)
1:48.81	Isiah TravisLSU Alumni Gold (4/20)
1:49.97	Rhen Langley.....LSU Alumni Gold (4/20)
1:50.21	Dyllon Nimmers.....LSU Alumni Gold (4/20)

1500 Meters

3:43.72	Rhen Langley..... Battle on the Bayou (3/29)
3:52.75	Trenton SandlerLSU Alumni Gold (4/20)
3:53.11	Hugh Carlson.....LSU Alumni Gold (4/20)
3:55.95	Rob Buisson.....Keyth Talley Invitational (3/23)
3:56.92	Will Dart.....Keyth Talley Invitational (3/23)
3:59.12	Casey GoetschelLSU Alumni Gold (4/20)
4:04.60	Tyler Stevens.....LSU Invitational (4/27)

3000 Meters

8:23.30	Rhen Langley..... Hurricane Invitational (3/15)
8:29.75	Casey Goetschel Hurricane Invitational (3/15)
8:36.16	Will Dart.....LSU Alumni Gold (4/20)
8:36.28	Hugh Carlson..... Hurricane Invitational (3/15)
8:42.21	Tyler Stevens.....LSU Alumni Gold (4/20)
8:47.04	Rob Buisson..... Hurricane Invitational (3/15)

5000 Meters

14:38.19	Will Dart.....Bryan Clay Invitational (4/11)
14:39.89	Casey GoetschelBryan Clay Invitational (4/11)
14:45.16	Rob Buisson.....Bryan Clay Invitational (4/11)

110-Meter Hurdles

13.37	Matthew SophiaNCAA Championships (6/8)
13.41	Jahiem Stern.....NCAA East First Round (5/22)

400-Meter Hurdles

49.03	Sean BurrellNCAA Championships (6/8)
52.58	Louis RudgeLSU Invitational (4/27)

2000-Meter Steeplechase

6:04.97	Will Dart..... Hurricane Invitational (3/15)
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3000-Meter Steeplechase

9:15.10	Will Dart..... Battle on the Bayou (3/29)
9:25.59	Rob Buisson..... Battle on the Bayou (3/29)

4x100-Meter Relay

38.19	Thomas, Fleming, Reid, Oghenebrume ... SEC Championships (5/11)
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4x400-Meter Relay

3:01.28	Burrell, Epps, McKay, Bedell-Bass... SEC Championships (5/11)
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High Jump

2.22m (7' 3.25")	Kuda ChadengaLSU Alumni Gold (4/20)
2.10m (6' 10.75")	Isaac Onuoha Battle on the Bayou (3/29)
2.09m (6' 10.25")	Ji'eem BullockSEC Championships (5/11)
1.96m (6' 5")	Ronnie Rounds.....LSU Invitational (4/27)

Pole Vault

5.20m (17' 0.75")	Beau DomingueLSU Alumni Gold (4/20)
5.10m (16' 8.75")	Kameron Aime..... Hurricane Invitational (3/15)
4.86m (15' 11.25")	Trey BoucherLSU Invitational (4/27)

Long Jump

7.67m (25' 2")	Ji'eem BullockLSU Invitational (4/27)
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Shot Put Throw

19.68m (64' 7")	John Meyer.....SEC Championships (5/11)
13.02m (42' 8.75")	Tzurriel Pedigo Battle on the Bayou (3/29)

Discus Throw

67.29m (220' 9")	Claudio RomeroLSU Alumni Gold (4/20)
54.77m (179' 8")	Jevan Parara.....NCAA East First Round (5/22)
53.03m (172' 11")	Jaden James.....LSU Invitational (4/27)
51.45m (168' 9")	John Meyer Battle on the Bayou (3/29)

Hammer Throw

61.23m (200' 11")	Luke Witte.....LSU Invitational (4/27)
57.51m (188' 8")	Jevan PararaLSU Invitational (4/27)

Javelin Throw

74.79m (245' 4")	Will LawrenceTom Jones Invite (4/12)
71.62m (187' 6")	Jack LarriviereLSU Alumni Gold (4/20)
71.22m (233' 8")	Jackson Rimes Hurricane Invitational (3/15)
70.40m (231' 0")	Tzurriel PedigoNCAA Championships (6/8)

w - wind aided time (+2.0 - +4.0 m/s)

MEN'S OUTDOOR COLLEGIATE PERSONAL BESTS

KAMERON AIME

Pole vault..... 5.10m (16' 8.75")

DILLON BEDELL-BASS

200 meter20.89
400 meter.....45.30

TREY BOUCHER

Pole vault.....4.96m (16' 3.25")

ROB BUISSON

1500 meter..... 3:55.95
3000 meter.....8:47.04
3000-meter Steeplechase.....9:25.59
5000 meter.....14:45.16

JI'EEM BULLOCK

High jump2.10m (6' 10.75")
Long jump7.67m (25' 2")

SEAN BURRELL

200 meter21.13
400 meter.....45.42
400-meter hurdles47.85

HUGH CARLSON

1500 meter..... 3:54.00
3000 meter..... 8:36.28

KUDA CHADENGA

High jump2.22m (7' 3.25")

WILL DART

1500 meter..... 3:56.92
3000 meter..... 8:37.00
5000 meter.....14:38.19
2000-meter Steeplechase.....6:04.97
3000-meter Steeplechase.....9:10.39

BEAU DOMINGUE

Pole vault.....5.30m (17' 4.5")

SALIM EPPS

200 meter21.07
400 meter.....46.51

DA'MARCUS FLEMING

100 meter9.97
200 meter20.42

CASEY GOETSCHER

1500 meter..... 4:04.92
3000 meter..... 8:29.75
5000 meter.....14:39.89

ALEX HOLBROOK

n/a

JADEN JAMES

Discus throw..... 55.97m (183' 7")

RHEN LANGLEY

600 meter1:21.02
800 meter1:49.97
1500 meter.....3:43.72
3000 meter8:23.30

JACK LARRIVIERE

Javelin throw71.61m (234' 11")

WILL LAWRENCE

Javelin throw74.79m (245' 4")

