

STANFORD WOMEN'S TRACK AND FIELD

OUTDOOR ALL-TIME TOP 10

Thru 2025

100 Meters	Year	Time	3,000-Meter Steeplechase	Year	Time
1. Chauntae Bayne	2006	11.15	1. Lindsay Allen	2007	10:01.53
2. Chryste Gaines	1992	11.16	2. Katy Trotter	2004	10:07.55
3. Alyssa Jones	2025	11.20	3. Laura Turner	2002	10:07.77
4. Janice Davis	2006	11.24	4. Danielle Katz	2016	10:11.11
5. Alexa Rossum	2021	11.29	5. Emilie Amaro	2009	10:11.68
6. Teagan Zwaanstra	2025	11.37	6. Mary Kate Anselmini	2012	10:15.16
7. Shataya Hendricks	2012	11.38	7. Jordan Oakes	2018	10:17.14
8. Jakki Bailey	2007	11.45	8. Jeane Goff	2005	10:17.51
Griffin Matthew	2008	11.45	9. Maddie O'Meara	2010	10:20.30
Katie Nelms	2012	11.45	10. Riley Stewart	2024	10:22.84
200 Meters	Year	Time	5,000 Meters	Year	Time
1. Chauntae Bayne	2006	22.78	1. Vanessa Fraser	2018	15:09.62
2. Alexa Rossum	2021	22.96	2. Sophia Kennedy	2025	15:11.12
3. Chryste Gaines	1992	23.00	3. Aisling Cuffe	2014	15:11.13
4. Janice Davis	2006	23.09	4. Jessica Tonn	2015	15:18.85
5. Ashlan Best	2019	23.21	5. Lauren Fleshman	2003	15:20.44
6. Katie Nelms	2012	23.36	6. Zofia Dudek	2025	15:23.46
7. Cydney Wright	2023	23.37	7. Sara Bei	2005	15:24.74
8. Griffin Matthew	2010	23.41	8. Alicia Craig	2003	15:25.73
9. Ashley Purnell	2005	23.43	9. PattiSue Plumer	1984	15:29.0
Carissa Levingston	2010	23.43	10. Ella Donaghu	2021	15:29.42
400 Meters	Year	Time	10,000 Meters	Year	Time
1. Maya Valmon	2023	51.71	1. Alicia Craig	2004	32:19.97
2. Chauntae Bayne	2006	52.35	2. Kim Schnurpfeil	1982	33:06.09
3. Nashonme Johnson	2004	52.40	3. Abbie McNulty	2018	33:07.41
4. Cydney Wright	2024	52.51	4. Vanessa Fraser	2018	33:10.84
5. Kristyn Williams	2014	52.70	5. Carol Gray	1988	33:13.38
6. Ashlan Best	2019	52.86	6. Ellen Lyons	1981	33:16.0
7. Roisin Willis	2025	52.89	7. Stephanie Marcy	2011	33:18.18
8. Janice Davis	2006	52.93	8. Grace Connolly	2023	33:19.28
9. Olivia Baker	2018	53.03	9. Alex Gits	2008	33:19.42
10. Gaby Gayles	2018	53.18	10. Audrey DaDamio	2023	33:21.12
800 Meters	Year	Time	100-Meter Hurdles	Year	Time
1. Juliette Whittaker	2024	1:57.76	1. Kori Carter	2013	12.76
2. Roisin Willis	2025	1:58.13	2. Katie Nelms	2012	13.00
3. Olivia Baker	2018	2:00.08	3. Allie Jones	2021	13.37
4. Claudia Saunders	2015	2:00.63	4. Tess Stapleton	2024	13.47
5. Justine Fedronic	2013	2:00.97	5. Lindsey Johnson	2003	13.48
6. Amy Weissenbach	2013	2:00.98	6. Whitney Liehr	2009	13.73
7. Julia Heymach	2021	2:02.91	7. Bernadette Armand	1997,'98	13.79
8. Ellie Deligianni	2022	2:03.47	Deborah Akinniyi	2008	13.79
9. Joy O'Hare	2012	2:04.29	9. Lillian Bush	2003	13.83
10. Malindi Elmore	2003	2:04.35	10. Robyn Woolfolk	1999	13.86
			Tracye Lawyer	1999	13.86
1,500 Meters	Year	Time	400-Meter Hurdles	Year	Time
1. Julia Heymach	2021	4:04.84	1. Kori Carter	2013	53.21
2. Elise Cranny	2018	4:09.49	2. Samantha Thomas	2024	57.40
3. Christina Aragon	2018	4:09.59	3. Pam Board	1987	58.31
4. Ella Donaghu	2021	4:09.66	4. Undine Becker	2005	58.59
Melissa Tanaka	2023	4:09.66	5. Lindsey Johnson	2003	58.84
6. Vanessa Fraser	2018	4:09.74	6. Katie Nelms	2011	58.91
7. Lauren Centrowitz	2009	4:10.23	7. Idara Otu	2009	59.00
8. Malindi Elmore	2003	4:10.42	8. Kala Stepter	2013	59.42
9. Jessica Lawson	2019	4:11.06	9. Sevilla Duran	2025	59.60
10. Rebecca Mehra	2017	4:11.97	10. Hannah Labrie-Smith	2016	59.67

