

# STANFORD WOMEN'S TRACK AND FIELD

## FRESHMEN ALL-TIME TOP 5

Thru April 7, 2021

*True freshmen only*

<b>100 Meters</b>	<b>Year</b>	<b>Time</b>
1. Chryste Gaines	1989	11.44
Janice Davis	2004	11.44
3. Carissa Levingston	2010	11.55
4. Kori Carter	2011	11.57
5. Nashonme Johnson	2003	11.64

<b>200 Meters</b>	<b>Year</b>	<b>Time</b>
1. Carissa Levingston	2010	23.43
2. Nashonme Johnson	2003	23.61
3. Ashlan Best	2018	23.62
4. Janice Davis	2004	23.64
5. Kori Carter	2011	24.01

<b>400 Meters</b>	<b>Year</b>	<b>Time</b>
1. Ashlan Best	2018	53.24
2. Olivia Baker	2015	53.28
3. Carolyn Wilson	2018	53.60
4. Keisha Gaines	2004	53.83
5. Kristyn Williams	2013	54.15

<b>800 Meters</b>	<b>Year</b>	<b>Time</b>
1. Amy Weissenbach	2013	2:00.98
2. Olivia Baker	2015	2:04.00
3. Regina Jacobs	1982	2:04.38
4. Lindsay Hyatt	2000	2:05.64
5. Christina Aragon	2017	2:05.67

<b>1,500 Meters</b>	<b>Year</b>	<b>Time</b>
1. Arianna Lambie	2004	4:13.14
2. Christina Aragon	2017	4:13.43
3. Elise Cranny	2015	4:14.05
4. Amy Weissenbach	2013	4:17.40
5. Lauren Fleshman	2000	4:17.76

<b>3,000 Meters</b>	<b>Year</b>	<b>Time</b>
1. Ceci Hopp	1982	8:57.27
2. Elise Cranny	2015	8:58.88i
3. Alison Wiley	1983	9:03.51
4. Fiona O'Keeffe	2017	9:17.59
5. Carol Gray	1987	9:19.04

<b>3,000-Meter Steeplechase</b>	<b>Year</b>	<b>Time</b>
1. Katy Trotter	2004	10:07.55
2. Emilie Amaro	2009	10:11.68
3. Jordan Oakes	2018	10:17.14
4. Jeane Goff	2002	10:22.46
5. Lindsay Allen	2005	10:26.71

<b>5,000 Meters</b>	<b>Year</b>	<b>Time</b>
1. Alicia Craig	2003	15:25.75
2. Laurynne Chetelat	2009	15:43.31
3. Fiona O'Keeffe	2017	15:46.93
4. Lauren Fleshman	2000	15:50.18
5. Alison Wiley	1983	16:01.03

<b>10,000 Meters</b>	<b>Year</b>	<b>Time</b>
1. Alicia Craig	2003	32:40.03
2. Ellen Lyons	1981	33:16.14c
3. Alex Gits	2008	33:19.12
4. Ann Locke	1982	34:07.74c
5. Georgia Griffin	2009	35:14.46

Note: Lyons ran a hand-timed 33:16.0. Locke ran a hand-timed 34:07.6.

<b>100-Meter Hurdles</b>	<b>Year</b>	<b>Time</b>
1. Kori Carter	2011	13.13
2. Katie Nelms	2011	13.57
3. Robyn Woolfolk	1999	13.86
4. Lindsey Johnson	2001	13.91
5. Nora Miller	2007	14.04

<b>400-Meter Hurdles</b>	<b>Year</b>	<b>Time</b>
1. Kori Carter	2011	57.10
2. Katie Nelms	2011	58.91
3. Pam Board	1984	59.64
4. Hannah Labrie-Smith	2016	59.67
5. Margaret Demorest	1982	1:01.04

<b>High Jump</b>	<b>Year</b>	<b>Mark</b>
1. Lisa Bernhagen	1985	6-0 (1.83)
2. Tracye Lawyer	1996	5-10 3/4 (1.80)
3. Adrienne Johnson	2011	5-9 1/4 (1.76)
4. 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)

<b>Pole Vault</b>	<b>Year</b>	<b>Mark</b>
1. Ellie McCardwell	2011	13-7 3/4 (4.16)
2. Katerina Stefanidi	2009	13-6 1/2 (4.13)
3. Kaitlyn Merritt	2016	13-5 1/4 (4.10)
4. Samantha Shepard	2003	13-2 1/4 (4.02)
5. Kathleen Donoghue	2000	13-0 1/4 (3.97)

<b>Long Jump</b>	<b>Year</b>	<b>Mark</b>
1. Erica McLain	2005	21-2 1/2 (6.46)
2. Arantxa King	2008	20-1 3/4 (6.14)
3. Pam Donald	1980	20-1 1/2 (6.13)
4. Jackie Edwards	1989	20-0 1/2 (6.11)
5. Griffin Matthew	2007	19-9 1/2 (6.03)

<b>Triple Jump</b>	<b>Year</b>	<b>Mark</b>
1. Erica McLain	2005	45-11 3/4 (14.01)
2. Aria Small	2018	42-3 1/2 (12.89)
3. Lauren Stewart	2006	42-1 1/2 (12.84)
4. Marisa Kwiatkowski	2015	41-5 1/4 (12.63)
5. Sabrina Nettey	2008	41-5 (12.62)

<b>Shot Put</b>	<b>Year</b>	<b>Mark</b>
1. Jillian Camarena	2001	53-9 (16.38)
2. Melissa Yunghans	2005	52-4 3/4 (15.97)
3. Lena Giger	2015	51-11 1/4 (15.83)
4. Patty Purpur	1986	50-9 3/4 (15.49)
5. Pam Dukes	1983	49-4 1/4 (15.04)

<b>Discus</b>	<b>Year</b>	<b>Mark</b>
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)

<b>Hammer</b>	<b>Year</b>	<b>Mark</b>
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)

<b>Javelin</b>	<b>Year</b>	<b>Mark</b>
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)

<b>Heptathlon</b>	<b>Year</b>	<b>Points</b>
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:**

<b>60 Meters</b>	<b>Year</b>	<b>Mark</b>
1. Carissa Levingston	2010	7.33i
2. Janice Davis	2004	7.46i
3. Jakki Bailey	2004	7.48i
4. Griffin Matthew	2007	7.53i
5. Chauntae Bayne	2003	7.55i
Shataya Hendricks	2008	7.55i

<b>600 Meters</b>	<b>Year</b>	<b>Mark</b>
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

<b>1,000 Meters</b>	<b>Year</b>	<b>Mark</b>
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

<b>Mile</b>	<b>Year</b>	<b>Mark</b>
1. Laurynne Chetelat	2009	4:42.25i
2. Lauren Centrowitz	2006	4:46.92i
3. Maddy Berkson	2015	4:47.81i
4. Alli Billmeyer	2012	4:48.23i
5. Justine Fedronic	2010	4:49.17i

<b>60 Meter Hurdles</b>	<b>Year</b>	<b>Mark</b>
1. Kori Carter	2011	8.33i
2. Katie Nelms	2011	8.41i
3. Allie Jones	2019	8.72i
4. Karynn Dunn	2010	8.73i
5. Nora Miller	2007	8.89i
Amber Lewis	2015	8.89i

<b>20-Pound Weight Throw</b>	<b>Year</b>	<b>Mark</b>
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)

<b>Pentathlon</b>	<b>Year</b>	<b>Mark</b>
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