

# STANFORD WOMEN'S TRACK AND FIELD

## INDOOR ALL-TIME TOP 10

Thru Feb. 5, 2022

\* oversized track

<b>60 Meters</b>	<b>Year</b>	<b>Time</b>	<b>3,000 Meters</b>	<b>Year</b>	<b>Time</b>
1. Chauntae Bayne	2006	7.21	1. PattiSue Plumer	1983	8:53.1
2. Janice Davis	2006	7.30	2. Ella Donaghu	2020	8:54.72*
3. Carissa Levingston	2010	7.33	3. Fiona O'Keeffe	2019	8:58.58*
4. Jakki Bailey	2003	7.35	4. Elise Cranny	2015	8:58.88
5. Shataya Hendricks	2011	7.38	5. Vanessa Fraser	2018	8:59.23*
6. Griffin Matthew	2007	7.45	6. Jessica Lawson	2020	8:59.38*
7. Kennedy Gamble	2022	7.54	7. Arianna Lambie (9:04.81, 2007)	2007	9:00.60*
8. Brittini Dixon-Smith	2011	7.55	8. Lauren Fleshman	2003	9:01.58
Ashlan Best	2019	7.55	9. Christina Aragon	2018	9:01.86*
10. Ashley Purnell	2005	7.56	10. Jessica Tonn	2015	9:01.84
<b>200 Meters</b>	<b>Year</b>	<b>Time</b>	<b>5,000 Meters</b>	<b>Year</b>	<b>Time</b>
1. Chauntae Bayne	2006	22.77	1. Fiona O'Keeffe (15:37.61, 2019)	2019	15:35.77*
2. Janice Davis	2006	23.26	2. Arianna Lambie	2007	15:37.97
3. Ashlan Best	2020	23.62	3. Abbie McNulty	2019	15:42.13*
4. Kori Carter (23.97, 2012)	2013	23.63*	4. Alicia Craig	2003	15:43.04
5. Griffin Matthew	2010	23.80	5. Vanessa Fraser (16:06.25, 2016)	2018	15:46.02*
6. Ashley Purnell	2003	23.88	6. Kathy Kroeger	2012	15:46.26*
7. Jakki Bailey	2006	24.02	7. Lauren Fleshman	2003	15:47.36
Carissa Levingston	2013	24.02*	8. Jessica Tonn (16:10.42, 2013)	2015	15:47.65*
9. Christine Moschella	2005	24.08	9. Aisling Cuffe	2014	15:53.95*
10. Shataya Hendricks	2011	24.12	10. Anita Siraki	2005	16:07.18*
<b>400 Meters</b>	<b>Year</b>	<b>Time</b>	<b>60-Meter Hurdles</b>	<b>Year</b>	<b>Time</b>
1. Ashlan Best	2020	53.02	1. Kori Carter	2013	8.17
2. Olivia Baker	2018	53.35	2. Katie Nelms	2013	8.27
Kristyn Williams (53.80, 2016)	2015	53.35*	3. Lindsey Johnson	2002	8.42
4. Ashley Purnell	2005	53.57*	4. Allie Jones	2022	8.48
5. Jayna Smith	2000	53.76	5. Whitney Liehr	2008	8.61
6. Gaby Gayles	2017	53.93	6. Undine Becker	2003	8.62
7. Carolyn Wilson	2018	53.96	7. Lillian Bush	2003	8.63
8. Missy Mongiovi	2018	54.15	8. Robyn Woolfolk	2002	8.67
9. Ashley Freeman	2004	54.16*	9. Tess Stapleton	2022	8.68
10. Nashonme Johnson	2004	54.35*	10. Amber Lewis	2017	8.70
<b>800 Meters</b>	<b>Year</b>	<b>Time</b>	<b>4x400-Meter Relay</b>	<b>Year</b>	<b>Time</b>
1. Justine Fedronic	2014	2:03.25	1.	2016	3:33.78
2. Olivia Baker (2:03.60, 2018)	2017	2:03.41*	Gaby Gayles, Olivia Baker, M. Crunkleton Wilson, Kristyn Williams		
3. Claudia Saunders	2016	2:04.43	2.	2016	3:33.92
4. Julia Heymach	2020	2:04.94	Kr. Williams, Gaby Gayles, Michaela Crunkleton Wilson, Olivia Baker		
5. Amy Weissenbach (2:05.50, 2014)	2014	2:04.99*	3.	2018	3:34.73
6. Malika Waschmann	2016	2:05.47	Carolyn Wilson, Gaby Gayles, Ashlan Best, Olivia Baker		
7. Elise Cranny	2017	2:05.51	4.	2005	3:34.92
8. Rebecca Mehra	2017	2:05.81	Christine Moschella, Janice Davis, Ashley Freeman, Ashley Purnell		
9. Lindsay Hyatt	2000	2:05.95	5.	2018	3:35.34*
10. Carolyn Wilson	2020	2:06.11*	Carolyn Wilson, Ashlan Best, Missy Mongiovi, Olivia Baker		
<b>Mile</b>	<b>Year</b>	<b>Time</b>	<b>4x400-Meter Relay</b>	<b>Year</b>	<b>Time</b>
1. Elise Cranny (4:34.48, 2018)	2018	4:31.29*	6.	2017	3:36.26*
2. Julia Heymach	2020	4:33.37*	Missy Mongiovi, Gaby Gayles, M. Crunkleton Wilson, Olivia Baker		
3. Ella Donaghu	2020	4:33.71	7.	2006	3:36.80*
4. Christina Aragon	2018	4:34.76*	Keisha Gaines, Nashonme Johnson, Chauntae Bayne, Janice Davis		
5. Jessica Lawson	2020	4:35.56	8.	2015	3:36.81
6. Vanessa Fraser	2018	4:35.88*	Kristyn Williams, Olivia Baker, M. Crunkleton Wilson, Gaby Gayles		
7. Lauren Centrowitz	2009	4:37.07*	9.	2012	3:36.89*
8. PattiSue Plumer	1983	4:37.0	Kellie Schueler, Kori Carter, Shataya Hendricks, Justine Fedronic		
9. Jordan Oakes	2020	4:37.69*	10.	2014	3:37.58*
10. Jessica Tonn	2015	4:38.00*	Kristyn Williams, Amy Weissenbach, Claudia Saunders, Justine Fedronic		

