

STANFORD WOMEN'S TRACK AND FIELD

FRESHMEN ALL-TIME TOP 5

Thru Feb. 16, 2023

True freshmen only

100 Meters	Year	Time	10,000 Meters	Year	Time
1. Chryste Gaines	1989	11.44	1. Alicia Craig	2003	32:40.03
Janice Davis	2004	11.44	2. Ellen Lyons	1981	33:16.14c
3. Carissa Levingston	2010	11.55	3. Alex Gits	2008	33:19.12
4. Kori Carter	2011	11.57	4. Ann Locke	1982	34:07.74c
5. Nashonme Johnson	2003	11.64	5. Georgia Griffin	2009	35:14.46
			<small>Note: Lyons ran a hand-timed 33:16.0. Locke ran a hand-timed 34:07.6.</small>		
200 Meters	Year	Time	100-Meter Hurdles	Year	Time
1. Carissa Levingston	2010	23.43	1. Kori Carter	2011	13.13
2. Nashonme Johnson	2003	23.61	2. Katie Nelms	2011	13.57
3. Ashlan Best	2018	23.62	3. Robyn Woolfolk	1999	13.86
4. Alyssa Jones	2023	23.63i	4. Lindsey Johnson	2001	13.91
5. Janice Davis	2004	23.64	5. Nora Miller	2007	14.04
400 Meters	Year	Time	400-Meter Hurdles	Year	Time
1. Ashlan Best	2018	53.24	1. Kori Carter	2011	57.10
2. Olivia Baker	2015	53.28	2. Katie Nelms	2011	58.91
3. Maya Valmon	2022	53.36	3. Pam Board	1984	59.64
4. Carolyn Wilson	2018	53.60	4. Hannah Labrie-Smith	2016	59.67
5. Roisin Willis	2023	53.65i	5. Margaret Demorest	1982	1:01.04
800 Meters	Year	Time	High Jump	Year	Mark
1. Roisin Willis	2023	1:59.95i	1. Lisa Bernhagen	1985	6-0 (1.83)
2. Juliette Whittaker	2023	2:00.32i	Alyssa Jones	2023	6-0 (1.83)
3. Amy Weissenbach	2013	2:00.98	3. Tracye Lawyer	1996	5-10 3/4 (1.80)
4. Olivia Baker	2015	2:04.00	4. Adrienne Johnson	2011	5-9 1/4 (1.76)
5. Ellie Deligianni	2021	2:04.11	5. Lauren Stewart	2006	5-8 3/4 (1.75)
			Cheryl Burdick	2000	5-8 3/4 (1.75)
			Kim Stone	2000	5-8 3/4 (1.75)
1,500 Meters	Year	Time	Pole Vault	Year	Mark
1. Arianna Lambie	2004	4:13.14	1. Ellie McCardwell	2011	13-7 3/4 (4.16)
2. Christina Aragon	2017	4:13.43	2. Katerina Stefanidi	2009	13-6 1/2 (4.13)
3. Elise Cranny	2015	4:14.05	3. Kaitlyn Merritt	2016	13-5 1/4 (4.10)
4. Lucy Jenks	2021	4:17.22	4. Samantha Shepard	2003	13-2 1/4 (4.02)
5. Amy Weissenbach	2013	4:17.40	5. Kathleen Donoghue	2000	13-0 1/4 (3.97)
3,000 Meters	Year	Time	Long Jump	Year	Mark
1. Ceci Hopp	1982	8:57.27	1. Erica McLain	2005	21-2 1/2 (6.46)
2. Elise Cranny	2015	8:58.88i	2. Alyssa Jones	2023	21-0 1/2i (6.41)
3. Alison Wiley	1983	9:03.51	3. Arantxa King	2008	20-1 3/4 (6.14)
4. Riley Stewart	2023	9:14.47i	4. Pam Donald	1980	20-1 1/2 (6.13)
5. Fiona O'Keeffe	2017	9:17.59	5. Jackie Edwards	1989	20-0 1/2 (6.11)
3,000-Meter Steeplechase	Year	Time	Triple Jump	Year	Mark
1. Katy Trotter	2004	10:07.55	1. Erica McLain	2005	45-11 3/4 (14.01)
2. Emilie Amaro	2009	10:11.68	2. Aria Small	2018	42-3 1/2 (12.89)
3. Jordan Oakes	2018	10:17.14	3. Lauren Stewart	2006	42-1 1/2 (12.84)
4. Jeane Goff	2002	10:22.46	4. Marisa Kwiatkowski	2015	41-5 1/4 (12.63)
5. Lindsay Allen	2005	10:26.71	5. Sabrina Nettey	2008	41-5 (12.62)
5,000 Meters	Year	Time	Shot Put	Year	Mark
1. Alicia Craig	2003	15:25.75	1. Jillian Camarena	2001	53-9 (16.38)
2. Laurynne Chetelat	2009	15:43.31	2. Melissa Yungmans	2005	52-4 3/4 (15.97)
3. Fiona O'Keeffe	2017	15:46.93	3. Lena Giger	2015	51-11 1/4 (15.83)
4. Lauren Fleshman	2000	15:50.18	4. Patty Purpur	1986	50-9 3/4 (15.49)
5. Lucy Jenks	2021	15:55.33	5. Pam Dukes	1983	49-4 1/4 (15.04)

