

WOMEN'S OUTDOOR TRACK AND FIELD ALL TIME TOP 10

HAMMER

Ashley Harbin	209' 0"	2008
Rachel Pena	206' 8"	2014
Rhonda Snyder	185' 4"	2000
Andrea Cerbie	172' 11"	2008
Vicky Melroy	166' 9"	2009
Gwen Steckel	166' 2"	2012
Hope McCorkle	158' 5"	1998
Liz Graybill	157' 1"	2010
Osasumwen Izevbigie	156' 8"	2008
Larissa Bellamy	154' 6"	2004

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
Gwen Steckel	147' 7"	2012
Ashley Harbin	146' 11"	2008
Laura Oh	140' 5"	2016
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

100M

Sharon Lukenda	12.05	1986
Janica Austin	12.09	2008
Asia Hollis	12.12	2008
Erin Keen	12.13	2016
Tina Beth Pina	12.24	1991
Medinah Salaam	12.24*	1998
Kelly Clyde	12.29	2011
Suzette Francois	12.29	1986
Joelle Neilson	12.31	2012
Devin Smith	12.32	2014

**converted hand time*

200M

Devin Smith	24.82	2016
Sharon Lukenda	24.84*	1984
Erin Keen	24.99	2016
Drew Davis	25.03	2017
Asia Hollis	25.07	2008
Vanessa Youngs	25.21	2007
Tina Beth Pina	25.26	1991
Drew Davis	25.29	2016
Kelly Clyde	25.39	2011
Suzette Francois	25.39	1987

**converted hand time*

400M

Devin Smith	54.38	2016
Drew Davis	54.92	2017
Haley Langton	56.32	2015
Asia Hollis	56.56	2008
Kate Evangelista	57.10	2006
Adedayo Adu	57.12	2012
Natalie Bosserman	57.25	2003
Kyara Gray	57.28	2010
Elizabeth Hallowell	57.83	2004
Deborah Fink	57.89	2006

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SHOT PUT

Osasumwen Izevbigie	48' 1 3/4"	2007
Rhonda Snyder	44' 7 1/2"	1999
Hope McCorkle	44' 6 3/4"	1998
Rachel Pena	43' 1"	2013
Pam Glennon	43' 1"	2007
Larissa Bellamy	42' 1 1/4"	2005
Vicky Melroy	40' 11 3/4"	2006
Sarah Talmadge	40' 8 1/4"	2013
Noreen Chamberlain	40' 8"	1986
Penny Erisman	40' 6 1/4"	1988

POLE VAULT

Elise Buffinton	12' 5 1/2"	2013, 2014
Claire Murphy	11' 11 3/4"	2015
Mara Blanchard	11' 7 3/4"	2016, 2017
Ambyr Crow	11' 6"	2002
Olivia Tusinski	11' 6"	2002
Daria Szkwarko	11' 5 3/4"	2006
Kim Miller	11' 0"	2000
Brooke Kohler	10' 11 3/4"	2012
Rebecca Slotkin	10' 6"	2011
Jennifer Kihm	10' 6"	2008, 2010
Kelly Hinkel	10' 6"	2008

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
Rachel Douglas	5' 5"	2015
Jessica Buzzell	5' 5"	2009
Leigh Kalinowski	5' 5"	2006
Maggie Gray	5' 5"	1989
Sharon Lukenda	5' 3 3/4"	1983
Stephanie Hazlett	5' 3"	2012
Krista Woodward	5' 3"	2012
Danielle Sliva	5' 3"	2006

800M

Anna Sherman	2:10.69	2002
Kate Detterline	2:13.08	1997
Megan Baker	2:13.39	2005
Grace Watters	2:14.14	2012
Lauren McHale	2:14.14	2002
Margaret Bruno-Metzger	2:14.28	2010
Carrie Strong	2:14.32	1999
Alexa Kwapinski	2:14.57	2016
Colleen Gleeson	2:14.74	1997
Kelly Reager	2:15.03	2017

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
Grace Watters	4:40.24	2015
Hannah Tuson	4:40.70	2004
Caroline Harmon	4:41.37	2016
Erika Stasakova	4:41.42	2012
Amy Lion	4:41.53	1998

**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
Lauren Kelly	10:21.15	2012
Megan Smith	10:21.54	1997
Beth Richey	10:23.44	1997
Stephanie Benko	10:24.84	2015

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LONG JUMP

Joelle Neilson	19' 4"	2012
Brittany Powell	19' 2 3/4"	2015
Jessica Buzzell	18' 10 3/4"	2008
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
Stephanie Hazlett	17' 11 3/4"	2012
Jodi Walsh	17' 11 1/4"	1999

TRIPLE JUMP

Brittany Powell	39' 5 1/4"	2015
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

HEPHTHALON

Carrie Strong	5,240 Pts.	1999
Sharon Lukenda	4,899 Pts	1984
Kristen Kalinowski	4,725 Pts	2008
Stephanie Hazlett	4,513 Pts	2012
Debbie Cooper	4,349 Pts	1985
Dina Naphor	4,171 Pts	2015
Leigh Kalinowski	3,871 Pts	2006
Jodi Bruder	3,849 Pts.	1998
Monika Sajduk	3,780 Pts	2004
Ambyr Craw	3,651 Pts.	1999

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
Stephanie Benko	17:32.63	2014
Lauren Kelly	17:39.07	2012
Laura Nann	17:42.68	2002
Autumn Karwiel	17:47.09	2007
Nathalie Marquis	17:52.68	1992
Caroline Harmon	18:04.04	2017

10000M

Renee Robbins	35:15.74	1988
Emily Moore	35:50.19	2017
Lauren Kelly	36:21.72	2012
Rian Landers	36:56.25	2003
Laura Nann	37:24.19	2002
Taryn Landers	37:32.50	2005
Jennifer Salvatore	38:23.08	2017
Julie Gloss	38:40.40	1994
Megan Smith	38:52.24	1997
Kiko Teramoto	39:29.84	1987

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
Dejana Harris	14.67	2016
Carrie Strong	14.72	1999
Debbie Linton	14.77	1988
Erica Swinton	14.83	2016
Dina Naphor	14.84	2015

WOMEN'S OUTDOOR TRACK AND FIELD ALL TIME TOP 10

4 x 100M

47.39	2016
47.46	2007
47.50	2015
47.58	2008
47.75	2014
47.82	2004
47.85	2013
48.09	1985
48.13	2003
48.24	2017

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
Tessa Broholm	1:03.32	2017
Chelsea Marone	1:03.42	2012
Kelly Senters	1:04.37	2011
Debbie Linton	1:04.56	1988
Ellen Eckert	1:04.94	1983

4 x 400M

3:42.67	2015
3:45.20	2016
3:48.37	2013
3:48.81	2014
3:50.11	2004
3:50.45	2008
3:51.38	2006
3:51.48	2017
3:52.14	2002
3:52.40	2003

3000M STEEPLECHASE

Stephanie Benko	10:33.79	2014
Rose Willey	10:50.88	2013
Erika Stasakova	10:52.38	2012
Kerry Taylor	11:18.17	2010
Frannie Morro	11:20.09	2006
Lindsay Bryant	11:26.23	2006
Emily Moore	11:37.54	2016
Zoe Nagasing	11:42.76	2014
Mary Gillis	11:45.50	2004
Morgan Nobles	11:48.10	2016

4 x 800M

9:03.60	2017
9:04.91	1997
9:05.31	2006
9:05.69	2015
9:13.77	1996
9:13.78	2007
9:16.04	2014
9:17.01	2000
9:17.94	2004
9:19.83	2002
9:19.90	2001

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