

STANFORD WOMEN'S TRACK AND FIELD

INDOOR ALL-TIME TOP 10

Thru 2024

* oversized track

	Year	Time		Year	Time
60 Meters					
1. Chauntae Bayne	2006	7.21	1. Juliette Whittaker	2024	4:30.92
2. Janice Davis	2006	7.30	2. Elise Cranny (4:34.48, 2018)	2018	4:31.29*
3. Alexa Rossum	2023	7.32	3. Julia Heymach	2022	4:31.35
4. Carissa Levingston	2010	7.33	4. Ella Donaghu	2020	4:33.71
5. Jakki Bailey	2003	7.35	5. Christina Aragon	2018	4:34.76*
6. Kennedy Gamble	2022	7.37	6. Jessica Lawson	2020	4:35.56
7. Shataya Hendricks	2011	7.38	7. Vanessa Fraser	2018	4:35.88*
8. Olivia Okoli	2022	7.41	8. Lucy Jenks	2024	4:36.25
9. Griffin Matthew	2007	7.45	9. Lauren Centrowitz	2009	4:37.07*
10. Alyssa Jones	2023	7.52	10. PattiSue Plumer	1983	4:37.0
Teagan Zwaanstra	2023	7.52	11. Melissa Tanaka	2023	4:37.21
200 Meters					
1. Chauntae Bayne	2006	22.77	3,000 Meters		
2. Janice Davis	2006	23.26	1. PattiSue Plumer	1983	8:53.1
3. Cydney Wright	2024	23.44	2. Ella Donaghu	2020	8:54.72*
4. Alexa Rossum	2023	23.59	3. Amy Bunnage	2024	8:54.88*
5. Ashlan Best	2020	23.62	4. Fiona O'Keeffe	2019	8:58.58*
6. Alyssa Jones	2023	23.63	5. Elise Cranny	2015	8:58.88
Kori Carter (23.97, 2012)	2013	23.63*	6. Vanessa Fraser	2018	8:59.23*
8. Griffin Matthew	2010	23.80	7. Jessica Lawson	2020	8:59.38*
9. Ashley Purnell	2003	23.88	8. Julia Heymach	2022	8:59.69*
10. Maya Valmon	2024	24.01	9. Arianna Lambie (9:04.81, 2007)	2007	9:00.60*
400 Meters					
1. Ashlan Best (53.02, 2020)	2020	52.64*	5,000 Meters		
2. Maya Valmon	2023	53.01	1. Amy Bunnage	2024	15:11.68*
3. Olivia Baker	2018	53.35	2. Lucy Jenks (15:38.53, 2024)	2024	15:33.98*
Kristyn Williams (53.80, 2016)	2015	53.35*	3. Fiona O'Keeffe (15:37.61, 2019)	2019	15:35.77*
5. Roisin Willis	2024	53.56*	4. Arianna Lambie	2007	15:37.97
6. Ashley Purnell	2005	53.57*	5. Zofia Dudek	2023	15:40.41
7. Cydney Wright	2024	53.59	6. Abbie McNulty	2019	15:42.13*
8. Jayna Smith	2000	53.76	7. Alicia Craig	2003	15:43.04
9. Gaby Gayles	2017	53.93	8. Sophia Kennedy	2024	15:43.05*
10. Carolyn Wilson	2018	53.96	9. Vanessa Fraser	2018	15:46.02*
11. Missy Mongiovi	2018	54.15	10. Kathy Kroeger	2012	15:46.26*
800 Meters					
1. Juliette Whittaker	2024	1:59.53	60-Meter Hurdles		
2. Roisin Willis	2023	1:59.93	1. Kori Carter	2013	8.17
3. Justine Fedronic	2014	2:03.25	2. Katie Nelms	2013	8.27
4. Olivia Baker (2:03.60, 2018)	2017	2:03.41*	3. Tess Stapleton	2024	8.31
5. Ellie Deligianni (2:05.48, 2023)	2023	2:03.79*	4. Allie Jones	2022	8.32
6. Claudia Saunders	2016	2:04.43	5. Lindsey Johnson	2002	8.42
7. Anna Tovkach	2023	2:04.67*	6. Whitney Liehr	2008	8.61
8. Julia Heymach	2020	2:04.94	7. Undine Becker	2003	8.62
9. Amy Weissenbach (2:05.50, 2014)	2014	2:04.99*	8. Lillian Bush	2003	8.63
10. Malika Waschmann	2016	2:05.47	9. Robyn Woolfok	2002	8.67
11. Elise Cranny	2017	2:05.51	10. Alyssa Jones	2024	8.68