SHAKEEM McKAY

200 meter20.97
400 meter.....46.39

JOHN MEYER

Shot put..... 20.50m (67' 3.25")
Discus throw..... 53.70m (176' 2")

DYLLON NIMMERS

600 meter1:19.04
800 meter1:50.21
1500 meter4:00.17

GODSON OGHENEBRUME

100 meter9.90
200 meter20.63

ISAAC ONUOHA

High jump2.10m (6' 10.75")

JEVAN PARARA

Discus throw.....54.77m (179' 8")
Hammer throw57.51m (188' 8")

TZURIEL PEDIGO

Shot put.....14.40m (47' 3")
Discus throw34.24m (112' 4")
Javelin throw79.79m (261' 9")

JAIDEN REID

100 meter10.26
200 meter20.51

JACKSON RIMES

Javelin throw71.22m (233' 8")

CLAUDIO ROMERO

Shot put.....18.47m (60' 7.25")
Discus throw67.29m (220' 9")
Hammer throw45.76m (150' 1")

RONNIE ROUNDS

High jump2.07m (6' 9.5")
Triple jump14.20m (46' 7.25")

LOUIS RUDGE

200 meter21.79
400-meter hurdles52.58

TRENTON SANDLER

600 meter1:23.29
1500 meter3:54.21

MATTHEW SOPHIA

100 meter10.49
100-meter hurdles13.37

JAHIEM STERN

100 meter10.49
100-meter hurdles13.41

MEN'S OUTDOOR COLLEGIATE PERSONAL BESTS

TYLER STEVENS

1500 meter 4:04.60
3000 meter 8:42.21

MATS SWANSON

200 meter 21.69
300 meter 33.60
400 meter 47.10
600 meter 1:18.26
800 meter 1:48.78

MYLES THOMAS

100 meter 10.04
200 meter 20.96

ISIAH TRAVIS

400 meter 48.35
600 meter 1:17.91
800 meter 1:48.81

JACK WALLACE

800 meter 1:53.84
1500 meter 3:50.23

LUKE WITTE

Discus throw 42.51m (139' 6")
Hammer throw 61.23m (200' 11")

MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

c = converted from equivalent distance
y = time achieved at yard equivalent
@ = time achieved at altitude
aa = altitude adjusted
w = wind-aided decathlon or heptathlon (over 4.0 m/s)

100 Meters

1. Richard Thompson	2008	9.89
2. Godson Oghenebrume	2023	9.90
3. Da'Marcus Fleming	2023	9.97
4. Nethaneel Mitchell-Blake	2017	9.99
5. Trindon Holliday	2009	10.00
6. Myles Thomas	2024	10.04
7. Terrance Laird	2021	10.05
8. Xavier Carter	2006	10.09
9. Dorian Camel	2022	10.11
10. Brandon Hicklin	2023	10.12
Jaron Flournoy	2019	10.12
Aaron Ernest	2015	10.12

200 Meters

1. Xavier Carter	2006	19.63
2. Terrance Laird	2021	19.81
3. Nethaneel Mitchell-Blake	2016	19.95
4. Dorian Camel	2022	20.00
5. Jaron Flournoy	2019	20.09
6. Aaron Ernest	2014	20.14
7. Renard Howell	2016	20.15
8. Tremayne Acy	2015	20.17
9. Richard Thompson	2008	20.18
10. Rohsaan Griffin	1996	20.21

400 Meters

1. Derrick Brew	1999	44.29
2. Noah Williams	2021	44.30
3. Vernon Norwood	2015	44.44
4. Xavier Carter	2006	44.53
5. Kelly Willie	2004	44.63
6. Michael Cherry	2007	44.67
7. Alleyne Francique	2002	44.87
8. Pete Coley	2002	44.89
9. Fitzroy Dunkley	2016	45.06
10. Tyler Terry	2021	45.18

800 Meters

1. Robin van Helden	1987	1:45.53
2. David Singoei	1993	1:45.64
3. Julian Parker	2015	1:46.17
4. Richard Jones	2010	1:46.42
5. Bob Smith	1972	1:46.90
6. Jamaal Jones	2007	1:47.00
7. Blair Henderson	2015	1:47.03
8. Elkana Kosgei	2008	1:47.05
9. Reuben Twijukye	2007	1:47.11
10. Sadiki White	2010	1:47.57

1500 Meters

1. Passmore Furusa	1995	3:38.41
2. Davis Bove	2023	3:39.42
3. Bobby Beck	1984	3:41.80
4. Terry Thorton	1989	3:42.20
5. Mike Quigley	1980	3:42.36
6. Robin van Helden	1989	3:42.37
7. Alex Selles	2023	3:42.82
8. John Kosgei	2008	3:42.98
9. Rhen Langley	2024	3:43.72
10. John Stewart	1972	3:44.20

5000 Meters

1. Mark Elliott	1989	13:33.10
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2. Terry Thorton	1989	13:49.69
3. John Kosgei	2008	13:54.40
4. John Stewart	1971	14:04.0c
5. Mike Smith	1986	14:10.74
6. Abderrzak Merchoud	1997	14:12.79
7. Mike Quigley	1980	14:13.43
8. Tom Douple	1974	14:13.40
9. Sam Mwape	2004	14:14.52
10. Jimmy Wiggins	2004	14:14.90

10,000 Meters

1. Terry Thorton	1990	28:18.68
2. Mark Elliott	1989	28:32.44
3. Likhaya Dayile	2001	29:16.82
4. Mike Smith	1986	29:18.88
5. Joseph Simuchimba	2007	29:39.83
6. Jimmy Wiggins	2005	29:50.94
7. Sam Mwape	2005	30:02.83
8. Pablo Presedo	1988	30:12.65
9. Dajour Braxton	2017	30:15.26
10. Jackson Martingayle	2023	30:15.43

110-Meter Hurdles

1. Damion Thomas	2021	13.11
2. Eric Edwards Jr.	2022	13.15
3. Barrett Nugent	2012	13.32
4. Matthew Sophia	2024	13.37
5. Jahiem Stern	2024	13.41
6. Jordan Moore	2005	13.47
7. Eric Reid	1987	13.50
8. Joshua Thompson	2015	13.55
Larry Shipp	1975	13.55
Alleyne Lett	2007	13.57

