

Navy Women's Track - All-Time Top Indoor Marks updated through end of 2010-11 indoor season

55-meter Dash

1.	Loni Forsythe	7.12	2/4/06
2.	Chantelle Nagbe	7.13	2/27/00
3.	Chantelle Nagbe	7.14	2/26/00
4.	Loni Forsythe	7.15	12/5/06
	Chantelle Nagbe	7.15	2/26/00
6.	Chantelle Nagbe	7.17	2/20/99
7.	Chantelle Nagbe	7.18	2/20/99
8.	Loni Forsythe	7.19	1/15/05
9.	Loni Forsythe	7.20	1/20/07
	Danielle Still	7.20	2/4/06
	Loni Forsythe	7.20	12/1/05
	Loni Forsythe	7.20	2/7/04
	Chantelle Nagbe	7.20	12/2/99
	Chantelle Nagbe	7.20	2/7/98

60-meter Dash

1.	Loni Forsythe	7.59	2/3/07
2.	Loni Forsythe	7.65	2/17/07
3.	Loni Forsythe	7.66	2/18/07
4.	Loni Forsythe	7.67	2/17/07
	Loni Forsythe	7.67	3/6/04
6.	Loni Forsythe	7.69	3/3/07
7.	Loni Forsythe	7.73	1/27/07
	Loni Forsythe	7.73	1/29/05
9.	Loni Forsythe	7.74 (c)	2/5/05
	Chantelle Nagbe	7.74	3/4/00

200-meter Dash

1.	Loni Forsythe	24.87	2/18/07
2.	Loni Forsythe	24.95	2/17/07
3.	Loni Forsythe	25.04	3/3/07
4.	Tineisha Davis	25.23	2/21/04
5.	Tineisha Davis	25.25	12/8/01
6.	Tineisha Davis	25.27	2/7/04
7.	Loni Forsythe	25.34	2/3/07
8.	Chantelle Nagbe	25.37	2/26/00
9.	Tineisha Davis	25.41	2/18/05
10.	Arabia Littlejohn	25.44	2/19/11
	Chantelle Nagbe	25.44	2/20/99
	Chantelle Nagbe	25.44 (c)	12/4/98

400-meter Dash

1.	Tineisha Davis	55.01	1/5/02
2.	Tineisha Davis	55.33	3/3/02
3.	Tineisha Davis	55.34	2/15/02
4.	Tineisha Davis	55.48	3/2/02
5.	Tineisha Davis	55.77	2/23/02
6.	Tineisha Davis	55.95	2/23/02
7.	Tineisha Davis	56.04 (c)	2/5/05
8.	Joanna Helm	56.17	2/27/00
9.	Tineisha Davis	56.26	3/2/03
10.	Tineisha Davis	56.56	1/15/05

500-meter Run

1.	Tineisha Davis	1:12.39	3/5/05
2.	Tineisha Davis	1:12.40	1/31/04
3.	Tineisha Davis	1:12.50	3/6/04
4.	Tineisha Davis	1:12.56	3/5/05
	Tineisha Davis	1:12.56	3/9/03
6.	Tineisha Davis	1:12.64	2/21/04
7.	Joanna Helm	1:12.80	3/5/00
8.	Tineisha Davis	1:13.00	2/7/04
9.	Tineisha Davis	1:13.13	2/21/03
10.	Joanna Helm	1:13.22	2/20/00

800-meter Run

1.	Jess Palacio	2:05.89	3/5/11
2.	Jess Palacio	2:06.27	2/27/11
3.	Jess Palacio	2:07.27	2/10/11
4.	Jess Palacio	2:08.69	1/29/11
5.	Carol Womack	2:09.49	2/23/86
6.	Carol Womack	2:10.00	3/14/87
7.	Carol Womack	2:10.72	3/1/87
8.	Stefani Green	2:11.53	2/26/83
9.	Stefani Green	2:11.70	3/2/85
10.	Stefani Green	2:11.8	2/18/84

1,000-meter Run

1.	Erin O'Marr	2:51.93	3/5/00
2.	Jess Palacio	2:52.70	1/7/11
3.	Vicki Moore	2:52.80	3/5/06
4.	Erin O'Marr	2:54.74	2/12/00
5.	Lori Kelly	2:54.80	2/20/93
6.	Amy Baxter	2:55.26	2/12/00
7.	Vicki Moore	2:55.59	3/3/07
8.	Vicki Moore	2:56.09	1/27/06
9.	Vicki Moore	2:56.17	3/4/06
10.	Vicki Moore	2:56.18	3/5/05

Mile Run

1.	Jess Palacio	4:43.58	2/20/11
2.	Jess Palacio	4:50.80	3/7/10
3.	Kim McGreevy	4:51.21	3/5/95
4.	Amy Baxter	4:52.64	2/25/01
5.	Amy Baxter	4:52.69	3/4/00
6.	Amy Baxter	4:52.94	2/27/00
7.	Kim McGreevy	4:53.75	2/25/95
8.	Kim McGreevy	4:54.80	2/18/95
9.	Jess Palacio	4:54.82	3/6/10
10.	Kim McGreevy	4:55.18	1/14/95

