



WOMEN'S TRACK AND FIELD INDOOR ALL-TIME TOP 10



SPRINTS

50 METERS

	YEAR	TIME
1. Chryste Gaines	1991	6.25
2. Pam Donald	1980	6.65

55 METERS

	YEAR	TIME
1. Chryste Gaines	1991	6.80
2. Wilsa Charles	1999	7.00
3. Rhonda Oliver	1993	7.13
4. Lindsey Johnson	2002	7.34
5. Jackie Edwards	1989	7.39
5. Jackie Bridgeman	1994	7.39
7. Monica Hoggatt	1994	7.44
8. Robyn Woolfolk	1999	7.61
9. Anne Lee	1994	7.68
10. Lillian Bush	2001	7.74

60 METERS

YEAR		TIME
2006	1. Chauntae Bayne	7.21
2006	2. Janice Davis	7.30
2010	3. Carissa Levingston	7.33
2003	4. Jakki Bailey	7.35
2011	5. Shataya Hendricks	7.38
2007	6. Griffin Matthew	7.45
2011	7. Brittni Dixon-Smith	7.55
2005	8. Ashley Purnell	7.56
2000	9. Wilsa Charles	7.71
2011	9. Katie Nelms	7.71

55 METER HURDLES

	YEAR	TIME
1. Jackie Bridgeman	1994	7.38
2. Monica Hoggatt	1994	7.48
3. Anne Lee	1994	7.70
4. Tracye Lawyer	1997	8.02
4. Lindsey Johnson	2002	8.02
6. Florence Adu	1994	8.06
7. Christy Boyd	1993	8.10
8. Bernadette Armand	1997	8.11
9. Peggy Odita	1989	8.19
9. Robyn Woolfolk	1999	8.19

60 METER HURDLES

	YEAR	TIME
1. Kori Carter	2011	8.33
2. Katie Nelms	2011	8.41
3. Lindsey Johnson	2002	8.42
4. Whitney Liehr	2008	8.61
5. Undine Becker	2003	8.62
6. Lillian Bush	2003	8.63
7. Robyn Woolfok	2002	8.67
8. Karynn Dunn	2010	8.73
9. Tracye Lawyer	1998	8.77
10. Lauren Stewart	2006	8.77

200 METERS

	YEAR	TIME
1. Chauntae Bayne	2006	22.77
2. Janice Davis	2006	23.26
3. Griffin Matthew	2010	23.80
4. Ashley Purnell	2003	23.88
5. Jakki Bailey	2006	24.02
6. Carissa Levingston	2010	24.03
7. Christine Moschella	2005	24.08
8. Shataya Hendricks	2011	24.12
9. Katie Nelms	2011	24.17
10. Kori Carter	2011	24.35

300 METERS

	YEAR	TIME
1. Shataya Hendricks	2008	39.43
2. Idara Otu	2008	40.15
3. Margaret Demorest	1982	40.7

400 METERS

	YEAR	TIME
1. Ashley Purnell	2005	53.57
2. Jayna Smith	2000	53.76
3. Ashley Freeman	2004	54.16
4. Nashonme Johnson	2004	54.35
5. Christine Moschella	2005	54.66
6. Kellie Schueler	2011	54.90
7. Idara Otu	2006	55.00
8. Hannah Farley	2010	55.06
9. Keisha Gaines	2006	55.20
10. Shataya Hendricks	2010	55.44

MID-DISTANCE/DISTANCE

800 METERS

	YEAR	TIME
1. Lindsay Hyatt	2000	2:05.95
2. Ashley Freeman	2006	2:06.85
3. Maurica Carlucci	2002	2:07.51
4. Justine Fedronic	2011	2:07.29
5. Regina Jacobs	1982	2:07.6
6. Chinny Offor	2004	2:08.23
7. Ashley Couper	2001	2:08.35
8. Maria Lattanzi	2009	2:08.51
9. Katie Hotchkiss	2003	2:08.53
10. Alicia Follmar	2008	2:08.59

1,500 METERS

	YEAR	TIME
1. PattiSue Plumer	1983	4:23.5
2. Ann Wotherspoon	1980	4:52.5

MILE

	YEAR	TIME
1. PattiSue Plumer	1983	4:37.0 (HT)
2. Lauren Centrowitz	2009	4:37.07
3. Arianna Lambie	2008	4:38.01
4. Lauren Fleshman	2002	4:38.48
5. Malindi Elmore	2003	4:39.48
6. Allicia Follmar	2009	4:40.23
7. Katy Trotter	2006	4:41.11

