

Track & Field All-Time Top 10

WOMEN'S OUTDOOR TRACK & FIELD TOP-10

100-Meter Dash

1.	Diona Graves	11.54	05/10/13
2.	Layne Baggett	11.68	05/10/13
3.	Margarita Pogorelov	11.73	05/16/08
4.	Jackie Watkins	11.76	05/17/86
5.	Lashonda Davis	11.76w	03/26/05
6.	Arissa Freeman	11.94	05/04/18
	Leslie Smith	11.94	03/21/98
8.	Kelly Usher	11.97	05/23/98
9.	Bernitta Johnson	12.01	05/01/04
10.	Jamila Johnson	12.03	05/14/04

200-Meter Dash

1.	Diona Graves	23.75	05/11/13
2.	Olivia Bechtel	24.02	05/12/18
3.	Jackie Watkins	24.09	05/17/86
4.	Margarita Pogorelov	24.23	05/16/08
5.	Kelly Usher	24.37	05/23/98
6.	Leslie Smith	24.51	04/19/97
7.	Karen Bakewell	24.52	05/17/86
8.	Erika Harper	24.66	03/21/04
9.	Layne Baggett	24.73	04/21/12
10.	Betsy Allen	24.78	04/28/07

400-Meter Dash

1.	Karen Bakewell	53.58	05/19/84
2.	Olivia Bechtel	53.91	05/12/18
2.	Rachael Clay	53.97	05/11/12
4.	Betsy Allen	54.63	05/12/07
5.	Becca Williams	54.64	05/17/96
6.	Michelle Scotch	54.65	05/12/90
7.	Kala Allen	54.73	05/11/13
8.	Erika Harper	54.77	04/12/03
9.	Kalliopi Kountouri	54.82	04/21/18
10.	Charlotte Myers	54.84	05/11/13

800-Meter Run

1.	Karen Bakewell	2:00.85	06/07/86
2.	Charlotte Myers	2:05.84	05/29/14
3.	Carrie Alexander	2:07.87	04/11/98
4.	Katie Lenahan	2:08.68	05/06/11
5.	Kelley Miller	2:09.91	05/04/12
6.	Nikki Dutton	2:10.29	05/16/92
7.	Michelle Scotch	2:10.47	05/16/92
8.	Megan Beaver	2:10.80	05/12/16
9.	Rachel Kotchman	2:11:87	05/04/18
10.	Laura Bess	2:11:88	03/30/13

1500-Meter Run

1.	Laura Bess	4:23.28	05/29/14
2.	Kelley Miller	4:23.64	04/28/12
3.	Alesha Vovk	4:25.15	05/12/18
4.	Amanda Mirochna	4:26.77	04/08/09
5.	Rachel Patterson	4:27.56	04/09/11
6.	Julie Rhoda	4:29.14	05/01/93
7.	Celest Smyth	4:29.24	05/04/91
8.	Maria Scavuzzo	4:29.61	04/07/17
9.	Sarah Henize	4:29.95	05/05/06
10.	Katie Lanahan	4:30.18	04/23/11

5000-Meter Run

1.	Rachel Patterson	16:14.45	04/15/11
2.	Molly Cullen	16:15.97	04/23/92
3.	Maria Scavuzzo	16:16.01	04/20/18
4.	Carly Davis	16:34.01	04/20/18
5.	Andrea Kremer	16:35.00	03/27/03
6.	Anna Lamb	16:37.27	05/11/13
7.	Laura Bess	16:40.95	04/01/16
8.	Alesha Vovk	16:51.02	04/27/18
9.	Sue Augustauskas	16:55.09	04/01/89
10.	Michelle Slykhuus	16:55.36	04/12/86
	Gabrielle Heslau	16:55.36	05/12/18

10,000-Meter Run

1.	Maria Scavuzzo	33:35.72	05/10/18
2.	Anna Lamb	34:35.39	04/25/13
3.	Michelle Slykhuus	34:48.24	05/16/85
4.	Sue Augustauskas	34:56.95	04/27/89
5.	Rachel Patterson	35:13.69	05/12/11
6.	Melissa Girgis	35:18.69	05/15/14
7.	Brenna Poulsen	35:59.03	05/13/16
8.	Kim Wilbanks	35:59.64	05/16/85
9.	Laura Neufarth	36:01.62	04/18/08
10.	Jill Nye	36:14.14	05/20/87