400-Meter Hurdles

1. Bennie Brazell	2005	47.67
2. Sean Burrell	2021	47.85
3. Isa Phillips	2007	48.51
4. Lueroy Colquhon	2002	48.91
5. Regan Nichols	1996	49.43
6. Quincy Downing	2015	49.63
7. Bernard Williams	1986	49.65
8. Billy Hardin	1964	49.94
9. Christian Boyd	2018	50.31
10. Carey Schimph	1975	50.44c

3000-Meter Steeplechase

1. Manus Bengtsson	1990	8:38.14
2. Mark Dobbins	1979	8:39.72
3. Terry Thorton	1991	8:44.19
4. Passmore Furusa	1994	8:45.33
5. Bobby Beck	1981	8:47.35
6. Paul Marmaro	1987	8:47.83
7. Stuart Mee	1987	8:48.26
8. David Hall	1986	8:56.01
9. Bob Wyman	1993	9:00.40
10. Jaime Bastidas	1998	9:02.64

High Jump

1. JuVaughn Harrison	2021	2.36m (7' 8.75")
2. Tom Lange	1990	2.28m (7' 5.75")
3. J.J. Barton	1997	2.25m (7' 4.5")
4. Larey Weaver	1982	2.23m (7' 3.75")
5. Kuda Chadenga	2024	2.22m (7' 3.25")
Alain Metellus	1986	2.22m (7' 3.25")
7. Claston Bernard	2002	2.19m (7' 2.25")
8. Louis Callaway	1986	2.16m (7' 1")
9. Bruce Reid	1988	2.14m (7' 0.25")
10. John Dupont	1995	2.13m (6' 11.75")

Long Jump

1. JuVaughn Harrison	2021	8.47m (27' 9.5")
John Moffitt	2004	8.47m (27' 9.5")
3. Damar Forbes	2013	8.25m (27' 0.75")
4. Llewellyn Starks	1990	8.24m (27' 0.5")
5. Walter Davis	2001	8.13m (26' 8.25")
6. Rayvon Grey	2021	8.10m (26' 7")
7. Reggie Jones	1993	8.07m (26' 5.75")
8. LeJaun Simon	2011	8.01m (26' 3.25")
9. Jeremy Hicks	2009	8.00m (26' 3")
10. Lotfi Khaida	1992	7.98m (26' 2.25")
Matthew Rose	1989	7.98m (26' 2.25")

Triple Jump

1. Walter Davis	2002	17.59m (57' 8.50")
2. Reggie Jones	1992	17.12m (56' 2")
3. Lotfi Khaida	1993	16.92m (55' 6.25")
4. Sean Dixon-Bodie	2022	16.63m (54' 6.75")
Marcus Thomas	2000	16.63m (54' 6.75")
6. Zedric Thomas	2011	16.60m (54' 5.5")
7. LeJuan Simon	2004	16.57m (54' 4.5")
8. John Moffitt	2003	16.53m (54' 2.75")
LeVar Anderson	1999	16.53m (54' 2.75")
10. Kyron Blaise	2012	16.49m (54' 1.25")

Pole Vault

1. Mondo Duplantis	2019	6.00m (19' 8.25")
2. Russ Buller	2000	5.71m (18' 8.75")
3. Greg Dupantis	1986	5.62m (18' 5.25")
4. Derrick Prentice	1996	5.50m (18' 0.5")
Grey Rappe	1983	5.50m (18' 0.5")
6. Thomas Reinecke	2013	5.41m (17' 9")
Edgar Diaz	1991	5.41m (17' 9")
8. Josh Dominguez	2010	5.40m (17' 8.5")
Ricky Wright	1986	5.40m (17' 8.5")
10. Marcus McGehee	2011	5.38 (17' 7.75")

Shot Put

1. John Meyer	2022	20.50m (67' 3.25")
2. Joe Maciejczyk	1982	19.99m (65' 7")
3. Simon Williams	1991	19.17m (62' 10.75")
4. Gunnar Pfingsten	1997	19.01m (62' 4.5")
5. Rolf Kahles	1997	18.97m (62' 3")
6. Scott Petersen	1993	18.92m (62' 1")
7. Alex Forst	2000	18.56m (60' 10.75")
8. John Dermody	1996	18.47m (60' 7.25")
9. Frank Mazza	1989	18.40m (60' 4.5")
10. Tom Marshall	1980	18.19m (59' 8")

Discus Throw

1. Claudio Romero	2024	67.29m (220' 9")
2. Rodney Brown	2015	65.04m (213' 5")
3. John Nichols	1989	63.73m (209' 1")
4. Simon Williams	1992	61.14m (200' 7")
5. Alex Forst	1998	59.61m (195' 7")
6. Mike Yasolsky	1989	58.93m (193' 4")
7. Derrick Farrell	1993	58.65m (192' 5")
8. Dave Paddison	1991	56.06m (183' 11")
9. Johnnie Jackson	2017	56.03m (183' 10")
Dave Grant	1995	56.03m (183' 10")

Hammer Throw

1. Jake Norris	2018	73.24m (240' 3")
2. Walter Henning	2010	72.97m (239' 5")
3. Jon Nerdal	2021	72.31m (237' 3")
4. Johnnie Jackson	2017	71.72m (235' 4")
5. Michael Lauro	2011	67.97m (223' 0")
6. Dave Paddison	1994	67.74m (222' 3")
7. Jeremy Tuttle	2014	66.04m (216' 8")

MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

8. Javier Nieto199965.96m (216' 5")
9. Rabun Fox..... 2008 65.81m (215' 11")
10. David Collins.....2016 64.66m (212' 2")

Javelin Throw

1. **Tzuriel Pedigo..... 2023 ... 79.79m (261' 9")**
2. Mikael Olander.....1987 75.56m (247' 11")
3. **Will Lawrence..... 2024 ... 74.49m (245' 4")**
4. Chad Radgowski 2007 73.05m (239' 8")
5. Mark Morris.....199271.96m (236' 1")
6. **Jack Larriviere..... 2024 ... 71.61m (234' 11")**
7. Preston Chatham 2007 71.50m (234' 7")
8. **Jackson Rimes..... 2024 71.22m (233' 8")**
9. Willie Boudloche1993 70.69m (231' 11")
10. Blake Theriot 200070.61m (231' 8")