8. Sara Bei	2004	4:42.17
9. Laurynne Chetelat	2009	4:42.25
10. Julia Stamps	1999	4:42.95

3,000 METERS	YEAR	TIME
1. Patti Sue Plumer	1983	8:53.1
2. Arianna Lambie	2007	9:00.60
3. Lauren Fleshman	2003	9:01.48
4. Sara Bei	2004	9:05.02
5. Alicia Craig	2003	9:07.88
6. Laurynne Chetelat	2009	9:08.15
7. Teresa McWalters	2006	9:09.19
8. Lauren Centrowitz	2009	9:10.99
9. Alison Wiley	1991	9:11.1
10. Katy Trotter	2006	9:12.36

5,000 METERS	YEAR	TIME
1. Arianna Lambie	2007	15:37.97
2. Alicia Craig	2003	15:43.04
3. Lauren Fleshman	2003	15:47.36
4. Anita Siraki	2005	16:07.18
5. Louise Watson	1994	16:11.52
6. Mary Cobb	2001	16:13.57
7. Stephanie Marcy	2011	16:16.97
8. Kortney Dunscombe	1995	16:17.12
9. Sarna Renfro	1998	16:18.27
10. Kate Niehaus	2009	16:22.34

RELAYS

1,600 METER RELAY	YEAR	TIME
1. Stanford	2005	3:34.92
Christine Moschella, Janice Davis, Ashley Freeman, Ashley Purnell		
2. Stanford	2006	3:36.80
Keisha Gaines, Nashonme Johnson, Chauntae Bayne, Janice Davis		
3. Stanford	2011	3:38.22
Hannah Farley, Carissa Levingston, Brittni Dixon-Smith, Kellie Schueler		
4. Stanford	2005	3:38.51
Chinny Offor, Christine Moschella, Nashonme Johnson, Ashley Freeman		
5. Stanford	2005	3:38.91
Nashonme Johnson, Ashley Purnell, Ashley Freeman, Christine Moschella		
6. Stanford	2011	3:39.26
Hannah Farley, Brittni Dixon-Smith, Kori Carter, Carissa Levingston		
7. Stanford	2004	3:40.19
Chinny Offor, Nashonme Johnson, Keisha Gaines, Ashley Freeman		
8. Stanford	2004	3:41.62
Nashonme Johnson, Janice Davis, Ashley Freeman, Keisha Gaines		
9. Stanford	2010	3:42.81
Hannah Farley, Carissa Levingston, Shataya Hendricks, Arantxa King		
10. Stanford	2011	3:42.83
Joy O'Hare, Carissa Levingston, Shataya Hendricks, Kellie Schueller		

DISTANCE MEDLEY RELAY YEAR TIME

(1,200, 400, 800, 1,600)		
1. Stanford	2009	10:58.49

Alicia Follmar, Idara Otu, Maria Lattanzi, Lauren Centrowitz		
2. Stanford	2000	11:01.56
Sally Glynn, Jayna Smith, Lindsay Hyatt, Lauren Fleshman		
3. Stanford	2008	11:03.87
Lauren Centrowitz, Idara Otu, Alicia Follmar, Arianna Lambie		
4. Stanford	2006	11:05.03
Katy Trotter, Keisha Gaines, Ashley Freeman, Arianna Lambie		
5. Stanford	2003	11:05.16
6. Stanford	2006	11:06.68
Katy Trotter, Janice Davis, Ashley Freeman, Arianna Lambie		
7. Stanford	2004	11:07.15
8. Stanford	2009	11:07.53
Alicia Follmar, Idara Otu, Maria Lattanzi, Lauren Centrowitz		
9. Stanford	2005	11:07.81
Arianna Lambie, Christine Moschella, Ashley Freeman, Katy Trotter		
10. Stanford	2004	11:08.67
Katy Trotter, Chinny Offor, Katie Hotchkiss, Sara Bei		

FIELD

HIGH JUMP	YEAR	MARK
1. Lisa Bernhagen	1987	6-5 1/2 (1.97m)
2. Tracye Lawyer	1997	6-0 3/4 (1.85m)
3. Kimberly Stone	2001	5-10 3/4 (1.80m)
4. Tessa Flippin	2009	5-8 1/2 (1.74m)
5. Karen Lysaght	1983	5-8 (1.73m)
Denise Gatzamide	1984	5-8 (1.73m)
Peggy Odita	1989	5-8 (1.73m)
Lauren Stewart	2007	5-8 (1.73m)
9. Whitney Liehr	2010	5-7 1/4 (1.71m)
10. Lindsay Gannaway	2004	5-7 (1.70m)

