



TRACK AND FIELD

CAREER INDOOR TOP 10

60-METER DASH

1.	Aurieyall Scott	7.13	Mar. 24, 2013
2.	Octavious Freeman	7.15	Mar. 10, 2012
3.	Rayniah Jones	7.23	Feb. 4, 2022
4.	Dominique Booker	7.24	Feb. 11, 2011
5.	l'Asia Wilson	7.26	Feb. 2, 2024
6.	Janyah Jasper	7.29	Feb. 25, 2023
7.	Daija Lampkin	7.33	Feb. 2, 2023
	J'Nea Bellamy	7.33	Feb. 28, 2016
9.	Ciara Hoback	7.34	Feb. 7, 2022
	Beyonce Defreitas	7.34	Feb. 24, 2023

1,000-METER RUN

1.	Charlotte Crook	2:52.16	Jan. 19, 2024
2.	Mariana Rodriguez	2:53.53	Jan. 20, 2023
3.	Karen Kozub	2:56.37	Feb. 2, 2007
4.	Abigail Stratton	2:57.59	Feb. 23, 2024
5.	Amelia Williams	2:57.73	Jan. 24, 2014
6.	Amirah Johnson	2:58.10	Jan. 22, 2016
7.	Kaitlyn Soltis	2:59.81	Jan. 11, 2020
8.	Marissa Codisspodi	3:00.51	Jan. 12, 2018
9.	Bethany Williams	3:00.69	Jan. 12, 2018
10.	Cyndni Turner	3:01.05	Jan. 22, 2022

200-METER DASH

1.	Aurieyall Scott	22.68	Feb. 10, 2013
2.	Octavious Freeman	22.72	Mar. 8, 2013
3.	Dominique Booker	23.26	Jan. 29, 2011
4.	Kiah Williams	23.33	Feb. 23, 2024
5.	Beyonce Defreitas	23.34	Feb. 25, 2023
6.	Rayniah Jones	23.35	Feb. 25, 2022
7.	Shian Hyde	23.37	Jan. 11, 2020
	Daija Lampkin	23.37	Feb. 10, 2023
9.	Briana Vaughn	23.51	Feb. 28, 2016
10.	Shelia Paul	23.55	Feb. 25, 2011

3,000-METER RUN

1.	Anne-Marie Blaney	9:18.87	Jan. 20, 2017
2.	Isabella Richardson	9:39.66	Feb. 10, 2023
3.	Mariana Rodriguez	9:50.00	Jan. 26, 2023
4.	Penelope Sosa	9:54.48	Feb. 25, 2023
5.	Sonja Shedden	9:57.3	Feb. 1, 2002
6.	Ali Del Re	9:58.60	Jan. 26, 2024
7.	Charlotte Crook	9:59.24	Feb. 22, 2019
8.	Camryn Williams	10:02.07	Feb. 26, 2022
9.	Holly Wooley	10:02.21	Jan. 15, 2016
10.	Victoria Jung	10:03.18	Jan. 31, 2019

400-METER DASH

1.	Latasha Smith	52.32	Feb. 25, 2022
2.	Kiah Williams	52.97	Feb. 25, 2023
3.	Ashley Jocelyn	53.45	Feb. 28, 2016
4.	Afia Charles	53.75	Feb. 28, 2014
5.	Champelle Brown	54.26	Feb. 25, 2011
6.	Danielle Bess	54.33	Feb. 25, 2022
7.	Aurieyall Scott	55.00	Jan. 19, 2013
8.	Samieriah Bradwell	55.11	Feb. 29, 2020
9.	Lizzie Harris	55.18	Feb. 2, 2008
10.	Rosie Chamberlain	55.20	Feb. 24, 2017

5,000-METER RUN

1.	Anne-Marie Blaney	15:49.26	March 10, 2017
2.	Sonja Shedden	16:48.07	Feb. 1, 2002
3.	Isabella Richardson	17:05.45	Feb. 24, 2023
4.	Holly Wooley	17:10.14	Feb. 28, 2016
5.	Jenny Clausen	17:26.67	Feb. 23, 2007
6.	Ali Del Re	17:33.31	Feb. 9, 2024
7.	Penelope Sosa	17:36.31	Feb. 24, 2023
8.	Valerie Lastra	17:41.89	Feb. 4, 2022
9.	Heather Classe	17:46.58	Feb. 23, 2013
10.	Paige Jaszczak	17:47.15	Feb. 9, 2024

800-METER RUN

1.	Rosie Chamberlain	2:05.77	Feb. 11, 2017
2.	Erica Winston	2:08.50	Feb. 14, 2014
3.	Charlotte Crook	2:09.02	Feb. 5, 2022
4.	Katie Pinnell	2:09.09	Feb. 12, 2022
5.	Shantile Blackburn	2:09.13	Jan. 31, 2009
6.	Abigail Stratton	2:09.26	Feb. 10, 2024
7.	Ne'Ausha Logan	2:09.42	Feb. 8, 2013
8.	Caroline Pauls	2:11.06	Feb. 27, 2015
9.	Hannah Taylor	2:11.41	Jan. 12, 2024
10.	Karin Dobiasch	2:11.47	Jan. 26, 2024

