

# ALL-TIME WOMEN'S INDOOR PERFORMERS

## 60 METERS

1. Angela Williams	7.09	3/11/01
2. <b>Ky Westbrook</b>	<b>7.18</b>	<b>1/17/15</b>
3. Virginia Powell	7.21	3/11/06
4. Tynia Gaither	7.23	2/28/15
5. Alexis Faulknor	7.27	1/24/15
6. <b>Deanna Hill</b>	<b>7.28</b>	<b>2/28/15</b>
Alexis Weatherspoon	7.28	3/4/06
Angela Daigle	7.28	2/28/03
9. Jessica Davis	7.30	3/15/14
10. <b>Destinee Brown</b>	<b>7.37</b>	<b>2/7/15</b>

## 200 METERS

1. Carol Rodriguez	22.77	3/11/06
2. <b>Deanna Hill</b>	<b>23.03</b>	<b>2/5/16</b>
3. Tynia Gaither	23.19	2/14/15
4. Jessica Davis	23.32	3/15/14
5. <b>Ky Westbrook</b>	<b>23.44</b>	<b>2/14/15</b>
6. Coco Ndipagbor	23.51	2/14/14
7. Gabriela Cantrell	23.60	2/14/15
8. Jenna Puterbaugh	23.65	1/25/14
9. Jaide Stepter	23.66	2/26/16
10. <b>Destinee Brown</b>	<b>23.69</b>	<b>2/5/16</b>
Michelle Taylor	23.69	2/25/89

## 400 METERS

1. Jaide Stepter	52.22	3/12/16
2. Coco Ndipagbor	52.47	3/14/14
3. <b>Amalie luel</b>	<b>52.52</b>	<b>2/12/16</b>
4. Michelle Taylor	52.60	2/11/89
5. <b>Kendall Ellis</b>	<b>52.77</b>	<b>2/12/16</b>
6. Vanessa Jones	53.33	2/28/15
7. Ashley Liverpool	54.21	3/1/14
8. Myra Hasson	54.71	1/30/10
9. <b>Cameron Pettigrew</b>	<b>54.74</b>	<b>2/14/15</b>
10. Elizabeth Olear	55.48	1/30/10

## 800 METERS

1. Michelle Taylor	2:05.70	3/10/90
2. <b>Amalie luel</b>	<b>2:06.88</b>	<b>2/26/16</b>
3. <b>Mikaela Smith</b>	<b>2:08.40</b>	<b>1/23/16</b>
4. Leslie Noll	2:08.70	2/25/89
5. Shannon Clark	2:10.11	2/25/89
6. Erica Capellino	2:11.54	2/28/15
7. Reika Kijima	2:11.55	2/28/15
8. <b>Rebekah Ent</b>	<b>2:11.90</b>	<b>2/27/16</b>
9. <b>Rachel Glynn</b>	<b>2:13.22</b>	<b>1/23/16</b>
10. Anniya Louis	2:13.43	2/11/12

## ONE MILE

1. Anna Lopacuich	4:43.23	2/8/98
2. Elise Lyon	4:53.35	2/8/86
3. Amy Goodwin	4:55.00	2/9/90
4. Katerina Berdousi	4:57.43	2/12/16
5. Christine Cortez	5:08.07	2/12/11
6. Jenna Tong	5:09.16	2/8/14
7. Katherine Ellis	5:16.72	1/26/08
8. Kira Soderstrom	5:41.76	1/20/12

## 3,000 METERS

1. Katerina Berdousi	9:50.40	2/13/16
2. Jenna Tong	10:02.63	2/27/16
3. Dina Kitayama	10:52.97	2/26/11
4. Erin Robinson	10:56.63	1/20/12
5. Katherine Ellis	10:57.78	1/27/07
6. Zara Lukens	10:58.71	2/26/11
7. Bridget Helgerson	11:07.73	1/27/07
8. Natalie Jarvey	12:04.25	1/27/07

## 60-METER HURDLES

1. Virginia Powell	7.84	3/11/06
2. <b>Dior Hall</b>	<b>8.01</b>	<b>3/13/15</b>
3. Candice Davis	8.05	3/10/07
4. Nia Ali	8.06	2/5/11
5. Lauren Blackburn	8.19	3/1/14
6. Dalilah Muhammad	8.23	3/2/12
7. Melia Cox	8.25	2/14/15
8. <b>Jasmyne Graham</b>	<b>8.30</b>	<b>2/5/16</b>
9. Shalina Clarke	8.34	2/7/09
10. <b>Amalie luel</b>	<b>8.48</b>	<b>3/11/16</b>