Old Model (through 1985):

1. Delmon McNabb1967 82.07m (269' 3")
2. Shawn Burks1985 75.56m (247' 11")
3. Gray Barrow 1981 74.78m (245' 4")
4. Jack Dyer1967 73.05m (239' 8")
5. Brian McConnell.....197771.96m (236' 1")

4x100-Meter Relay

1. **Brandon Hicklin, Dorian Camel, Da'Marcus Fleming, Godson Oghenebrume
2023..... 37.90**
2. **Myles Thomas, Da'Marcus Fleming, Jaiden Reid, Godson Oghenebrume
2024 38.19**
3. Jermaine Grant, Mike Alridge, Byron Logan, Curtis Perry
1998 38.24
4. Walter Davis, Robert Parham, Bennie Brazell, Pete Coley
2002 38.32
5. Jaron Flournoy, Renard Howell, Treymayne Acy, Nethaneel Mitchell-Blake
2016 38.33
6. Kary Vincent, Akanni Hislop, Correion Mosby, Jaron Flournoy
2019 38.37
7. Barrett Nugent, Aaron Ernest, Keyth Talley, Shermund Allsop
2012 38.38
8. Akanni Hislop, Kary Vincent, Dylan Peebles, Jaron Flournoy
2019 38.41
9. Jaron Flournoy, Renard Howell, Treymayne Acy, Nethaneel Mitchell-Blake
2016 38.42
- Armanti Hayes, Richard Thompson, Gabriel Mvumvure, Trindon Holliday
2008 38.42

4x400-Meter Relay

1. Reggie Dardar, Kelly Willie, Bennie Brazell, Xavier Carter
2004 2:59.59
2. Lamar Bruton, Michael Cherry, Cyril Grayson, Fitzroy Dunkley
2016 3:00:38
3. Lamar Burton, Michael Cherry, Cyril Grayson, Fitzroy Dunkley
2016 3:00.48
4. Jahnoy Thompson, Correrion Mosby, Renard Howell, Jaron Flournoy
2018 3:00.55
5. Lamar Bruton, Michael Cherry, Cyril Grayson, Fitzroy Dunkley
2016 3:00.69
6. **Dorian Camel, Sean Burrell, Tyler Terry, Noah Williams
2021..... 3:01.00**
7. Robert Simmons, Ade Alleyne-Forte, Caleb Willimas, Riker Hylton
2011..... 3:01.07
8. Robert Simmons, Quincy Dowling, Ade Alleyne-Forte, Riker Hylton
2012 3:01.21
9. **Sean Burrell, Salim Epps, Shakeem McKay, Dillon Bedell
2024 3:01.28**
10. Marvin Stevenson, Bennie Brazell, Kelly Willie, Pete Coley
2004 3:01.39

Decathlon (1985 IAAF Tables)

1. Mario Sategna19958,172
2. Mikael Olander.....1988 8,126

3. Claston Bernard 2002.....8,094
4. Sheldon Blockburger...1987 7,964
5. Bruce Reid1988 7,900w
6. Bengt Jarlsjo.....1989 7,733
7. Darion Powell 2006.....7,640
8. Alleyne Lett..... 2005.....7,550
9. Edwin Billot..... 2006..... 7,468
10. Kanon Vanderhoff19927,449w

2024 WOMEN'S OUTDOOR PERFORMANCE LIST

Individual Season Best Marks

100 Meters

10.84w
10.92w
11.03
11.31w
11.33w
11.41w
11.52w
11.52w
11.61w
11.76
11.86

Brianna Lyston.....LSU Alumni Gold (4/20)
Thelma Davies.....LSU Invitational (4/27)
Tima GodblessNCAA East First Round (5/22)
Morgan Smalls.....LSU Invitational (4/27)
Aniyah Bigam.....LSU Invitational (4/27)
Leah Phillips.....Cameron Burrell Invite (4/6)
Kennedi SandersBattle on the Bayou (3/29)
Jordyn GradyCameron Burrell Invite (04/6)
Alia Armstrong.....LSU Invitational (4/27)
Shani'a Bellamy.....LSU Alumni Gold (4/20)
Sydney Clemens.....LSU Alumni Gold (4/20)

200 Meters

22.31
22.39w
22.56
22.96
23.15w
23.28w
23.76w
23.77w
24.00w
24.17w
24.35
24.35w

Brianna Lyston.....SEC Championships (5/11)
Thelma Davies.....LSU Invitational (4/27)
Tima GodblessNCAA Championships (6/8)
Aniyah Bigam.....NCAA East First Round (5/22)
Leah Phillips.....LSU Alumni Gold (4/20)
Ella Onojuvwevwo.....LSU Alumni Gold (4/20)
Morgan Smalls.....Hurricane Invitational (3/15)
Kennedi SandersLSU Alumni Gold (4/20)
Shani'a Bellamy.....Hurricane Invitational (3/15)
Garriel WhiteHurricane Invitational (3/15)
Jordyn GradyBattle on the Bayou (3/29)
Sydney Clemens.....Hurricane Invitational (3/15)

400 Meters

50.57
53.16
53.75
54.94
55.08
55.31

Ella Onojuvwevwo.....SEC Championships (5/11)
Michaela Rose.....LSU Invitational (4/27)
Garriel WhiteKeyth Talley Invitational (3/23)
Kennedi SandersKeyth Talley Invitational (3/23)
Shani'a Bellamy.....Keyth Talley Invitational (3/23)
Jordyn GradyKeyth Talley Invitational (3/23)

600 Meters

1:25.75
1:30.36
1:37.30

Michaela RoseKeyth Talley Invitational (3/23)
Lorena Rangel-Batres...Keyth Talley Invitational (3/23)
Katie Johnson.....Keyth Talley Invitational (3/23)