**Distance Medley Relay  
(1,200, 400, 800, 1,600)**

	<b>Year</b>	<b>Time</b>
1.	2018	10:52.02
Vanessa Fraser, Missy Mongiovi, Elise Cranny, Christina Aragon		
2.	2015	10:53.66
Jessica Tonn, Olivia Baker, Claudia Saunders, Elise Cranny		
3.	2014	10:54.04
Amy Weissenbach, Kr. Williams, Claudia Saunders, Justine Fedronic		
4.	2016	10:54.58
Claudia Saunders, Kristyn Williams, Olivia Baker, Rebecca Mehra		
5	2020	10:55.89
Ella Donaghu, Ashlan Best, Julia Heymach, Jessica Lawson		
6.	2009	10:58.49
Alicia Follmar, Idara Otu, Maria Lattanzi, Lauren Centrowitz		
7.	2018	10:58.93
Christina Aragon, Gaby Gayles, Olivia Baker, Elise Cranny		
8.	2016	10:58.94
Elise Cranny, Kristyn Williams, Malika Waschmann, Rebecca Mehra		
9.	2017	10:59.82*
Vanessa Fraser, Gaby Gayles, Malika Waschmann, Elise Cranny		
10.	2017	11:00.36
Vanessa Fraser, Missy Mongiovi, Malika Waschmann, Elise Cranny		

**High Jump**

	<b>Year</b>	<b>Mark</b>
1. Lisa Bernhagen	1987	6-5 1/2 (1.97)
2. Tracye Lawyer	1997	6-0 3/4 (1.85)
3. Kimberly Stone	2001	5-10 3/4 (1.80)
4. Rachel Reichenbach	2017	5-8 3/4 (1.74)
5. Tessa Flippin	2009	5-8 1/2 (1.72)
6. Karen Lysaght	1983	5-8 (1.72)
Denise Gatzamide	1984	5-8 (1.72)
Peggy Odita	1989	5-8 (1.72)
Lauren Stewart	2007	5-8 (1.72)
10. Whitney Liehr	2010	5-7 1/4 (1.70)
Elaine Patten	2013	5-7 1/4 (1.70)
Allie Jones	2022	5-7 1/4 (1.70)

