



WOMEN'S OUTDOOR TRACK & FIELD ALL-TIME TOP 10

HAMMER

Ashley Harbin	209' 0"	2008
Rhonda Snyder	185' 4"	2000
Andrea Cerbie	172' 11"	2008
Vicky Melroy	166' 9"	2009
Rachel Pena	162' 9"	2011
Hope McCorkle	158' 5"	1998
Liz Graybill	157' 1"	2010
Osasumwen Izevbogie	156' 8"	2008
Larissa Bellamy	154' 6"	2004
Jackie Bingham	154' 1"	2003
Emily Durbin	154' 1"	1995

Javelin (new rules/1999-)

Alexandra Hunsberger	144' 0"	2011
Jackie Bingham	143' 3"	2003
Alana Taylor	142' 1"	2010
Lori Cooper	141' 0"	2007
Carrie Strong	140' 7"	1999
Maria Kinzel	136' 1"	2002
Jill Schane	133' 11"	2001
Allison Tether	133' 8"	2007
Taren Weidaw	131' 8"	2004
Jerri Pelletier	127' 3"	2003

DISCUS

Jamie Houston	152' 10"	1997
Ashley Harbin	146' 11"	2008
Gwen Steckel	142' 0"	2011
Liz Graybill	131' 7"	2008
Shannon Dorsey	130' 11"	2006
Jeanette Gambosi	130' 9"	1984
Rhonda Snyder	129' 9"	2000
Penny Erisman	128' 11"	1991
Kelsey Slater	127' 9"	2009
Ryanne Segalla	126' 11"	1996

SHOT PUT

Osasumwen Izevbogie	48' 1 3/4"	2007
Rhonda Snyder	44' 7 1/2"	1999
Hope McCorkle	44' 6 3/4"	1998
Pam Glennon	43' 1"	2007
Larissa Bellamy	42' 1 1/4"	2005
Vicky Melroy	40' 11 3/4"	2006
Noreen Chamberlain	40' 8"	1986
Penny Erisman	40' 6 1/4"	1988
Debbie Cooper	40' 1"	1985
Andrea Cerbie	40' 3/4"	2005

100M

Sharon Lukenda	12.05	1986
Janica Austin	12.09	2008
Asia Hollis	12.12	2008
Tina Beth Pina	12.24	1991
Medinah Salaam	12.24*	1998
Kelly Clyde	12.29	2011
Suzette Francois	12.29	1986
Vanessa Youngs	12.35	2007
Kisha Thomas	12.38	2006
Denise Clarke	12.44	1997
<i>*converted hand time</i>		

200M

Sharon Lukenda	24.84*	1984
Asia Hollis	25.07	2008
Vanessa Youngs	25.21	2007
Tina Beth Pina	25.26	1991
Kelly Clyde	25.39	2011
Suzette Francois	25.39	1987
Medinah Salaam	25.50	1998
Natalie Bosserman	25.57	2004
Elizabeth Hollowell	25.71	2004
Sadie Wetherbee	25.77	2002
<i>*converted hand time</i>		

400M

Asia Hollis	56.56	2008
Kate Evangelista	57.10	2006
Natalie Bosserman	57.25	2003
Kyara Gray	57.28	2010
Elizabeth Hollowell	57.83	2004
Deborah Fink	57.89	2006
Jayne O'Brien	57.92	1985
Meaghan Darling	58.12	2006
Dorothea Sepulveda	58.21	1987
Leslie McCant	58.43	1992

800M

Anna Sherman	2:10.69	2002
Kate Detterline	2:13.08	1997
Megan Baker	2:13.39	2005
Lauren McHale	2:14.14	2002
Margaret Bruno-Metzger	2:14.28	2010
Carrie Strong	2:14.32	1999
Colleen Gleeson	2:14.74	1997
Allison Hawkey	2:15.14	2011
Nathalie Marquis	2:16.67	1992
Mary Beth Townsend	2:16.84*	1991
<i>*converted hand time</i>		

POLE VAULT

Elise Buffinton	11' 9 3/4"	2011
Ambyr Craw	11' 6"	2002
Olivia Tusinski	11' 6"	2002
Daria Szkwarko	11' 5 3/4"	2006
Kim Miller	11' 0"	2000
Brooke Kohler	10' 10"	2011
Rebecca Slotkin	10' 6"	2011
Jennifer Kihm	10' 6"	2008,2010
Kelly Hinkel	10' 6"	2008
Tobie Langsam	10' 0"	2006

HIGH JUMP

Carrie Strong	5' 9"	1998
Kristen Kalinowski	5' 7"	2006, 2008
Beth Loretz	5' 6 1/2"	2000
Susan Waters	5' 6"	1997
Jessica Buzzell	5' 5"	2009
Leigh Kalinowski	5' 5"	2006
Maggie Gray	5' 5"	1989
Sharon Lukenda	5' 3 3/4"	1983
Danielle Sliva	5' 3"	2006

LONG JUMP

Jessica Buzzell	18' 10 3/4"	2008
Joelle Neilson	18' 10 1/2"	2011
Shannon Brennan	18' 7 1/4"	1993
Kerriann Borke	18' 7"	2011
Denise Clarke	18' 4 1/2"	1997
Emily Cholak	18' 4 1/4"	2008
Noreen Chamberlain	18' 4"	1988
Jodi Bruder	18' 1/2"	1999
Jodi Walsh	17' 11 1/4"	1999
Stephanie Hazlett	17' 6 1/4"	2009,2010