4x400-Meter Relay	Year	Time
1.	2023	3:31.71*
Alexa Rossum, Juliette Whittaker, Maya Valmon, Roisin Willis		
2.	2024	3:31.97*
Cydney Wright, Roisin Willis, Juliette Whittaker, Maya Valmon		
3.	2023	3:32.59
Maya Valmon, Roisin Willis, Alexa Rossum, Juliette Whittaker		
4.	2023	3:32.80
Alexa Rossum, Maya Valmon, Juliette Whittaker, Roisin Willis		
5.	2016	3:33.78
Gaby Gayles, Olivia Baker, Michaela Crunkleton Wilson, Kristyn Williams		
6.	2016	3:33.92
Kristyn Williams, Gaby Gayles, Michaela Crunkleton Wilson, Olivia Baker		
7.	2023	3:33.94
Maya Valmon, Roisin Willis, Alexa Rossum, Juliette Whittaker		
8.	2018	3:34.73
Carolyn Wilson, Gaby Gayles, Ashlan Best, Olivia Baker		
9.	2005	3:34.92
Christine Moschella, Janice Davis, Ashley Freeman, Ashley Purnell		
10.	2018	3:35.34*
Carolyn Wilson, Ashlan Best, Missy Mongiovi, Olivia Baker		
11.	2017	3:36.26*
Missy Mongiovi, Gaby Gayles, Michaela Crunkleton Wilson, Olivia Baker		
12.	2006	3:36.80*
Keisha Gaines, Nashonme Johnson, Chauntae Bayne, Janice Davis		
13.	2015	3:36.81
Kristyn Williams, Olivia Baker, Michaela Crunkleton Wilson, Gaby Gayles		

Distance Medley Relay (1,200, 400, 800, 1,600)	Year	Time
1.	2024	10:47.03
Lucy Jenks, Taylor James, Roisin Willis, Juliette Whittaker		
2.	2023	10:49.30*
Melissa Tanaka, Maya Valmon, Roisin Willis, Juliette Whittaker		
3.	2018	10:52.02
Vanessa Fraser, Missy Mongiovi, Elise Cranny, Christina Aragon		
4.	2022	10:53.37
Christina Aragon, Samantha Thomas, Ellie Deligianni, Julia Heymach		
5.	2015	10:53.66
Jessica Tonn, Olivia Baker, Claudia Saunders, Elise Cranny		
6.	2014	10:54.04
Amy Weissenbach, Kr. Williams, Claudia Saunders, Justine Fedronic		
7.	2016	10:54.58
Claudia Saunders, Kristyn Williams, Olivia Baker, Rebecca Mehra		
8.	2023	10:55.15
Juliette Whittaker, Maya Valmon, Roisin Willis, Melissa Tanaka		
9.	2020	10:55.89
Ella Donaghu, Ashlan Best, Julia Heymach, Jessica Lawson		
10.	2023	10:56.34
Melissa Tanaka, Maya Valmon, Roisin Willis, Juliette Whittaker		
11.	2022	10:57.74*
Lucy Jenks, Samantha Thomas, Ellie Deligianni, Julia Heymach		
12.	2009	10:58.49
Alicia Follmar, Idara Otu, Maria Lattanzi, Lauren Centrowitz		