**Pole Vault**

	<b>Year</b>	<b>Mark</b>
1. Katerina Stefanidi	2011	14-5 1/2 (4.41)
2. Kaitlyn Merritt	2019	13-11 1/4 (4.25)
3. Erika Malaspina	2019	13-11 (4.24)
4. Ellie McCardwell	2011	13-5 1/4 (4.10)
5. Katie Zingheim	2012	13-1 1/2 (4.00)
6. Anna McFarlane	2006	13-1 (3.99)
7. Kathleen Donoghue	2002	13-0 1/4 (3.97)
8. Caitlin Hewitt	2009	12-11 1/2 (3.95)
9. Melissa Feinstein	1998	12-9 (3.89)
10. Samantha Shepard	2004/05	12-8 3/4(3.88)
Leila Ben-Youssef	2005	12-8 3/4 (3.88)
Jackie McNulty	2019	12-8 3/4 (3.88)

**Long Jump**

	<b>Year</b>	<b>Mark</b>
1. Jackie Edwards	1992	21-8 3/4 (6.62)
2. Erica McLain	2008	21-4 (6.50)
3. Arantxa King	2008, '12	21-0 3/4(6.42)
4. Karynn Dunn	2012	21-0 1/2 (6.41)
5. Griffin Matthew	2007	20-6 1/2 (6.26)
6. Sabrina Nettey	2008	20-5 (6.22)
Brittini Dixon-Smth	2011	20-5 (6.22)
8. Whitney Liehr	2011	20-4 1/4 (6.20)
9. Undine Becker	2004	19-10 3/4(6.06)
10. Julie Tinker	2001	19-9 3/4 (6.04)

**Triple Jump**

	<b>Year</b>	<b>Mark</b>
1. Erica McLain	2008	46-7 1/4 (14.20)
2. Whitney Liehr	2011	43-6 (13.26)
3. Jackie Edwards	1992	42-6 (12.95)
4. Arantxa King	2009	42-4 (12.90)
Aria Small	2019	42-4 (12.90)
6. Lauren Stewart	2006	41-3 3/4 (12.59)
Carla Forbes	2015	41-3 3/4 (12.59)
8. Marisa Kwiatkowski	2018	41-3 1/4 (12.58)
9. Karynn Dunn	2012	41-2 1/4 (12.55)
10. Jordan Merback	2013	41-1 3/4 (12.54)

**Shot Put**

	<b>Year</b>	<b>Mark</b>
1. Lena Giger	2019	58-8 1/2 (17.89)
2. Jillian Camarena	2003/04	57-2 3/4(17.44)
3. Pam Dukes	1987	57-1 (17.40)
4. Alyssa Wisdom	2013	55-8 1/4 (16.97)
5. Carol Cady	1983	54-7 (16.64)
6. Michaela Wallerstedt	2009	51-7 3/4 (15.74)
7. Melissa Yunghans	2006	49-11 3/4 (15.23)
8. Katrinka Jackson	1997	47-6 1/4 (14.48)
9. Gina Heads	1995	46-6 1/4 (14.18)
10. Rebecca Hammar	2012	46-2 1/2 (14.08)

**20-lb Weight**

	<b>Year</b>	<b>Mark</b>
1. Valarie Allman	2018	70-3 1/2 (21.42)
2. Jessica Pluth	2003	61-11 (18.87)
3. Maureen Onyeagbako	2001	61-7 (18.77)
4. Summer Pierson	2000	57-11 (17.65)
5. Sarah Hopping	2005	56-8 1/2 (17.28)
6. Jordan Fong	2019	56-7 1/4 (17.25)
7. Katy Elsbury	2004	55-11 (17.04)
8. Melissa Yunghans	2008	55-9 3/4 (17.01)
9. Jaime Salone	2020	55-9 1/2 (17.00)
10. Jaynie Goodbody	2008	55-5 3/4 (16.91)
Molly Kinsella	2010	55-5 3/4 (16.91)