LONG JUMP	YEAR	MARK
1. Jackie Edwards	1992	21-8 3/4 (6.62m)
2. Erica McLain	2008	21-4 (6.50m)
3. Arantxa King	2008	21-0 3/4 (6.42m)
4. Griffin Matthew	2007	20-6 1/2 (6.26m)
5. Sabrina Nettey	2008	20-5 (6.22m)
5. Brittni Dixon-Smith	2011	20-5 (6.22m)
7. Whitney Liehr	2011	20-4 1/4 (6.20m)
8. Undine Becker	2004	19-10 3/4 (6.06m)
8. Karynn Dunn	2010	19-10 3/4 (6.06m)
10. Julie Tinker	2001	19-9 3/4 (6.04m)

POLE VAULT	YEAR	MARK
1. Katerina Stefanidi	2010	14-1 1/4 (4.30m)
2. Ellie McCardwell	2011	13-5 1/4 (4.10m)
3. Anna McFarlane	2006	13-1 (3.99m)
4. Kathleen Donoghue	2002	13-0 1/4 (3.97m)
5. Caitlin Hewitt	2009	12-11 1/2 (3.95m)
6. Melissa Feinstein	1998	12-9 (3.89m)
7. Samantha Shepard	2004/05	12-8 3/4 (3.88m)
8. Leila Ben-Youssef	2005	12-8 3/4 (3.88m)
9. Natasha Barthel	2010	12-7 1/2 (3.85m)
10. Tyra Holt	1997	12-0 1/2 (3.67m)

SHOT PUT	YEAR	MARK
1. Jillian Camarena	2003/04	57-2 3/4 (17.44m)
2. Pam Dukes	1987	57-1 (17.40m)
3. Carol Cady	1983	54-7 (16.64m)
4. Michaela Wallerstedt	2009	51-7 3/4 (15.74m)
5. Alyssa Wisdom	2011	50-4 1/2 (15.35m)
6. Melissa Yunghans	2006	49-11 3/4 (15.23m)

7. Katrinka Jackson	1997	47-6 1/4 (14.48m)
8. Gina Heads	1995	46-6 1/4 (14.18m)
9. Katrinka Jackson	1998	45-9 (13.94m)
10. Tracye Lawyer	1997	44-10 3/4 (13.68m)

TRIPLE JUMP	YEAR	MARK
1. Erica McLain	2008	46-7 1/4 (14.20m)
2. Whitney Liehr	2011	43-6 (13.26m)
3. Jackie Edwards	1992	42-6 (12.95m)
4. Arantxa King	2009	42-4 (12.90m)
5. Lauren Stewart	2006	41-3 3/4 (12.59m)
6. Deborah Akinniyi	2006	40-11 1/2 (12.48m)
7. Undine Becker	2004	40-8 1/4 (12.40m)
8. Florence Adu	1995	40-5 1/2 (12.33m)
9. Julie Tinker	2000	40-5 1/2 (12.33m)
10. Sabrina Nettey	2008	40-3 1/4 (12.27m)

20-LB WEIGHT	YEAR	MARK
1. Jessica Pluth	2003	61-11 (18.87m)
2. Maureen Onyeagbako	2001	61-7 (18.77m)
3. Summer Pierson	2000	57-11 (17.65m)
4. Sarah Hopping	2005	56-8 1/2 (17.28m)
5. Katy Elsbury	2004	55-11 (17.04m)
6. Melissa Yunghans	2008	55-9 3/4 (17.01m)
7. Jaynie Goodbody	2008	55-5 3/4 (16.91m)
Molly Kinsella	2010	55-5 3/4 (16.91m)
9. Jessica Pluth	2002	54-8 (16.66m)
10. Maggie Isaac	1999	54-6 3/4 (16.63m)

PENTATHLON	YEAR	MARK
1. Whitney Liehr	2009	4,063 points
2. Lauren Stewart	2008	3,924 points
3. Karynn Dunn	2010	3,686 points
4. Sally Mills	2004	3,417 points
5. Josephine Kvist	2009	3,393 points
6. Tiffany Tillett	2010	3,383 points
7. Kara Bennett	2008	3,336 points

YARDS

TWO MILE RUN	YEAR	TIME
1. Kim Schnurpfeil	1980	10:01.89

MILE RELAY	YEAR	TIME
1. Stanford	1983	3:54.0
Marcia Martin, Regina Jacobs, Pam Board, Terri Givens		
2. Stanford	1981	3:59.6
Pam Donald, Lynnae Warren, Shelley Poerio, Marcia Martin		

DISTANCE MEDLEY	YEAR	TIME
(1,200, 440, 880, mile)		
1. Stanford	1994	11:53.13