## LONG JUMP

1. <b>Margaux Jones</b>	<b>21-0.50 (6.41)</b>	<b>2/5/16</b>
2. Yvette Bates	20-10.00 (6.35)	3/12/88
3. Alitta Boyd	20-9.75 (6.33)	2/4/12
4. Wendy Brown	20-8.00 (6.30)	3/8/86
Sabrina Williams	20-8.00 (6.30)	2/8/85
6. Alexis Faulknor	20-5.25 (6.23)	2/28/15
7. Michelle Sanford	20-3.00 (6.17)	3/4/06
8. <b>Amalie luel</b>	<b>20-2.25 (6.15)</b>	<b>3/11/16</b>
9. Sandy Crabtree	19-7.50 (5.98)	2/15/80
10. Lavan Guilda	19-6.50 (5.95)	2/9/90

## TRIPLE JUMP

1. Yvette Bates	45-3.00 (13.79)	3/14/87
2. Wendy Brown	44-8.00 (13.61)	3/14/87
3. Michelle Sanford	43-2.25 (13.16)	1/30/04
4. Alitta Boyd	42-6.00 (12.95)	2/9/13
5. Melia Cox	41-5.75 (12.64)	2/9/13
6. Ekene Anene	41-5.00 (12.62)	1/30/10
7. Kemi Olonade	41-2.50 (12.56)	3/1/14
8. Brittany Daniels	40-6.75 (12.36)	1/28/06
9. Katarzyna Klisowska	39-2.25 (11.94)	2/10/07
10. Candace Bailey	37-5.25 (11.41)	1/20/12

## HIGH JUMP

1. <b>Amalie luel</b>	<b>5-10.75 (1.80)</b>	<b>3/11/16</b>
2. Wendy Brown	5-8.25 (1.730)	2/19/88
3. Spring Harris	5-8.00 (1.73)	2/15/03
Shawana Taylor	5-8.00 (1.73)	1/22/00
5. Yleana Carrasco	5-7.00 (1.70)	2/3/90
6. Alexandra Church	5-5.75 (1.67)	1/29/05
7. <b>Lyndsey Lopes</b>	<b>5-4.25 (1.63)</b>	<b>2/5/16</b>
8. Jordan Winters	5-3.00 (1.60)	1/16/16
9. Jennifer Stutland	5-2.25 (1.58)	1/19/13
Lindsey Oman	5-2.25 (1.58)	1/26/08
Ekene Anene	5-2.25 (1.58)	1/26/08

## POLE VAULT

1. Brysun Stately	13-5.75 (4.11)	3/4/06
2. Felicia Horvath	12-8.00 (3.86)	2/26/16
3. Melissa Astete	12-5.50 (3.80)	2/23/02
4. Kenisha Strong	11-0.75 (3.37)	1/31/09
5. Shannon Lewallen	10-10.00 (3.30)	1/21/05

## SHOT PUT

1. Diana Clements	55-8.25 (16.97)	2/21/86
2. Karen Freberg	53-4.25 (16.26)	3/4/06
3. Tera Novy	50-6.75 (15.41)	2/27/16
4. <b>Tanya Sapa</b>	<b>49-1.50 (14.97)</b>	<b>2/6/16</b>
5. Heidi Adams	47-2.00 (14.37)	2/19/88
6. Marissa Minderler	46-0.00 (14.02)	2/26/11
7. Katlin Mate	43-6.00 (13.26)	1/19/09
8. Rugina Hendricks	40-7.75 (12.39)	2/3/90
9. Kate Hutchinson	39-10.00 (12.14)	1/27/07
10. Lindsey Oman	37-7.25 (11.46)	1/27/07

## WEIGHT THROW

1. Erika Peyton	57-5.00 (17.59)	2/26/16
2. <b>Tanya Sapa</b>	<b>56-2.00 (17.12)</b>	<b>2/26/16</b>
3. Tamara Bauman	53-5.75 (16.30)	2/26/11
4. Ashley Pyka	48-4.50 (14.74)	1/20/12
5. Alexandra Williams	47-4.00 (14.44)	1/28/06
6. Marissa Minderler	47-1.00 (14.35)	1/31/09
7. Kathryn Daniels	45-8.00 (13.92)	2/26/11
8. Farren Benjamin	35-5.75 (10.81)	1/20/12

## PENTATHLON

1. <b>Amalie luel</b>	<b>4,444</b>	<b>3/26/16</b>
2. <b>Lyndsey Lopes</b>	<b>2,849</b>	<b>2/26/16</b>
3. Kiana Henry	2,825	1/26/13

## 4x400-METER RELAY

1. <b>Ellis, luel, Hill, Stepter</b>	3:28.82	2/13/16
2. <b>Stepter, luel, Ellis, Jones</b>	3:29.63	3/13/15
3. Ndipagbor, Jones, Stepter, Liverpool	3:33.20	3/15/14
4. <b>Ellis, luel, Stepter, Pettigrew</b>	3:35.43	1/23/16
5. N/A	3:35.90	2/25/89
6. N/A	3:36.16	3/15/86
7. Puterbaugh, Jones, Muhammad, Ndipagbor	3:37.57	3/2/12
8. Ndipagbor, Jones, Muhammad, Payne	3:38.47	2/11/12
9. N/A	3:42.99	2/2/90
10. N/A	3:43.15	2/11/89