TRIPLE JUMP

Joelle Neilson	39' 2 1/2"	2011
Kelly Barrett	39' 1/4"	1999
Emily Cholak	38' 11 1/2"	2006
Kerriann Borke	38' 6 3/4"	2011
Shannon Brennan	37' 6 1/2"	1994
Colleen Becker	37' 3"	2004
Jodi Walsh	37' 1/2"	1999
Laura Lindquist	36' 9"	1997
Robin Bell	36' 8 1/4"	1985
Noreen Chamberlain	36' 6 3/4"	1988

HEPTHALON

Carrie Strong	5240 Pts.	1999
Sharon Lukenda	4899 Pts	1984
Kristen Kalinowski	4725 Pts	2008
Debbie Cooper	4349 Pts	1985
Stephanie Hazlett	4100 Pts	2010
Leigh Kalinowski	3871 Pts	2006
Jodi Bruder	3849 Pts.	1998
Monika Sajduk	3780 Pts	2004
Ambyr Craw	3651 Pts.	1999

1500M

Mary Beth Townsend	4:32.94*	1991
Lauren McHale	4:33.56	2002
Margaret Bruno-Metzger	4:34.56	2010
Nathalie Marquis	4:34.94	1991
Katie Schultes	4:35.27	2007
Hannah Tuson	4:40.70	2004
Amy Lion	4:41.53	1998
Renee Robbins	4:41.64	1986
Sarah Welsh-Huggins	4:42.39	2011
Christine Wittich	4:45.25	2007

**converted hand time*

3000M

Mary Beth Townsend	9:35.94	1991
Renee Robbins	9:56.54	1988
Nathalie Marquis	9:56.74	1992
Katie Schultes	9:57.08	2007
Rian Landers	10:02.20	2003
Laura Nann	10:20.28	2002
Megan Smith	10:21.54	1997
Beth Richey	10:23.44	1997
Emma Vialpando	10:25.04	1997
Julie Gloss	10:26.14	1994

5000M

Rian Landers	17:08.44	2003
Megan Smith	17:20.18	1997
Renee Robbins	17:21.24	1986
Katie Schultes	17:27.80	2006
Laura Nann	17:42.68	2002
Autumn Karwiel	17:47.09	2007
Nathalie Marquis	17:52.68	1992
Lauren Kelly	17:56.77	2011
Taryn Landers	18:10.09	2005
Julie Gloss	18:10.36	1994

10000M

Renee Robbins	35:15.74	1988
Lauren Kelly	36:50.81	2011
Rian Landers	36:56.25	2003
Laura Nann	37:24.19	2002
Taryn Landers	37:32.50	2005
Julie Gloss	38:40.40	1994
Megan Smith	38:52.24	1997
Kiko Teramoto	39:29.84	1987
Lenore Brough	39:33.05	1993
Rebecca Roebuck	39:33.83	1985

100M HURDLES

Janica Austin	13.89	2008
Sharon Lukenda	14.14	1984
Jayne O'Brien	14.25	1986
Kristen Kalinowski	14.64	2008
Jessica Buzzell	14.66	2009
Carrie Strong	14.72	1999
Debbie Linton	14.77	1988
Kerriann Borke	14.85	2011
Noreen Chamberlain	14.89	1988
Jennifer White	14.99	2003

4 x 100M

47.46	2007
47.58	2008
47.82	2004
48.09	1985
48.13	2003
48.43	2006
48.53	1986
48.63	2010
48.80	2002
48.84	1987

4 x 400M

3:50.11	2004
3:50.45	2008
3:51.38	2006
3:52.14	2002
3:52.40	2003
3:52.40	1987
3:53.04	1984
3:53.73	2001
3:53.88	1992
3:54.09	2007

4 x 800M

9:04.91	1997
9:05.31	2006
9:13.77	1996
9:13.78	2007
9:17.01	2000
9:17.94	2004
9:19.83	2002
9:19.90	2001
9:20.92	2008
9:21.15	2005

400M HURDLES

Jayne O'Brien	59.10	1986
Deb Fink	1:00.23	2006
Janica Austin	1:00.89	2008
Kate Evangelista	1:02.92	2004
Carrie Strong	1:03.19	1999
Chelsea Marone	1:03.86	2011
Kelly Senters	1:04.37	2011
Debbie Linton	1:04.56	1988
Ellen Eckert	1:04.94	1983
Brenda Toma	1:05.04	1994

3000M STEEPLECHASE

Rose Willey	11:14.95	2011
Kerry Taylor	11:18.17	2010
Frannie Morro	11:20.09	2006
Lindsay Bryant	11:26.23	2006
Mary Gillis	11:45.50	2004
Erin Wyble	11:57.34	2001
Julissa Muschlitz	11:59.13	2010
Anna Sherman	12:10.18	2002
Jenna Cece	12:12.32	2001
Hannah Tuson	12:12.50	2003

JAVELIN (old rule/prior to 1999)

Stacy Durbin	150' 1"	1996
Tonia Simmons	135' 0"	1990
Hope McCorkle	134' 6"	1996
Michelle Mahn	130' 1"	1985
Ruth Engel	124' 3"	1985

* **Bold** indicates active