4x100-Meter Relay	Year	Time
1.	2023	43.69
Cydney Wright, Alyssa Jones, Maya Valmon, Alexa Rossum		
2.	2023	43.77
Cydney Wright, Alyssa Jones, Maya Valmon, Alexa Rossum		
3.	2025	43.84
Teagan Zwaanstra, Alyssa Jones, Alysia Oakes, Sage Hinton		
4.	2025	43.98
Teagan Zwaanstra, Alyssa Jones, Alysia Oakes, Sage Hinton		
5.	2024	44.01
Tess Stapleton, Cydney Wright, Teagan Zwaanstra, Alyssa Jones		
6.	2012	44.07
Shataya Hendricks, Carissa Levingston, Katie Nelms, Kori Carter		
7.	2004	44.18
Janice Davis, Nashonme Johnson, Christine Moschella, Ashley Purnell		
8.	2012	44.25
Shataya Hendricks, Carissa Levingston, Katie Nelms, Kori Carter		
9.	2005	44.28
Nashonme Johnson, Janice Davis, Christine Moschella, Ashley Purnell		
10.	2006	44.32
Janice Davis, Chauntae Bayne, Jakki Bailey, Nashonme Johnson		

4x400-Meter Relay	Year	Time
1.	2005	3:29.39
Christine Moschella, Janice Davis, Ashley Freeman, Nashonme Johnson		
2.	2023	3:29.43
Cydney Wright, Juliette Whittaker, Roisin Willis, Maya Valmon		
3.	2023	3:30.98
Cydney Wright, Juliette Whittaker, Alexa Rossum, Maya Rossum		
4.	2016	3:31.13
Gaby Gayles, Olivia Baker, Michaela Crunkleton Wilson, Kristyn Williams		
5.	2018	3:31.39
Missy Mongiovi, Ashlan Best, Gaby Gayles, Olivia Baker		
6.	2023	3:31.64
Cydney Wright, Alexa Rossum, Maya Valmon, Juliette Whittaker		
7.	2018	3:31.65
Carolyn Wilson, Gaby Gayles, Missy Mongiovi, Olivia Baker		
8.	2024	3:31.66
Maya Valmon, Roisin Willis, Juliette Whittaker, Samantha Thomas		
9.	2005	3:32.23
Christine Moschella, Ashley Purnell, Nashonme Johnson, Janice Davis		
10.	2024	3:32.51
Maya Valmon, Roisin Willis, Juliette Whittaker, Samantha Thomas		

High Jump	Year	Mark
1.	2025	6-2 3/4 (1.90)
2.	1987	6-2 (1.88)
3.	1997,'98	6-0 (1.83)
4.	1984	5-11 1/2 (1.82)
Kimberly Stone		
6.	2003	5-11 1/2 (1.82)
Rachel Reichenbach		
7.	2019	5-10 3/4 (1.80)
Peggy Odita		
Julie Tinker		
Lindsey Gannaway		
Lauren Stewart		
2001		
2005		
2007		

Pole Vault	Year	Mark
1.	2012	14-9 1/2 (4.51)
2.	2019	14-2 (4.32)
3.	2018	13-10 (4.22)
4.	2023	13-8 1/4 (4.17)
5.	2011	13-7 3/4 (4.16)
6.	2002	13-5 1/4 (4.10)
7.	2024	13-3 3/4 (4.06)
8.	2003	13-2 1/4 (4.02)
9.	2025	13-1 1/2 (3.97)
10.	1999	13-0 1/4 (3.97)