100-Meter Hurdles

1.	Alexus Jimson-Miller	13.26	05/11/17
2.	Layne Baggett	13.28w	05/24/13
3.	Becca Williams	13.31	05/18/96
4.	Erin Connolly	13.69	05/17/03
5.	DeLana Turner	13.78	05/30/08
6.	Ebonita Williams	13.84	04/16/94
7.	Candice Honroth	13.92	05/21/88
8.	Ashley Zaper	13.97	05/9/13
9.	Kristen Renner	14.00	05/22/98
10.	Wendy Weiss	14.15	05/15/92

400-Meter Hurdles

1.	Becca Williams	54.98	05/31/96
2.	Kathie Wollney	58.99	05/27/16
3.	Ebonita Williams	59.47	05/16/92
4.	Morgan Rice	59.83	05/11/17
5.	Alexis Lape	1:00.11	05/12/07
6.	Candice Honroth	1:00.12	05/21/88
7.	Wendy Weiss	1:00.15	05/16/92
8.	Alisha Jones	1:00.23	05/11/07
9.	Jennifer Caldwell	1:00.27	04/12/03
10.	Kristen Renner	1:00.42	05/23/98

3000-Meter Steeplechase

1.	Andrea Kremer	10:10.61	06/13/03
2.	Alesha Vovk	10:15.06	05/11/18
3.	Amanda Mirochna	10:36.29	05/02/09
4.	Erica Howes	10:40.85	04/12/13
5.	Kylee Studer	10:42.41	05/30/03
6.	Elisa Frazier	10:44.84	05/10/13
7.	Maggie Bingham	10:50.65	04/17/10
8.	Alex Chitwood	10:51.95	05/11/12
9.	Kelly Ardelean	11:00.33	04/16/05
10.	Claire Linn	11:00.61	04/27/17

Long Jump

1.	Lashonda Davis	6.40m (21-0)	05/12/06
2.	Kim Horning	5.88m (19-3½)	05/11/07
3.	Diona Graves	5.86m (19-2.75)	04/29/11
4.	Erica Mudd	5.85m (19-2.5)	05/11/12
5.	Bernitta Johnson	5.83m (19-1½)	04/14/01
6.	Carrie Mitchell	5.78m (18-11¾)	05/15/99
7.	Nicki Mitchell	5.78m (18-11¾)	05/03/00
8.	Ashley Zaper	5.77m (18-11¼)	04/27/13
9.	Magda Wikar	5.73m (18-9¾)	03/27/10
	Mikaylah Woods	5.73m (18-9¾)	04/28/18

Triple Jump

1.	Bernitta Johnson	12.83m (42-1)	04/19/03
2.	Carrie Mitchell	12.74m (41-9¾)	05/12/01
3.	Alexis Lape	12.61m (41-4½)	04/25/09
4.	Grace Losier	12.24m (40-2)	05/21/88
	Hope Alexander	12.24m (40-2)	05/16/09
6.	Doreen Nagawa	12.12m (39-9¼)	04/22/06
7.	Shae Weiskircher	11.90m (39-0½)	05/22/99
8.	Hannah Falcione	11.76 (38-7)	05/11/17
9.	Krista Stillson	11.71m (38-5)	04/30/11
10.	Laura Novotny	11.70m (38-4¾)	05/18/96

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High Jump

1.	Meghan Gilhooly.....	1.80m (5-10¾)	04/24/99
	Kristina Bolterstein	1.80m (5-10¾)	04/28/07
3.	Kim Hill.....	1.78m (5-10)	05/11/91
4.	Mary Alice Wolf	1.76m (5-9¼)	05/09/87
5.	Lindsay Hazen	1.73m (5-8)	04/18/04
	Erica Mudd.....	1.73m (5-8)	04/16/11
7.	Nicki Lawrie.....	1.72m (5-7¾)	04/03/99
	Katelyn Kelly.....	1.72m (5-7¾)	04/21/07
9.	Monica Branom	1.71m (5-7¼)	04/25/86
	Jess Baker	1.71m (5-7¼)	04/15/16