800 Meters

1:58.37
2:03.00
2:05.81
2:09.56
2:15.39
2:17.68

Michaela RoseBryan Clay Invitational (4/11)
Lorena Rangel-Batres...Battle on the Bayou (3/29)
Montana MonkBattle on the Bayou (3/29)
Callie Hardy.....Hurricane Invitational (3/15)
Katie Johnson.....Hurricane Invitational (3/15)
Svenya Stoyanoff.....Battle on the Bayou (3/29)

1500 Meters

4:09.06
4:12.88
4:20.26
4:22.50
4:31.55
4:32.07
4:33.34
4:34.35
4:35.49
4:37.85
4:51.61

Lorena Rangel-Batres...NCAA East First Round (5/22)
Michaela RoseBattle on the Bayou (3/29)
Callie Hardy.....Battle on the Bayou (3/29)
Montana MonkHurricane Invitational (3/15)
Ella Chesnut.....LSU Invitational (4/27)
Hailey DayBattle on the Bayou (3/29)
Sophie MartinLSU Alumni Gold (4/20)
Svenya Stoyanoff.....LSU Alumni Gold (4/20)
Adele BroussardLSU Invitational (4/27)
Gwyneth Hughes.....Keyth Talley Invitational (3/23)
Annie FinkBattle on the Bayou (3/29)

3000 Meters

9:20.15
9:28.31
9:35.27
9:39.96
9:58.88
9:59.28
10:19.42
10:30.00

Lorena Rangel-Batres...Hurricane Invitational (3/15)
Callie Hardy.....Hurricane Invitational (3/15)
Ella Chesnut.....Hurricane Invitational (3/15)
Montana MonkHurricane Invitational (3/15)
Gwyneth Hughes.....LSU Alumni Gold (4/20)
Sophie MartinHurricane Invitational (3/15)
Hailey DayHurricane Invitational (3/15)
Adele BroussardHurricane Invitational (3/15)

10:45.77

Annie FinkHurricane Invitational (3/15)

5000 Meters

16:11.49
16:53.74
16:59.84
17:08.80

Ella Chesnut.....Bryan Clay Invitational (4/11)
Callie Hardy.....SEC Championships (5/11)
Sophie MartinSEC Championships (5/11)
Gwyneth Hughes.....Bryan Clay Invitational (4/11)

10,000 Meters

32:46.56
37:04.38

Ella Chesnut.....Raleigh Relays (3/28)
Gwyneth Hughes.....SEC Championships (5/11)

100-Meter Hurdles

12.66
12.71
12.77
13.11
13.85

Alia Armstrong.....SEC Championships (5/11)
Leah Phillips.....LSU Invitational (4/27)
Shani'a Bellamy.....LSU Invitational (4/27)
Sydney Clemens.....SEC Championships (5/11)
Jordyn GradyLSU Invitational (4/27)

400-Meter Hurdles

55.71
56.50
56.88
59.53

Shani'a Bellamy.....NCAA East First Round (5/22)
Leah Phillips.....Battle on the Bayou (3/29)
Garriel WhiteLSU Alumni Gold (4/20)
Jordyn GradyLSU Alumni Gold (4/20)

3000-Meter Steeplechase

10:29.37
10:46.50

Callie Hardy.....SEC Championships (5/11)
Sophie MartinBattle on the Bayou (3/29)

4x100-Meter Relay

42.49

Lyston, Davies, Phillips, Godbless...SEC Championships (5/11)

4x400-Meter Relay

3:26.55

Onojuvwevwo, Bellamy, Rose, White...LSU Invitational (4/27)

High Jump

1.84m (6' 0.5")
1.67m (5' 5.75")

Morgan Smalls.....NCAA East First Round (5/22)
Emma EngelhardtHurricane Invitational (3/15)

Pole Vault

4.00m (13' 1.5")
3.85m (12' 7.5")
3.80m (12' 5.5")

Johanna DuplantisBattle on the Bayou (3/29)
Emery PrenticeBattle on the Bayou (3/29)
Aly Jo WarrenHurricane Invitational (3/15)

Long Jump

6.57m (21' 6.75")w
6.00m (19' 8.25")
5.98m (19' 7.5")

Morgan Smalls.....Battle on the Bayou (3/29)
Taylor Fingers.....Battle on the Bayou (3/29)
Djoma Praise.....Hurricane Invitational (3/15)

Triple Jump

13.17m (43' 2.5")
12.95m (42' 6")
12.68m (41' 7.25")w

Morgan Smalls.....LSU Invitational (4/27)
Taylor Fingers.....SEC Championships (5/11)
Djoma Praise.....Battle on the Bayou (3/29)

Shot Put Throw

16.02m (52' 6.75")
13.19m (43' 3.25")

Estel Valeanu.....LSU Alumni Gold (4/20)
Ambria Langley.....LSU Invitational (4/27)

Discus Throw

57.53m (188' 9")
45.60m (149' 7")

Estel Valeanu.....LSU Invitational (4/27)
Ambria Langley.....LSU Invitational (4/27)

Hammer Throw

57.34m (188' 1")
43.18m (141' 8")

Estel Valeanu.....SEC Championships (5/11)
Ambria Langley.....Cameron Burrell Invite (4/6)

Javelin Throw

55.24m (181' 3")
50.21m (164' 9")

Trinity Spooner.....LSU Alumni Gold (4/20)
Alexis Guillory.....Hurricane Invitational (3/15)

w - wind aided time (+2.0 - +4.0 m/s)

WOMEN'S OUTDOOR COLLEGIATE PERSONAL BESTS

LEAH ACOSTA

n/a

ALIA ARMSTRONG

100 meter 11.43
200 meter 22.98
100-meter hurdles 12.40

SHANI'A BELLAMY

100 meter 11.42
200 meter 23.86
400 meter 55.08
100-meter hurdles 12.77
400-meter hurdles 55.48