High Jump	Year	Mark
1. Lisa Bernhagen	1987	6-5 1/2 (1.97)
2. Tracye Lawyer	1997	6-0 3/4 (1.85)
Alyssa Jones	2024	6-0 3/4 (1.85)
4. Kimberly Stone	2001	5-10 3/4 (1.80)
5. Rachel Reichenbach	2017	5-8 3/4 (1.74)
6. Tessa Flippin	2009	5-8 1/2 (1.72)
7. Karen Lysaght	1983	5-8 (1.72)
Denise Gaztambide	1984	5-8 (1.72)
Peggy Odita	1989	5-8 (1.72)
Lauren Stewart	2007	5-8 (1.72)

Pole Vault	Year	Mark
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. Sky Schuller	2024	13-3 (4.04)
6. Katie Zingheim	2012	13-1 1/2 (4.00)
7. Anna McFarlane	2006	13-1 (3.99)
Laurel Wong	2023	13-1 (3.99)
9. Lianne Kistler	2024	13-0 3/4 (3.98)
Kathleen Donoghue	2002	13-0 1/4 (3.97)

Long Jump	Year	Mark
1. Alyssa Jones	2023	22-1 1/2 (6.74)
2. Jackie Edwards	1992	21-8 3/4 (6.62)
3. Erica McLain	2008	21-4 (6.50)
4. Arantxa King	2008, '12	21-0 3/4 (6.42)
5. Karynn Dunn	2012	21-0 1/2 (6.41)
6. Griffin Matthew	2007	20-6 1/2 (6.26)
Alaysia Oakes	2024	20-6 1/2 (6.26)
8. Sabrina Nettey	2008	20-5 (6.22)
Brittini Dixon-Smith	2011	20-5 (6.22)
10. Whitney Liehr	2011	20-4 1/4 (6.20)

Triple Jump	Year	Mark
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	Year	Mark
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 Yungmans	2006	49-11 3/4 (15.23)
8. Katrinka Jackson	1997	47-6 1/4 (14.48)
9. Kaiah Fisher	2024	46-10 3/4 (14.29)
10. Gina Heads	1995	46-6 1/4 (14.18)

20-lb Weight	Year	Mark
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. Jordan Fong	2022	57-5 1/2 (17.51)
6. Sarah Hopping	2005	56-8 1/2 (17.28)
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	Year	Points
1. Alyssa Jones	2024	4,127*
2. Whitney Liehr	2009	4,063
3. Allie Jones (3,996, 2022)	2022	4,055*
4. Lauren Stewart	2008	3,924*
5. Elise Miller	2023	3,700
6. Karynn Dunn	2010	3,686*
7. Brittany McGee	2016	3,611
8. Madeline Treasure	2012	3,534*
9. Giana Gayles	2019	3,525
10. Sally Mills	2004	3,417*

Also:

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

300 Meters	Year	Time
1. Cydney Wright	2024	38.13
2. Shataya Hendricks	2008	39.43
3. Trinity Price	2023	39.63
4. Samantha Thomas	2023	39.69
5. Camille Peisner	2024	40.00
6. Sage Hinton	2023	40.09
7. Idara Otu	2008	40.15
8. Margaret Demorest	1982	40.7
9. Rachel Nelson	2024	41.42
10. Madison Romain	2024	42.04

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

600 Meters	Year	Time
1. Olivia Baker	2017	1:28.22*
2. Carolyn Wilson	2018	1:29.71*
3. Taylor James	2024	1:30.71*
4. Claudia Saunders	2014	1:30.82*
5. Missy Mongiovi	2018	1:31.64*
6. Kaitlyn Williams	2014	1:31.94*
7. Malika Waschmann	2015	1:33.69*
8. Cate Peters	2023	1:33.91
9. Tess Michaelson	2015	1:34.89*
10. Amelia Everett	2024	1:35.43*

1,000 Meters	Year	Time
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*

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

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

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
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 Odit	1989	8.19
Robyn Woolfolk	1999	8.19

Mile Relay	Year	Time
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		

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

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