Pole Vault

1.	Sarah Landau.....	4.16m (13-7¾)	05/28/05
2.	Brittney Bernardoni.....	3.81m (12-6)	03/31/07
3.	Hope Turner	3.80 (12-5½)	04/29/17
4.	Kori Tatman	3.77m (12-4½)	05/12/12
5.	Sarah Kinnaman	3.75m (12-3½)	05/12/11
6.	Tabitha Schwartz.....	3.74m (12-3)	04/19/03
7.	Emily Fletchall.....	3.70m (12-1½)	04/29/17
8.	Hannah Tabler	3.69m (12-1¼)	04/21/12
9.	Taylor Brown	3.61m (11-10)	05/09/13
10.	Amanda Rhoades.....	3.55m (11-7¾)	twice, last 04/18/09

Shot Put

1.	Amelia Strickler.....	16.94m (55-7)	05/11/17
2.	Arionna Darling	15.34m (51-9)	04/15/16
3.	Alexandra Roberts	15.69m (51-5.75)	03/24/12
4.	Ashley Frahm	15.04m (49-4¼)	05/13/16
5.	Lauren Collins.....	14.97m (49-1½)	05/16/03
6.	Brenda Reed.....	14.53m (47-8)	05/09/87
7.	Katie Walter	14.43 (47-4¾)	05/13/16
8.	Samantha Gable.....	14.29m (46-10¾)	04/16/11
9.	Lindsey Arundel.....	14.18m (46-6¼)	04/22/06
10.	Adaora Anunike.....	14.12m (46-4)	04/06/13

Discus Throw

1.	Adaora Anunike	50.87m (166-10)	04/12/14
2.	Christin Scott	49.71m (163-1)	05/10/97
3.	Alexandra Roberts	48.72m (159-10)	05/14/11
4.	Quekan Ibiidunni	48.11m (157-10)	04/09/05
5.	Lauren Collins	47.94m (157-3)	05/04/02
6.	Brenda Reed.....	46.69m (153-2)	05/05/87
7.	Arionna Darling	45.69m (149-11)	04/29/17
8.	Samantha Gable.....	45.47m (149-2)	04/19/13
9.	Missy Archibald.....	45.45m (149-1)	05/21/88
10.	Amy Lavengood	45.35m (148-9)	05/09/92

Hammer Throw

1.	Martha Szekely.....	61.00m (200-1)	06/07/17
2.	Lauren Collins.....	59.01m (193-7)	05/15/03
3.	Katie Walter	56.61m (185-9)	04/29/17
4.	Samantha Gable.....	55.25m (181-3)	04/08/11
5.	Quekan Ibiidunni	54.49m (178-9)	05/10/07
6.	Ashley Frahm	52.82m (173-3)	04/15/16
7.	Hope Alexander.....	52.07m (170-10)	05/07/10
8.	Marie Mokosso.....	49.46m (162-3)	04/21/01
9.	Aisha Abernathy.....	49.44m (162-2)	03/27/99
10.	Teresa Bis.....	49.41m (162-1)	04/13/07

Javelin Throw (New rule post-1998)

1.	Tori Paterra.....	55.91m (183-5)	05/15/14
2.	Danielle Collier	50.222m (164-9)	05/11/17
3.	Joanna Borawski.....	46.01m (150-11)	04/13/05
4.	Aaryn Gray	42.90m (140-9)	05/12/16
5.	Ally Sisler.....	40.31m (132-3)	05/17/03
6.	Erin Frazer	38.61m (126-8)	04/12/08
7.	Rachel Buchenroth.....	38.40m (126-0)	05/13/05
8.	Alisha Jones.....	37.67m (123-7)	04/12/08
9.	Tessa Brooks.....	37.51 (123-1)	05/12/16
10.	Ashley Zaper.....	37.08m (121-8)	05/11/12