ANIYAH BIGAM

100 meter 11.37
200 meter 22.96

ADELE BROUSSARD

1500 meter 4:34.93
3000 meter 10:30.00
5000 meter 17:49.51

ELLA CHESNUT

1500 meter 4:31.55
3000 meter 9:35.27
5000 meter 16:11.49
10,000 meter 32:46.56
2000-meter steeplechase 6:51.80
3000-meter steeplechase 10:34.02

SYDNEY CLEMENS

100 meter 11.86
200 meter 24.59
100-meter hurdles 13.11

THELMA DAVIES

100 meter 11.01
200 meter 22.17

HAILEY DAY

1500 meter 4:32.07
3000 meter 10:19.42

JOHANNA DUPLANTIS

Pole vault 4.00m (13' 1.5")

EMMA ENGLEHARDT

High jump 1.72m (5' 7.75")

TAYLOR FINGERS

Long jump 6.00m (19' 8.25")
Triple jump 12.95m (42' 6")

ANNIE FINK

1500 meter 4:51.61
3000 meter 10:45.77

MADDIE KATE GARDINER

n/a

TIMA GODBLESS

100 meter 11.03
200 meter 22.56

JORDYN GRADY

100 meter 12.22
200 meter 24.35
400 meter 55.31
100-meter hurdles 13.85
400-meter hurdles 59.53

ALEXIS GUILLORY

Javelin throw 50.21m (164' 9")

CALLIE HARDY

800 meter 2:09.56
1500 meter 4:20.26
3000 meter 9:28.31
5000 meter 16:53.74
2000-meter steeplechase 7:02.53
3000-meter steeplechase 10:29.37

GWYNETH HUGHES

1500 meter 4:37.85
3000 meter 9:57.80
5000 meter 16:58.91
10,000 meter 35:59.43

KATIE JOHNSON

600 meter 1:37.30
800 meter 2:15.39

KAIYA KEY

n/a

AMBRIA LANGLEY

Shot put 13.19m (43' 3.25")
Discus throw 45.60m (149' 7")
Hammer throw 43.18m (141' 8")

BRIANNA LYSTON

100 meter 10.91
200 meter 22.31

SOPHIE MARTIN

1500 meter 4:34.22
3000 meter 9:59.28
5000 meter 16:59.84
3000-meter steeplechase 10:46.50

MONTANA MONK

800 meter 2:05.81
1500 meter 4:22.50
3000 meter 9:39.96

CARLY NICHOLSON

n/a

ELLA ONOJUVWEVWO

200 meter 23.35
400 meter 50.57

LEAH PHILLIPS

200 meter 23.33
100-meter hurdle 12.71

WOMEN'S OUTDOOR COLLEGIATE PERSONAL BESTS

400-meter hurdle..... 56.50

DJOMA PRAISE

Long jump..... 5.98m (19' 7.5")

Triple jump..... 12.49m (40' 11.75")

EMERY PRENTICE

Pole vault..... 3.99m (13' 1")

LORENA RANGEL BATRES

400 meter..... 59.25

600 meter..... 1:30.36

800 meter..... 2:03.00

1500 meter..... 4:09.06

3000 meter..... 9:20.15

MICHAELA ROSE

400 meter..... 53.16

600 meter..... 1:25.75

800 meter..... 1:58.37

1500 meter..... 4:11.98

400-meter hurdles..... 57.62

KENNEDI SANDERS

100 meter..... 11.62

200 meter..... 23.93

400 meter..... 54.94

MORGAN SMALLS

100 meter..... 11.40

200 meter..... 24.05

High jump..... 1.86m (6' 1.25")

Long jump..... 6.58m (21' 7.25")

Triple jump..... 13.17m (43' 2.5")

TRINITY SPOONER

Javelin throw..... 55.24m (181' 3")

SHELBY SPOOR

1500 meter..... 4:35.85

3000 meter..... 9:47.53

5000 meter..... 17:19.99

ADDISON STEVENSON

1500 meter..... 4:28.54

3000-meter steeplechase..... 10:18.07

SVENYA STOYANOFF

800 meter..... 2:16.68

1500 meter..... 4:41.66

ESTEL VALEANU

Shot put..... 16.02m (52' 6.75")

Discus throw..... 58.25m (191' 11")

Hammer throw..... 57.34m (188' 1")

ALY JO WARREN

Pole vault..... 3.80m (12' 5.5")

GARRIEL WHITE

200 meter..... 24.34

400 meter..... 52.70

400-meter hurdles..... 56.73

WOMEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

c = converted from equivalent distance
y = time achieved at yard equivalent
@ = time achieved at altitude
aa = altitude adjusted
w = wind-aided decathlon or heptathlon (over 4.0 m/s)

100 Meters

1. Sha'Carri Richardson	2019	10.75
2. Dawn Sowell	1989	10.78
3. Aleia Hobbs	2017	10.85
4. Brianna Lyston	2024	10.91
5. D'Andre Hill	1996	10.92
6. Favour Ofili	2022	10.93
7. Mikiah Brisco	2017	10.96
Kimberlyn Duncan	2012	10.96
9. Thelma Davies	2024	11.01
10. Symone Mason	2021	11.02

200 Meters

1. Favour Ofili	2022	21.96
2. Dawn Sowell	1989	22.04
3. Thelma Davies	2024	22.17
Sha'Carri Richardson	2019	22.17
5. Kimberlyn Duncan	2012	22.19
6. Zundra Feagins	1996	22.30
7. Brianna Lyston	2024	22.31
8. Muna Lee	2004	22.47
9. Stephanie Durst	2002	22.48
10. D'Andre Hill	1996	22.49
Esther Jones	1990	22.49
Symone Mason	2021	22.49

400 Meters

1. Ella Onojuwewwo	2024	50.57
2. LaTarsha Stroman	1997	50.60
3. Hazelann Regis	2004	50.64
4. Nadia Davy	2003	50.66
5. Rebecca Alexander	2012	51.13
6. Claudine Williams	1999	51.40
7. Favour Ofili	2021	51.49
8. Youlanda Warren	1992	51.55
9. Rachel Misher	2018	51.60
10. Ronetta Smith	2002	51.62