**Pentathlon**

	<b>Year</b>	<b>Points</b>
1. Whitney Liehr	2009	4,063
2. Allie Jones	2022	3,996
3. Lauren Stewart	2008	3,924*
4. Karynn Dunn	2010	3,686*
5. Brittany McGee	2016	3,611
6. Madeline Treasure	2012	3,534*
7. Giana Gayles	2019	3,525
8. Sally Mills	2004	3,417*
9. Josephine Kvist	2009	3,393*
10. Tiffany Tillett	2010	3,383*

**Also:**

<b>50 Meters</b>	<b>Year</b>	<b>Time</b>
1. Chryste Gaines	1991	6.25
2. Pam Donald	1980	6.65

<b>55 Meters</b>	<b>Year</b>	<b>Time</b>
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

<b>300 Meters</b>	<b>Year</b>	<b>Time</b>
1. Shataya Hendricks	2008	39.43
2. Idara Otu	2008	40.15
3. Margaret Demorest	1982	40.7

<b>500 Meters</b>	<b>Year</b>	<b>Time</b>
1. Kristyn Williams	2014	1:10.82
2. Kaitlyn Williams	2014	1:14.49
3. Malika Waschmann	2014	1:14.50

<b>600 Meters</b>	<b>Year</b>	<b>Time</b>
1. Olivia Baker	2017	1:28.22*
2. Carolyn Wilson	2018	1:29.71*
3. Claudia Saunders	2014	1:30.82*
4. Missy Mongiovi	2018	1:31.64*
5. Kaitlyn Williams	2014	1:31.94*
6. Malika Waschmann	2015	1:33.69*
7. Tess Michaelson	2015	1:34.89*
8. Allie Jones	2019	1:40.40*
9. Samantha Seaton	2019	1:42.24*
10. Giana Gayles	2019	1:42.63*

<b>1,000 Meters</b>	<b>Year</b>	<b>Time</b>
1. Justine Fedronic	2014	2:42.26*
2. Elise Cranny	2015	2:42.39*
3. Rebecca Mehra	2017	2:43.69*
4. Amy Weissenbach	2014	2:44.93*
5. Julia Heymach	2020	2:45.36*
6. Olivia Baker	2018	2:45.45*
7. Malika Waschmann	2017	2:45.79*
8. Maddy Berkson	2016	2:47.08
9. Claudia Saunders	2016	2:47.27*
10. Cami Chapus	2014	2:50.14*

<b>1,500 Meters</b>	<b>Year</b>	<b>Time</b>
1. PattiSue Plumer	1983	4:23.5
2. Ann Wotherspoon	1980	4:52.5

<b>Two Mile</b>	<b>Year</b>	<b>Time</b>
1. PattiSue Plumer	1983	9:45.54
2. Kim Schnurpfeil	1980	10:01.89

<b>55-Meter Hurdles</b>	<b>Year</b>	<b>Time</b>
1. Jackie Bridgeman	1994	7.38
2. Monica Hoggatt	1994	7.48
3. Anne Lee	1994	7.70
4. Tracye Lawyer	1997	8.02
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
Robyn Woolfolk	1999	8.19

<b>Mile Relay</b>	<b>Year</b>	<b>Time</b>
1.	1983	3:54.0
Marcia Martin, Regina Jacobs, Pam Board, Terri Givens		
2.	1981	3:59.6
Pam Donald, Lynnae Warren, Shelley Poerio, Marcia Martin		

<b>4x800 Relay</b>	<b>Year</b>	<b>Time</b>
1.	2014	9:00.20
Cami Chapus, Rebecca Mehra, Molly McNamara, Tate Murray		

<b>Distance Medley Relay (1,320, 440, 880, mile)</b>	<b>Year</b>	<b>Time</b>
1. Stanford	1994	11:53.13