Javelin Throw (Old rule pre-1999)

1.	Nancy Denny	52.71m (172-11)	05/17/91
2.	Maude DiVittis.....	47.05m (154-4)	05/03/86
3.	Tracee Holmes.....	43.19m (141-8)	05/18/89
4.	Ann Yonkee	41.31m (135-6)	04/14/79
5.	Keeley Hancox.....	39.68m (130-2)	05/22/98
6.	Pam Hall	39.30m (128-11)	05/14/83
7.	Jen Moore.....	38.61m (126-8)	03/15/97
	Missy Archibald.....	38.61m (126-8)	05/19/88
9.	Becca Williams.....	36.24m (118-11)	05/19/95
10.	Kim Hill.....	36.19m (118-9)	05/17/91

Heptathlon

1.	Becca Williams.....	5144	05/18-19/95
2.	Ashley Zaper.....	5064	05/10-11/12
3.	Taryn Nye	5009	04/12-13/06
4.	Kim Hill.....	4964	05/16-17/91
5.	Nicki Mitchell.....	4956	05/16-17/09
6.	Mary Alice Wolf	4886	05/21-22/87
7.	Erica Mudd.....	4853	05/15-16/14
8.	Katie Hanley.....	4723	05/17-18/01
9.	Karen Grimm.....	4678	05/17-18/90
10.	Candice Honroth.....	4592	05/15-16/86

4x100-Meter Relay

1.	Layne Baggett, Diona Graves.....	45.29	05/11/13
	Kala Allen, Charlotte Myers		
2.	Erika Harper, Bernitta Johnson.....	45.87	05/28/04
	Jamila Johnson, Lashonda Davis		
3.	Kelly Usher, Kim Clement	45.97	05/22/99
	Leslie Smith, Jolyn Darby		
4.	Erika Harper, Bernitta Johnson	45.99	05/15/04
	Jamila Johnson, Lashonda Davis		
5.	Layne Baggett, Diona Graves.....	46.02	03/30/13
	Kala Allen, Erica Mudd		
6.	Erika Harper, Bernitta Johnson.....	46.12	05/12/04
	Jamila Johnson, Lashonda Davis		
7.	Layne Baggett, Diona Graves.....	46.13	04/06/13
	Kala Allen, Erica Mudd		
8.	Layne Baggett, Rachael Clay.....	46.24	04/07/12
	Diona Graves, Katie Scannell		
9.	Kelly Usher, Kim Clement	46.25	04/11/98
	Leslie Smith, Jolyn Darby		
10.	Ariel Johnson, Layne Baggett.....	46.32	04/23/11
	Katie Scannell, Diona Graves		

4x400-Meter Relay

1.	Katie Scannell, Diona Graves.....	3:39.51	05/11/13
	Charlotte Myers, Kala Allen		
2.	Katie Scannell, Diona Graves.....	3:39.82	04/13/13
	Layne Baggett, Kala Allen		
3.	Leah Coleman, Charlotte Myers.....	3:40.90	04/21/12
	Diona Graves, Rachael Clay		
4.	Kalliopi Kountouri, Gabby Maslowski... 3:41.16	05/12/18	
	Emily Hooker, Olivia Bechtel		
5.	Kalliopi Kountouri, Emily Hooker..... 3:42.43	04/21/18	
	Olivia Bechtel, Rachel Kotchman		
6.	Diona Graves, Tasha Profit.....	3:42.72	05/15/10
	Ruth Rasch, Rachael Clay		
7.	Katie Scannell, Diona Graves.....	3:44.72	03/23/13
	Charlotte Myers, Kala Allen		
8.	Erica Barnett, Katie Dyer.....	3:44.91	05/15/04
	Jen Caldwell, Erika Harper		
9.	Rasheda Malcolm, Katie Dyer.....	3:44.99	04/19/03
	Jen Caldwell, Erika Harper		
10.	Kathie Wollney, Megan Beaver.....	3:45.44	05/06/16
	Alexis Szivan, Kalliopi Kountouri		

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