800 Meters

1. Michaela Rose	2024	1:58.37
2. Natoya Goule	2013	1:59.93
3. Katy-Ann McDonald	2022	2:00.98
4. Niesha Bernard-Thomas	2004	2:01.32
5. Charlene Lipsey	2012	2:01.40
LaTavia Thomas	1995	2:01.40
7. Morgan Schuetz	2016	2:02.29
8. Claudine Williams	1999	2:02.52
9. Camille Cato	1987	2:02.73
10. Lorena Rangel Batres	2024	2:03.00

1500 Meters

1. Lorena Rangel Batres	2024	4:09.06
2. Michaela Rose	2023	4:11.98
3. Katy-Ann McDonald	2022	4:12.30
4. Christine Slythe	1985	4:17.14
5. Charlene Lipsey	2012	4:18.16
6. Charlotte Mayock	1997	4:18.68
7. Laura Carleton	1997	4:19.99
8. Morgan Schuetz	2016	4:20.21
9. Muffy McLeod	1985	4:20.25
10. Callie Hardy	2024	4:20.26

3000 Meters

1. Lorena Rangel-Batres	2024	9:20.15
2. Lisa Reed	1987	9:22.04
3. Laura Carleton	2013	9:22.69
4. Charlotte Mayock	1997	9:25.58
5. Callie Hardy	2024	9:28.31
6. Muffy McLeod	1985	9:32.28
7. Ella Chesnut	2024	9:35.27
8. Montana Monk	2024	9:39.96
9. Morgan Schuetz	2016	9:44.41
10. Shelby Spoor	2021	9:47.53

5000 Meters

1. Laura Carleton	2013	15:44.41
2. Ella Chesnut	2024	16:11.49
3. Muffy McLeod	1985	16:18.89
4. Lisa Reed	1988	16:27.65
5. Callie Hardy	2024	16:53.74
6. Gwyneth Hughes	2023	16:58.91
7. Sophie Martin	2024	16:59.84
8. Julia Palin	2019	17:02.47
9. Ruth Nanyinza	2004	17:03.02
10. Doria Martingayle	2022	17:06.46

10,000 Meters

1. Ella Chesnut	2024	32:46.56
2. Laura Carleton	2013	34:01.65
3. Julia Palin	2019	34:34.20
4. Lisa Reed	1988	35:27.94
5. Katie Denton	2005	35:39.94
6. Gwyneth Hughes	2023	35:59.43
7. Bridget Cusack	2001	36:32.79
8. Elaine Gomez	1984	36:37.25
9. Doria Martingayle	2022	36:57.65

100-Meter Hurdles

1. Alia Armstrong	2023	12.40
2. Tanea Marshall	2021	12.44
3. Tananjaly Stanley	1989	12.70
4. Leah Phillips	2024	12.71
Jasmin Stowers	2014	12.71
6. Kim Carson	1996	12.72
7. Shani'a Bellamy	2024	12.77
Lolo Jones	2004	12.77
9. Astia Walker	1997	12.82
Dawn Bowles	1991	12.82

400-Meter Hurdles

1. Nickiesha Wilson	2007	53.97
2. Schowonda Williams	1987	54.82
3. Debbie Paris	1994	55.17
4. Nikita Tracey	2014	55.18
5. Cassandra Tate	2012	55.22
6. Chanice Chase	2016	55.35
7. Shani'a Bellamy	2023	55.48
8. Kymber Payne	2017	55.50
9. Brittley Humphrey	2019	56.11
10. Milan Young	2021	56.23

3000-Meter Steeplechase

1. Addison Stevenson	2022	10:18.07
2. Alicia Stamey	2021	10:18.28
3. Susanne Strunz	2001	10:18.54
4. Sara Funderburk	2021	10:19.15
5. Callie Hardy	2024	10:29.37
6. Ella Chesnut	2023	10:34.02
7. Sophie Martin	2024	10:46.50
8. Ashley LaJocies	2021	11:05.78

9. Kate Accardo	2006	11:35.10
10. Amber Desselle	2018	11:49.19

High Jump

1. Abigail O'Donoghue	2021	1.89m (6' 2.25")
Gai Kapernick	1994	1.89m (6' 2.25")
3. Morgan Smalls	2023	1.86m (6' 1.25")
Nyagoo Bayak	2022	1.86m (6' 1.25")
5. Brittani Carter	2010	1.84m (6' 0.5")
Kelli Flynn	1993	1.84m (6' 0.5")
Kym Carter	1987	1.84m (6' 0.5")
8. Hareldau Argyle	1997	1.82m (6' 0")
9. Kaitlyn Walker	2018	1.80m (5' 11.25")
Gretchen Francois	1998	1.80m (5' 11.25")

Long Jump

1. Sheila Echols	1987	6.94m (22' 9.25")
2. Daphne Saunders	1987	6.77m (22' 2.5")
3. Aliyah Whisby	2021	6.65m (21' 10")
4. Claire Connor	1988	6.63m (21' 9")
5. Keisha Spencer	2000	6.61m (21' 8.25")
6. Morgan Smalls	2022	6.58m (21' 7.25")
7. Marita Hunt	1995	6.54m (21' 5.5")
8. Tina Harris	2005	6.52m (21' 4.75")
9. Camille Jackson	1993	6.49m (21' 3.5")
Dahlia Duhaney	1991	6.49m (21' 3.5")

Triple Jump

1. Keisha Spencer	2000	13.97m (45' 10")
2. Suzette Lee	1997	13.92m (45' 8.00")
3. Nicole Toney	2003	13.58m (44' 6.75")
4. Lynnika Pitts	2014	13.44m (44' 1.25")
Andre Linton	2007	13.44m (44' 1.25")
6. Sharon Clarke	1986	13.40m (43' 11.75")
7. Nataliyah Friar	2015	13.36m (43' 10")
8. Melissa Ogbourne	2010	13.31m (43' 8")
9. Camille Jackson	1993	13.26m (43' 6")
10. Morgan Smalls	2024	13.17m (43' 2.5")

