

Women's Indoor Track and Field Top-Five Lists

Name	Time	Date	Location
55 Meters			
Lauryn Williams	6.70	2/1/04	Gainesville, Fla.
Wiande Moore	6.86	1/15/05	Gainesville, Fla.
Wyllesheia Myrick	6.90	3/2/00	Gainesville, Fla.
Karen Waite	6.92	2/22/98	Syracuse, N.Y.
Ashley Dukes	6.92	1/13/07	Gainesville, Fla.
Tara Thomas	6.92	1/24/09	Gainesville, Fla.
60 Meters			
Murielle Ahoure	7.17	1/17/09	Lexington, Ky.
Lauryn Williams	7.22	3/14/03	Fayetteville, Ark.
Tarika Williams	7.29	2/4/12	Blacksburg, Va.
Ashley Dukes	7.33	1/29/10	University Park, Pa.
Wiande Moore	7.37	1/21/05	Houston, Texas
200 Meters			
Lauryn Williams	22.79	3/12/04	Fayetteville, Ark.
Murielle Ahoure	22.80	3/13/09	College Station, Texas
Tarika Williams	23.27	2/26/11	Blacksburg, Va.
Charlette Greggs	23.44	3/10/06	Fayetteville, Ark.
Dominique Darden	23.64	3/5/05	South Bend, Ind.
400 Meters			
Krista Simkins	51.95	3/14/08	Fayetteville, Ark.
Dominique Darden	52.17	3/11/06	Fayetteville, Ark.
Ginou Etienne	52.47	3/10/07	Fayetteville, Ark.
Charlette Greggs	52.79	3/8/03	South Bend, Ind.
Ti'erra Brown	53.25	2/24/11	Blacksburg, Va.
500 Meters			
Ginou Etienne	1:11.48	2/22/04	Syracuse, N.Y.
Saraque Whittaker	1:11.52	2/17/02	Syracuse, N.Y.
Gloria Ward	1:11.80	2/15/87	Gainesville, Fla.
Tameka Jameson	1:12.54	1/30/10	University Park, Pa.
Natalie Watson	1:12.56	2/18/01	Syracuse, N.Y.

Name	Time	Date	Location
800 Meters			
Natalie Watson	2:06.38	3/10/00	Fayetteville, Ark.
Patricia Pearson	2:06.65	2/18/01	Syracuse, N.Y.
Danika Dodds	2:09.07	3/2/00	Gainesville, Fla.
Ena Leufroy	2:09.90	1/26/08	Gainesville, Fla.
Desiree Joubert	2:10.03	3/1/92	Gainesville, Fla.
1,000 Meters			
Leatrice Shaw	2:53.88	2/22/98	Syracuse, N.Y.
Janet Price	2:56.43	2/14/09	College Station, Texas
Teri Hamilton	2:57.68	2/15/97	Syracuse, N.Y.
Natalie Watson	2:58.79	1/22/00	Norman, Okla.
Lori Lareau	3:02.10	2/15/87	Gainesville, Fla.
1 Mile Run			
Melanie Schultz	4:46.81	3/5/05	South Bend, Ind.
Lindi Arrington	4:54.95	2/24/12	Boston, Mass.
Leatrice Shaw	5:02.48	2/7/98	Gainesville, Fla.
Teri Hamilton	5:03.30	1/11/97	Fairfax, Va.
Natalie Watson	5:06.23	1/13/01	Gainesville, Fla.
3,000 Meters			
Diana Adams	9:48.40	3/2/90	Gainesville, Fla.
Lindi Arrington	10:03.35	2/25/12	Boston, Mass.
Shannon Sarabyn	10:14.12	1/20/01	Blacksburg, Va.
Alina Pinto	10:15.04	2/9/97	Gainesville, Fla.
Jamie Heffner	10:29.79	2/6/99	Fairfax, Va.
5,000 Meters			
Alina Pinto	17:29.40	2/27/97	Gainesville, Fla.
Diana Adams	17:29.98	2/28/91	Gainesville, Fla.
Emma Steppe	18:19.53	2/27/10	Blacksburg, Va.
Shannon Sarabyn	18:21.97	1/23/98	Blacksburg, Va.
Jamie Heffner	18:25.20	2/14/98	Indianapolis, Ind.