3,000-meter Run

1.	Melissa Foon	9:34.44	3/5/00
2.	Melissa Foon	9:40.41	2/18/01
3.	Melissa Foon	9:40.48	3/4/01
4.	Melissa Foon	9:44.05	2/25/01
5.	Melissa Foon	9:46.05	2/27/00
6.	Amy Watson	9:47.59	2/12/09
7.	Melissa Foon	9:49.11	2/12/00
8.	Marty Shue	9:49.53	2/24/91
9.	Melissa Foon	9:50.50	1/27/01
10.	Melissa Foon	9:51.45	2/20/00

5,000-meter Run

1.	Justine Whipple	16:40.86	3/4/06
2.	Melissa Foon	17:04.4	12/9/00
3.	Justine Whipple	17:04.79	1/27/06
4.	Amy Watson	17:08.28	12/2/08
5.	Justine Whipple	17:10.38	2/18/06
6.	Melissa Foon	17:15.44	2/17/01
7.	Amy Watson	17:15.48	2/22/09
8.	Katie Taylor	17:16.76	2/10/11
9.	Justine Whipple	17:18.05	12/1/05
10.	Erica Ziel	17:21.83	12/2/08

55-meter Hurdles

1.	Danielle Still	8.00	2/4/06
2.	Kirsten Andrews	8.05	2/19/06
3.	Danielle Still	8.08	2/19/06
4.	Kirsten Andrews	8.14	2/18/06
5.	Kirsten Andrews	8.15	2/18/06
	Danielle Still	8.15	2/18/06
7.	Kirsten Andrews	8.17	2/4/06
	Danielle Still	8.17	2/7/04
9.	Kirsten Andrews	8.21	1/14/06
10.	Danielle Still	8.22	12/1/05

60-meter Hurdles

1.	Kirsten Andrews	8.70	2/17/07
2.	Kirsten Andrews	8.71	2/18/07
3.	Kirsten Andrews	8.72	2/3/07
4.	Danielle Still	8.72	3/6/04
5.	Kirsten Andrews	8.76	3/4/06
6.	Kirsten Andrews	8.77	3/4/06
	Joanna Helm	8.77	3/4/00
8.	Kirsten Andrews	8.78	3/5/06
9.	Ashley Aitken	8.82	2/7/09
10.	Kirsten Andrews	8.84	3/3/07
	Danielle Still	8.84 (c)	2/5/05

High Jump

1.	Suzanne Dondero	1.73m	5-8	2/23/97
2.	Kristin Smith	1.70m	5-7	2/19/11
	Kristin Smith	1.70m	5-7	2/5/11
	Kristin Smith	1.70m	5-7	1/29/11
	Kristin Smith	1.70m	5-7	2/26/10
	Kristin Smith	1.70m	5-7	1/16/10
7.	Kristin Smith	1.69m	5-6½	3/5/11
	Kristin Smith	1.69m	5-6½	3/6/10
	Shannon Crites	1.69m	5-6½	2/12/00
10.	Jacqui Charnigo	1.68m	5-6	1/19/07
	Suzanne Dondero	1.68m	5-6	2/15/97
	Suzanne Dondero	1.68m	5-6	1/31/97
	Suzanne Dondero	1.68m	5-6	1/25/97

Pole Vault

1.	Jacqui Charnigo	4.07m	13-4¼	3/2/08
2.	Jacqui Charnigo	3.95m	12-11½	1/26/08
3.	Amanda Hasenauer	3.92m	12-10¼	2/15/03
6.	Jacqui Charnigo	3.90m	12-9½	2/23/08
	Amanda Hasenauer	3.90m	12-9½	2/8/03
	Amanda Hasenauer	3.90m	12-9½	2/15/02
7.	Kirsten Andrews	3.86m	12-8	2/4/06
8.	Jacqui Charnigo	3.85m	12-7½	3/9/08
9.	Amanda Hasenauer	3.84m	12-7¼	12/8/01
10.	Amanda Hasenauer	3.81m	12-6	1/25/03
	Amanda Hasenauer	3.81m	12-6	2/23/02
	Amanda Hasenauer	3.81m	12-6	2/11/01