Pole Vault

1. Lisa Gunnarsson	2022	4.65m (15' 3")
2. Rachel Laurent	2011	4.35m (14' 3.25")
3. Katelyn Rodriguez	2008	4.15m (13' 7.25")
4. Lacey Sanchez	2013	4.01m (13' 1.75")
5. Johanna Duplantis	2024	4.00m (13' 1.5")
6. Emery Prentice	2023	3.99m (13' 1")
7. Amy Stelly	2019	3.86m (12' 8")
8. Aly Jo Warren	2023	3.80m (12' 5.5")
9. Mallory Thompson	2008	3.72m (12' 2.5")
10. Calah Young	2005	3.65m (11' 11.75")

Shot Put

1. Tori Bliss	2015	18.49m (60' 8")
2. Danyel Mitchell	1994	16.62m (54' 6.5")
3. Nickolette Dunbar	2017	16.43m (53' 11")
4. Teresa Williford	1986	16.28m (53' 5")
5. Amber Hart	2022	16.18m (53' 1")
6. Estel Valeanu	2024	16.02m (52' 6.75")
7. Katie McKeever	2003	15.79m (51' 9.75")
8. Laurie Trapp	1992	14.95m (49' 0.75")
9. Kym Carter	1987	14.81m (48' 7.25")
10. Laverne Eve	1986	14.68m (48' 2")

Discus Throw

1. Danyel Mitchell	1994	59.23m (194' 4")
2. Estel Valeanu	2024	57.53m (188' 9")
3. Samia Stokes	2012	55.17m (181' 0")
4. Amber Hart	2022	54.95m (180' 3")
5. Tori Bliss	2015	54.36m (178' 4")

WOMEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

- Laurie Trapp.....1992 53.62m (175' 11")
- Katie McKeever..... 2003.....52.98m (173' 10")
- Teresa Williford.....198752.68m (172' 10")
- Brieanna Kennedy.....201249.83m (163' 6")
- Mallory McDonald 2002.....49.61m (162' 9")

Hammer Throw

- Emma Robbins2021 67.17m (220' 4")
- Denise Hinton201466.44m (218' 0")
- Monique Hardy202165.52m (214' 11")
- Britney Henry 2004..... 62.76m (205' 11")
- Brieanna Kennedy.....2012 62.56m (205' 3")
- Karen Henning2013 61.26m (201' 0")
- Mallory McDonald 2003.....60.14m (197' 4")
- Kim Williams201059.66m (195' 9")
- Estel Valeanu2024....57.34m (188' 1")**
Candice Gonzalez 2002..... 57.34m (188' 1")

Javelin Throw

- Rebekah Wales2017 58.22m (191' 0")
- Trinity Spooner.....2024 ... 55.24m (181' 3")**
- Anna Lyons 2009.....51.49m (168' 11")
- Amanda Harmata 2007.....50.70m (166' 4")
- Mayme Cook2015 50.57m (165' 11")
- Annie Simoneaux201550.44m (165' 6")
- Alexis Guillory2024 ... 50.21m (164' 9")**
- Noel Baker202149.99m (164' 0")
- Maria Romero 2003..... 47.96m (157' 4")
- Doren Welch2014 47.17m (154' 9")

Old Model (through 2000):

- Laverne Eve198762.41m (204' 9")
- Cheryl Coker198854.58m (179' 1")
- Wanda Ferster1989 51.79m (169' 11")
- Kim Poche.....199646.63m (153' 0")
- Jacqui Scheffield.....198445.80m (150' 3")

4x100-Meter Relay

- Mikiah Brisco, Kortnei Johnson, Rachel Misher, Aleia Hobbs
2018 42.05
- Mikiah Brisco, Kortnei Johnson, Jada Martin, Aleia Hobbs
2017 42.12
- Tonea Marshall, Kortnei Johnson, Rachel Misher, Sha'Carri Richardson
2019 42.29
- Brianna Lyston, Thelma Davies, Leah Phillips, Tima Godbless
2024 42.49**
- Tanajayln Stanley, Dawn Sowell, Cinnamon Sheffield, Esther Jones
1989 42.50
- Alia Armstrong, Favour Ofili, Brianna Lyston, Thelma Davies
2023..... 42.52**
**Tonea Marshall, Favour Ofili, Symone Mason, Thelma Davies
2021..... 42.52**
- Stephanie Durst, Monique Hall, Lolo Jones, Muna Lee
2003 42.55
- Alia Armstrong, Favour Ofili, Tionna Beard-Brown, Thelma Davies
2022 42.59**
Brooklynn Morris, Samantha Henry, Juanita Broadus, Kelly Baptiste
2008 42.59

4x400-Meter Relay

- Latoya McDermott, Rebecca Alexander, Cassandra Tate, Jonique Day
2012 3:24.59
- Neisha Bernard Thomas, Hazelann Regis, Monique Hall, Nadia Davy
2004 3:25.26
- Brooklynn Morris, Meisue Francis, Cynetheia Rooks, Deonna Lawrence
2006 3:25.78
- Ella Onojuvwevwo, Shani'a Bellamy, Michaela Rose, Garriel White
2024 3:26.55**
- Rachel Misher, Jada Martin, Kymber Payne, Travia Jones
2017 3:26.99

- Nadia Davy, Neisha Bernard-Thomas, Monique Hall, Hazelann Regis
2003 3:27.04
- Brooklyn Morris, Meisue Francis, Deonna Lawrence, Cynetheia Rooks
2006 3:27.85
- Debbie Paris, Indira Hamilton, H. Van Norman, Youlanda Warren
1993 3:27.97
- Latoya McDermott, Rebecca Alexander, Cassandra Tate, Jonique Day
2012 3:28.01
- Rachel Misher, Zakiya Denoon, Kymber Payne, Cassondra Hall
2018 3:28.02

Hepthalon

- Sharon Jaklofsky.....19926,013w
- Cheryl Wilson.....19895,855
- Jovennie McDuffie 1991 5,778
- Lana Zimmerman19853,971
- Kym Carter.....19875,545
- Camilla Strid19915,532
- Katarina Hallberg19905,506w
- Brittany Kelly20175,438
- Loren Leaverton.....20005,366
- Rhonda Phillips19885,363w