60-METER HURDLES

1.	Rayniah Jones	7.90	Feb. 26, 2022
2.	Jackie Coward	8.02	Mar. 9, 2012
3.	Adaobi Tabugbo	8.13	Feb. 23, 2024
4.	Kaylor Harris	8.15	Feb. 10, 2023
5.	Tiki James	8.17	Mar. 7, 2009
6.	Lutisha Bowen	8.18	Feb. 23, 2013
7.	Adaobi Tabugbo	8.20	Jan. 19, 2024
8.	Karessa Farley	8.23	Mar. 5, 2011
9.	Selena Wright	8.28	Feb. 13, 2021
10.	Mica Wimberly	8.28	Feb. 13, 2021

MILE

1.	Anne-Marie Blaney	4:45.06	Jan. 27, 2017
2.	Charlotte Crook	4:47.77	Feb. 11, 2022
3.	Valerie Lastra	4:51.75	Feb. 13, 2021
4.	Mariana Rodriguez	4:51.89	Feb. 10, 2023
5.	Abigail Stratton	4:52.44	Feb. 9, 2024
6.	Lillian Holtery	4:53.01	Feb. 10, 2023
7.	Isabella Richardson	4:56.23	Jan. 20, 2023
8.	Amirah Johnson	4:56.27	Feb. 28, 2016
9.	Rosie Chamberlain	4:58.43	Feb. 28, 2020
10.	Victoria Jung	4:58.76	Feb. 8, 2020

HIGH JUMP

1.	Lizzie Harris	5-10.75/1.80m	Mar. 14, 2008
2.	Allison Lampert	5-8.75/1.75m	Jan. 23, 2015
3.	Kaliah Jones	5-8.5/1.74m	Feb. 26, 2022
4.	Natosha Jordan	5-7.25/1.71m	Feb. 23, 2018
	Natalia Madison	5-7.25/1.71m	Feb. 24, 2023
6.	Sonnisha Williams	5-6.50/1.69m	Jan. 22, 2011
	Katorie Stinney	5-6.50/1.69m	Feb. 23, 2007
8.	Sheree Carter	5-6/1.68m	Jan. 27, 2006
9.	Sandy Jean-Claude	5-5/1.66m	Jan. 11, 2011
	Brittany Floyd	5-5/1.66m	Feb. 4, 2022

TRACK AND FIELD

CAREER INDOOR TOP 10

POLE VAULT

1.	Erica Weiss	12-2.50/3.72m	Jan. 28, 2012
2.	Paige Byrnes	12-0.5/3.67m	Feb. 28, 2016
3.	Anna Chamness	11-11.75/3.65m	Feb. 18, 2017
4.	Katie Fowke	11-7.75/3.55m	Feb. 24, 2007
5.	Michelle Teuton	11-5.75/3.50m	Feb. 10, 2006
6.	Madison Bryan	11-3/4.43m	Feb. 8, 2019
7.	London Enos	10-11.75/3.35m	Feb. 26, 2011
	Kelsey Bealert	10-11.75/3.35m	Jan. 26, 2007
9.	Brittney McDermott	10-6/3.20m	Jan. 13, 2007
10.	Tracy Fischler	10-0/3.05m	Feb. 25, 2006

LONG JUMP

1.	Sonnisha Williams	20-9/6.32m	Feb. 25, 2012
2.	Jen Clayton	20-4.50/6.21m	Mar. 2, 2013
	Asherah Collins	20-4.50/6.21m	Feb. 10, 2023
4.	Jasmine Scott-Kilgo	20-1.75/6.14m	Jan. 20, 2023
5.	Dione Thomas	19-11.50/6.08m	Feb. 2, 2008
6.	Leiya Green	19-10.75/6.06m	Feb. 11, 2022
7.	Jacquelyn Gilchrist	19-10.25/6.05m	Feb. 25, 2012
8.	Alexis Faulknor	19-8/5.99m	Jan. 25, 2013
9.	Natalia Madison	19-6/5.94m	Jan. 19, 2024
10.	Corliss Cade	19-5.5/5.93m	Mar. 2, 2000

TRIPLE JUMP

1.	Dione Thomas	43-7/13.28m	Mar. 7, 2009
2.	Ashera Collins	43-1.75/13.15m	Feb. 25, 2022
3.	Daneesha Davidson	42-6.75/12.97m	Feb. 22, 2019
4.	Jasmine Scott-Kilgo	42-6/12.95m	Feb. 25, 2022
5.	Tomika Story	41-4.50/12.61m	Feb. 26, 2010
6.	Kiara Lee	41-2.5/12.56m	Feb. 25, 2022
7.	LaTrica Firby	41-1/12.52m	Feb. 10, 2001
8.	Jacquelyn Gilchrist	40-11/12.47m	Jan. 13, 2012
9.	Jen Clayton	40-4.25/12.30m	Mar. 1, 2014
10.	Natalia Madison	39-11.25/12.17m	Feb. 11, 2022