Name	Time	Date	Location
55m Hurdles			
Gillian Russell	7.51	2/13/94	Gainesville, Fla.
Yolanda McCray	7.54	3/7/97	Indianapolis, Ind.
Patrina Allen	7.55	3/13/98	Indianapolis, Ind.
Dominique Darden	7.75	2/6/05	Gainesville, Fla.
Sharianne Lawson	7.76	2/9/03	Gainesville, Fla.
60m Hurdles			
Ti'erra Brown	8.00	3/12/10	Fayetteville, Ark.
Yolanda McCray	8.04	2/21/99	Syracuse, N.Y.
Dominique Darden	8.11	3/11/05	Fayetteville, Ark.
Sharianne Lawson	8.12	3/14/03	Fayetteville, Ark.
Patrina Allen	8.24	1/24/98	Blacksburg, Va.
4x400 relay			
G. Etienne, C. Greggs, D. Darden, K. Simkins	3:30.91	3/11/06	Fayetteville, Ark.
G. Etienne, D. Darden, W. Moore, C. Greggs	3:32.59	2/11/05	Fayetteville, Ark.
D. Darden, J. Wade, K. Carter, C. Greggs	3:33.37	3/15/03	Fayetteville, Ark.
W. Moore, D. Darden, L. Austin, C. Greggs	3:33.39	3/12/05	Fayetteville, Ark.
G. Etienne, C. Greggs, D. Darden, K. Carter	3:34.45	2/14/04	Fayetteville, Ark.
Distance Medley			
E. Leufroy, D. Bailey, G. Etienne, M. Schultz	11:46.22	1/27/06	University Park, Pa.
L. Shaw, J. Winston, P. Pearson, N. Watson	11:54.58		
E. Leufroy, N. Kamate, T. Jameson, J. Price	12:27.30	2/6/09	Blacksburg, Va.
E. Leufroy, T. Jameson, N. Kamate, D. Phlatts	12:32.03	1/19/08	Champagne, Ill.
	12:32.93	1/25/03	Landover, Md.

Name	Time	Date	Location
4x800 relay			
L. Shaw, D. Dodds	8:50.80	2/20/00	Syracuse, N.Y.
P. Pearson, N. Watson			
N. Watson, R. Ruddock	9:04.79	2/21/99	Syracuse, N.Y.
L. Shaw, D. Dodds			
T. Madison, Z. Pascual	9:07.39	2/23/03	Syracuse, N.Y.
S. Whittaker, P. Pearson			
S. Whittaker, S. Sarabyn	9:17.14	1/13/01	Gainesville, Fla.
P. Pearson, N. Watson			
S. Whittaker, J. Geroux	9:29.43	2/17/02	Syracuse, N.Y.
P. Pearson, T. Madison			
High Jump			
Viktoria Andonova	1.82m	2/24/07	Clemson, S.C.
Robin Beecham	1.76m	2/10/96	Champaign, Ill.
Megan Novinger	1.76m	1/29/11	Lexington, Ky.
Rachel Dupree	1.70m	1/23/10	Champaign, Ill.
Debbie Estime	1.68m	1/13/07	Gainesville, Fla.
Long Jump			
Tabia Charles	6.52m	2/25/06	Blacksburg, Va.
Brenda Faluade	6.48m	3/9/07	Fayetteville, Ark.
Deandra Doyley	6.45m	2/26/10	Blacksburg, Va.
Ronalee Davis	6.34m	2/14/98	Indianapolis, Ind.
Tiffani Davis	6.33m	2/4/95	Fairfax, Va.
Triple Jump			
Tabia Charles	13.65m	3/11/06	Fayetteville, Ark.
Kareen Clarke	13.54m	3/9/02	Fayetteville, Ark.
Brenda Faluade	13.39m	2/24/07	Clemson, S.C.
Kitoya Carter	13.02m	2/22/04	Syracuse, N.Y.
Deandra Doyley	12.91m	2/27/10	Blacksburg, Va.
Pole Vault			
Lauren Koutrelakos	3.20m	2/22/03	Syracuse, N.Y.
Wendy Pedley	3.20m	1/22/00	Norman, Okla.
Lauren Stewart	3.05m	2/6/05	Gainesville, Fla.
Roxanne Lawson	2.60m	2/20/99	Syracuse, N.Y.
Regina Mescall	2.45m	2/20/99	Syracuse, N.Y.

Name	Time	Date	Location
Shot Put			
Kimberli Barrett	18.19m	2/18/05	Chapel Hill, N.C.
Adrienne Moss	15.89m	3/8/03	South Bend, Ind.
Jennifer Penrose	15.66m	2/23/03	Syracuse, N.Y.
Khadija Talley	15.61m	1/26/08	Gainesville, Fla.
Kyla Buckley	15.38m	2/24/11	Blacksburg, Va.
Weight			
Kimberli Barrett	21.51m	2/12/05	Fayetteville, Ark.
Khadija Talley	20.91m	3/3/07	Blacksburg, Va.
Miranda Wilson	19.32m	2/25/11	Blacksburg, Va.
Akera Lathan	18.62m	1/15/06	Gainesville, Fla.
Ashley Holmes	17.81m	2/3/12	Blacksburg, Va.
Pentathlon			
Amber Williams	4,088 pts	1/28/05	University Park, Md.
Amy Seward	3,936 pts	2/23/06	Blacksburg, Va.
Rachel Dupree	3,576 pts	1/28/11	Lexington, Ky.
Nicole Cummings	3,544 pts	2/23/12	Boston, Mass.
Britney Clarke	3,430 pts	2/24/11	Blacksburg, Va.