Discus	Year	Mark
1. Valarie Allman	2014	188-6 (57.45)
2. Patty Purpur	1986	177-7 (54.12)
3. Summer Pierson	1997	177-6 (54.10)
4. Karen Nickerson	1983	174-11 (53.32)
5. Carol Cady	1981	173-11 (53.0)

Hammer	Year	Mark
1. Lena Giger	2015	190-3 (57.99)
2. Jordan Fong	2019	190-1 (57.94)
3. Jessica Pluth	2001	187-0 (57.00)
4. Sarah Hopping	2003	184-1 (56.12)
5. Katy Elsbury	2003	176-1 (53.68)

Javelin	Year	Mark
1. Mackenzie Little	2016	183-4 (55.88)
2. Brianna Bain	2012	180-2 (54.91)
3. Jenna Gray	2017	165-0 (50.29)
4. Megan Glasmann	2014	164-8 (50.19)
5. Virginia Miller	2018	162-8 (49.59)

Heptathlon	Year	Points
1. Whitney Liehr	2008	5,186
2. Lauren Stewart	2006	5,141
3. Tracye Lawyer	1996	5,108
4. Allie Jones	2019	5,041
5. Denise Gaztambide	1983	4,938

Also:

60 Meters	Year	Mark
1. Carissa Levingston	2010	7.33i
2. Janice Davis	2004	7.46i
3. Jakki Bailey	2004	7.48i
4. Griffin Matthew	2007	7.53i
Alyssa Jones	2023	7.53i

600 Meters	Year	Mark
1. Olivia Baker	2015	1:29.42i
2. Carolyn Wilson	2018	1:29.71i
3. Kristyn Williams	2013	1:32.04i
4. Claudia Saunders	2013	1:33.30i
5. Malika Waschmann	2014	1:33.78i

1,000 Meters	Year	Mark
1. Elise Cranny	2015	2:42.39i
2. Maddy Berkson	2015	2:49.23i
3. Claudia Saunders	2013	2:51.52i
4. Anna Laman	2015	2:55.60i
5. Kaitlin Ryan	2018	3:01.99i

Mile	Year	Mark
1. Juliette Whittaker	2023	4:33.89i
2. Laurynne Chetelat	2009	4:42.25i
3. Riley Stewart	2023	4:43.83i
4. Audrey Suarez	2022	4:44.87i
5. Lauren Centrowitz	2006	4:46.92i

60 Meter Hurdles	Year	Mark
1. Kori Carter	2011	8.33i
2. Katie Nelms	2011	8.41i
3. Tess Stapleton	2022	8.68i
4. Allie Jones	2019	8.72i
5. Karynn Dunn	2010	8.73i

20-Pound Weight Throw	Year	Mark
1. Jessica Pluth	2001	59-8 1/2 (18.20)
2. Jordan Fong	2019	56-7 1/4 (17.25)
3. Katy Elsbury	2003	52-2 1/2 (15.91)
4. Sarah Hopping	2003	52-0 1/2 (15.86)
5. Kaiah Fisher	2022	49-3 1/2 (15.02)

Pentathlon	Year	Mark
1. Lauren Stewart	2006	3,788
2. Whitney Liehr	2008	3,743
3. Karynn Dunn	2010	3,686
4. Allie Jones	2019	3,618
5. Brittany McGee	2016	3,611