Long Jump	Year	Mark
1.	2023	22-6 1/4 (6.86)
2.	1991	21-10 1/4 (6.66)
3.	2010	21-6 3/4 (6.57)
4.	2008	21-6 1/4 (6.56)
5.	2012	21-6 (6.55)
6.	2010	21-1 1/2 (6.44)
7.	2011	20-11 3/4 (6.39)
8.	1981	20-10 (6.35)
9.	2024	20-7 1/4 (6.28)
10.	2025	20-6 1/2 (6.26)

Triple Jump	Year	Mark
1.	2007	46-5 1/4 (14.15)
2.	2011	44-1 1/4 (13.44)
3.	2019	43-5 1/4 (13.24)
4.	1992	43-4 1/2 (13.22)
5.	2010	43-2 1/4 (13.16)
6.	2025	42-5 1/4 (12.93)
7.	2018	42-4 3/4 (12.92)
8.	2009	42-2 (12.85)
9.	2006	42-1 1/2 (12.84)
10.	2016	41-11 1/4 (12.78)

Shot Put	Year	Mark
1.	2004	59-6 3/4 (18.15)
2.	2018	59-4 1/4 (18.09)
3.	1984	57-1 (17.40)
4.	2013	54-4 3/4 (16.58)
5.	2008	53-10 1/4 (16.41)
6.	1989	53-0 (16.15)
7.	2009	52-8 (16.05)
8.	1985	51-7 1/2 (15.74)
9.	2015	50-11 (15.52)
10.	2025	50-10 (15.49)

Discus	Year	Mark
1.	2018	208-6 (63.55)
2.	1983	207-8 (63.30)
3.	2000	190-0 (57.92)
4.	2019	185-1 (56.41)
5.	2015	182-7 (55.65)
6.	1985	180-5 (55.00)
7.	1989	179-9 (54.80)
8.	2024	176-9 (53.89)
9.	2002	175-3 (53.42)
10.	2025	173-8 (52.94)

Hammer	Year	Mark
1. Sarah Hopping	2006	219-8 (66.96)
2. Valarie Allman	2018	208-10 (63.65)
3. Jordan Fong	2022	203-9 (62.11)
4. Jaynie Goodbody	2010	200-5 (61.08)
5. Jessica Pluth	2002	196-2 (59.79)
6. Maureen Onyeagbako	2001	192-11 (58.81)
7. Lena Giger	2015	190-3 (57.99)
8. Carol Cady	1984	188-8 (57.50)
9. Katy Elsbury	2005	186-8 (56.91)
10. Donielle Colich	2004	185-8 (56.60)

Javelin	Year	Mark
1. Mackenzie Little	2018	198-0 (60.36)
2. Jenna Gray	2018	187-11 (57.29)
3. Brianna Bain	2013	183-10 (56.03)
4. Virginia Miller	2022	181-3 (55.26)
5. Megan Glasmann	2014	175-0 (53.35)
6. Danielle Maier	2008	174-0 (53.04)
7. Eda Karesin	2011	172-11 (52.72)
8. Abbey Moody	2024	159-0 (48.47)
9. Allison Beatty	1999	158-7 (48.35)
10. Erin Merriman	2005	158-3 (48.23)

Heptathlon	Year	Points
1. Allie Jones	2022	5,832
2. Tracye Lawyer	1998	5,809
3. Lillian Bush	2003	5,519
4. Whitney Liehr	2009	5,459
5. Lauren Stewart	2008	5,440
6. Peggy Odita	1989	5,439
7. Julie Tinker	2001	5,432
8. Denise Gaztambide	1986	5,392
9. Joy Goff	2000	5,133
10. Katrinka Jackson	1997	5,023

Note: Lawyer scored a wind-aided 5,855 in 1999.

Also:		
Javelin (pre-1999)	Year	Mark
1. Erica Wheeler	1988	192-2 (58.58)
2. Mary Osborne	1989	181-3 (55.26)
3. Jen McCormick	1994	178-10 (54.50)
4. Sami Jo Small	1995	175-11 (53.62)

Mile	Year	Mark
1. Aisling Cuffe	2016	4:36.23

Sprint Medley Relay (200,200,400,800) Year	Time
1. 2018	3:41.59
Gaby Gayles, Ashlan Best, Carolyn Wilson, Olivia Baker	

Distance Medley Relay (1200,400,800,1600) Year	Time
1. 2023	10:50.56
Melissa Tanaka, Maya Valmon, Roisin Willis, Juliette Whittaker	
2. 2015	11:11.07
Jessica Tonn, Kristyn Williams, Claudia Saunders, Elise Cranny	