SHOT PUT

1.	Jhane' Carter	50-10/15.49m	Feb. 6, 2016
2.	Tara Daniels	49-10/15.19m	Feb. 6, 2016
3.	Precious Ogunleye	49-9.25/15.17m	Feb. 24, 2013
4.	Lakendra Thames	48-10.75/14.90m	Jan. 30, 2010
5.	Shanell Atkins	48-4.5/14.74m	Jan. 25, 2019
6.	Kelsey Poljanesk	47-10.50/14.59m	Feb. 28, 2009
	Destinee Romain	46-11.5/14.31m	Feb. 14, 2014
7.	Courtney Morgan	45-3/13.79m	Jan. 18, 2019
8.	Tiffany Roebuck	45-2.5/13.78m	Feb. 25, 2006
9.	Soteria Russell	44-7/13.59m	Feb. 8, 2019

WEIGHT THROW

1.	Chelsea Gobourne	67-5.5/20.56m	Feb. 24, 2017
2.	Gabby Durant	67-2.25/20.48m	Jan. 31, 2019
3.	Kalen Hambrick	65-9/20.04m	Feb. 28, 2016
4.	Jhane' Carter	65-8.25/20.02	Feb. 22, 2019
	Destinee Romain	65-8.25/20.02m	Feb. 23, 2014
6.	Tayla Greene	63-9.5/19.44m	Feb. 28, 2016
7.	Precious Ogunleye	62-7.75/19.09m	Feb. 23, 2013
8.	Shanell Atkins	61-7.5/18.78m	Feb. 8, 2019
9.	Lakendra Thames	61-5.50/18.83m	Jan. 30, 2010
10.	Chloe Hill	58-3.75/17.77m	Jan. 21, 2022

PENTATHLON

1.	Brittany Floyd	3,865 pts.	Feb. 4, 2022
2.	Natalia Madison	3,794 pts.	Jan. 19, 2024
3.	Holly Cassels	3,723 pts.	Feb. 23, 2024
4.	Lizzie Harris	3,653 pts.	Feb. 28, 2009
5.	Sheree Carter	3,600 pts.	Feb. 2, 2008
6.	Devinn Cartwright	3,586 pts.	Jan. 21, 2015
7.	Jamie Pew	3,585 pts.	2002
8.	Samantha Shields	3,576 pts.	Jan. 31, 2010
9.	Natosha Jordan	3,454 pts.	Feb. 23, 2018
10.	Y'Vette Harris	3,440 pts.	Jan. 19, 2024

4X400-METER RELAY

1.	Brown, Charles Jean, Scott	3:34.00	Mar. 5, 2011
2.	Brown, Coward Charles, Scott	3:36.03	Feb. 12, 2011
3.	Charles, Williams Logan, Scott	3:37.78	Feb. 9, 2013
4.	Williams, Smith Defreitas, Kirkland	3:37.94	Feb. 10, 2023
5.	Charles, Logan Jean, Nieuwendam	3:38.14	Feb. 28, 2014
6.	Williams, Bess Bradwell, Smith	3:38.18	Feb. 4, 2022
7.	Jean, Nieuwendam Henry, Jocelyn	3:39.15	Feb. 28, 2015
8.	Charles, Winston Logan, Nieuwendam	3:39.50	Feb. 14, 2014
9.	Taylor, Williams Harris, Kirkland	3:39.63	Feb. 23, 2024
10.	Gallmon, Bradwell Defreitas, Smith	3:40.73	Feb. 15, 2020

DISTANCE MEDLEY

1.	Rodriguez, Defreitas Pinnel, Crook	11:29.94	Feb. 26, 2022
2.	Pauls, Jocelyn Chamberlain, Blaney	11:32.85	Jan. 15, 2016
3.	Williams, Nieuwendam Chamberlain, Blaney	11:33.29	Jan. 30, 2015
4.	Rodriguez, Pinnel, Hughes, Holtery	11:39.04	Feb. 24, 2023
5.	Stratton, Taylor Dobiasch, Holtery	11:41.03	Jan. 26, 2024
6.	Codispodi, Jocelyn Chamberlain, Blaney	11:44.30	Jan. 20, 2017
7.	Jung, Gallmon Soltis, Crook	11:51.98	Feb. 28, 2020
8.	Logan, Rose Winston, Blaney	11:55.07	Jan. 11, 2013
9.	Crook, Drake-Howard Pinnel, Jung	11:55.55	Feb. 22, 2019
10.	Forrester, Crear Tejeda, Codispodi	11:56.76	Feb. 24, 2017