Long Jump

1.	Kirsten Andrews	5.93m	19-5½	2/17/07
2.	Chantelle Nagbe	5.80m	19-0½	2/19/00
3.	Chantelle Nagbe	5.77m	18-11¼	2/12/00
4.	Kirsten Andrews	5.71m	18-8¾	2/3/07
5.	Chantelle Nagbe	5.67m	18-7¼	2/6/99
6.	Joanne Uwujaren	5.64m	18-6	2/2/02
7.	Joanne Uwujaren	5.62m	18-5¼	2/19/00
8.	Joanne Uwujaren	5.60m	18-4½	1/19/02
9.	Joanne Uwujaren	5.59m	18-4¼	1/18/03
	Tia Vonil	5.59m	18-4¼	1/20/01
	Tia Vonil	5.59m	18-4¼	2/17/01
	Chantelle Nagbe	5.59m	18-4¼	2/20/99

Triple Jump

1.	Chantelle Nagbe	11.87m	38-11½	2/7/98
2.	Joanne Uwujaren	11.84m	38-10¼	3/9/03
	Chantelle Nagbe	11.84m	38-10¼	12/5/97
4.	Joanne Uwujaren	11.81m	38-9	3/2/03
5.	Joanne Uwujaren	11.76m	38-7	1/5/02
6.	Chantelle Nagbe	11.74m	38-6¼	1/10/98
7.	Joanne Uwujaren	11.67m	38-3½	2/2/02
8.	Chantelle Nagbe	11.63m	38-2	12/4/98
9.	Lauren Burmeister	11.58m	38-0	2/18/07
10.	Chantelle Nagbe	11.57m	37-11½	2/12/00

Shot Put

1.	Jen Leatherman	14.52m	47-7¾	2/7/04
2.	Jen Leatherman	13.76m	45-1¾	1/9/04
3.	Jen Leatherman	13.74m	45-1	1/17/04
4.	Jen Leatherman	13.71m	44-11¾	2/21/04
5.	Jen Leatherman	13.70m	44-11½	1/31/04
6.	Jen Leatherman	13.62m	44-8¼	3/6/04
7.	Joy Nameth	13.52m	44-4¼	2/22/08
8.	Janet von Eiff	13.48m	44-2¾	2/2/08
9.	Ashleigh Shear	13.41m	44-0	1/10/03
10.	Teronda Brown	13.39m	43-11¼	12/1/10

Weight Throw

1.	Jen Leatherman	18.52m	60-9¼	1/31/04
2.	Jen Leatherman	18.35m	60-2½	1/9/04
3.	Jen Leatherman	18.13m	59-5¾	2/21/04
4.	Jen Leatherman	18.07m	59-3½	2/7/04
5.	Jen Leatherman	17.77m	58-3¾	3/6/04
6.	Jen Leatherman	17.36m	56-11½	1/17/04
7.	Amanda Phelps	17.12m	56-2	12/1/10
8.	Amanda Phelps	17.11m	56-1¾	2/5/11
9.	Amanda Phelps	17.03m	55-10½	2/19/11
10.	Amanda Phelps	16.79m	55-1	1/29/11

Pentathlon

1.	Joanna Helm	3,467 pts.	2/18/00
2.	Arian Davis	3,326 pts.	2/19/10
3.	Arian Davis	3,272 pts.	2/18/11
4.	Danielle Still	3,263 pts.	2/17/06
5.	Katie Berkey	3,232 pts.	2/20/09
6.	Arian Davis	3,182 pts.	2/20/09
7.	Katie Berkey	3,180 pts.	2/12/09
8.	Katie Berkey	3,172 pts.	2/16/07
9.	Arian Davis	3,148 pts.	3/5/11
10.	Cindy Pease	3,145 pts.	2/28/98

4x400-meter Relay

1.	3:49.34	3/9/03
	Amy Stokes, Eva Tukarski, Kacee Jossis, Tineisha Davis	
2.	3:51.41	2/21/03
3.	3:52.00	2/27/00
4.	3:52.10	2/25/01
5.	3:52.47	3/4/00
6.	3:53.42	1/27/01
7.	3:53.91	2/20/11
8.	3:54.46	2/15/02
9.	3:54.87	12/8/01
10.	3:54.95	2/23/02

4x800-meter Relay

1.	8:59.78	2/19/11
	Liz Milewski, Erin Neumann Mansfield Murph, Jess Palacio	
2.	9:04.81	3/6/04
3.	9:05.34	2/21/04
4.	9:06.31	2/27/00
5.	9:07.93	2/16/97
6.	9:09.00	2/21/09
7.	9:10.00	2/23/08
8.	9:10.48	3/3/07
9.	9:10.66	2/19/00
10.	9:10.82	2/17/07

Distance Medley Relay

1.	11:54.03	1/26/01
	Lisa Procaccini, Kacee Jossis, Sara Waters, Melissa Foon	
2.	11:56.03	3/4/01
3.	11:58.56	3/8/09
4.	11:59.47	1/29/05
5.	12:06.28	2/19/06
6.	12:06.37	1/31/04
7.	12:07.00	3/5/06
8.	12:07.29	1/31/09
9.	12:07.50	2/22/09
10.	12:09.53	1/15/11

Note: (c) - converted from hand-time