

WOMEN'S ALL-TIME PERFORMANCE LIST

100m		
Carol Merritt	11.97	2001
Nicole Castronuova	12.00	2010
Mytoia Gathings	12.09	2011
Cassy Richards	12.20	2003
Tina Lane	12.22	1991
Myesha Barr	12.23	2010
Ashley Spooner	12.30	2006
Erin Brooks	12.40	2010
Chris Rose	12.41	1994
Johanna Hawkins	12.43	2006



Carol Merritt

800m		
Nikeya Green	2:04.46	2003
Kelly Clarke	2:06.26	1993
Jill Snyder	2:06.88	1999
Liz Cotter	2:07.12	1996
Chrissy Person	2:07.14	1997
Summer Shaw	2:07.50	2000
Dina Nosenko	2:07.68	2010
Kate Weber	2:07.75	1994
Alison Anibaldi	2:08.04	1999
Molly Pancake	2:08.13	1993

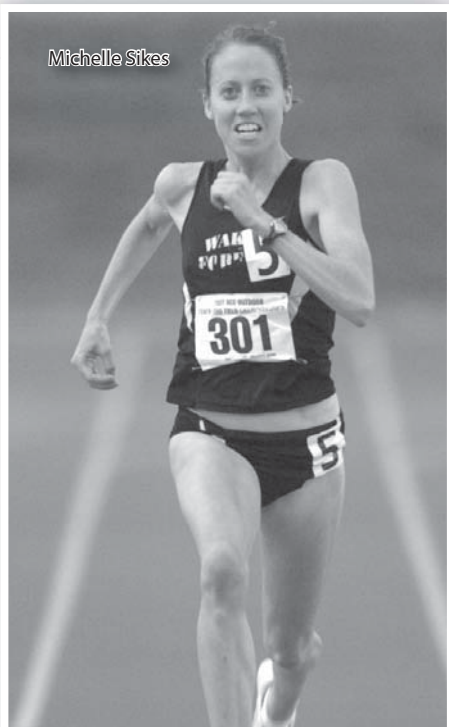
1,500m		
Michelle Sikes	4:16.58	2007
Jennifer Finnegan	4:17.51	1995
Anna Sherman	4:17.80	2004
Jill Snyder	4:19.40	1999
Dina Nosenko	4:20.45	2010
Anna Nosenko	4:21.19	2010
Liz Cotter	4:21.27	1997
Nikeya Green	4:21.58	2004
Chrissy Person	4:22.27	1998
Jennifer Rioux	4:23.16	1988

3,000m		
Michelle Sikes	9:13.33i	2007
Annie Bersagel	9:20.06i	2005
Jennifer Rioux	9:21.60	1988
Karen Dunn	9:22.51	1985
Liz Becker	9:22.93	1988
Sue Vander Wagen	9:27.22	1987
Janelle Kraus	9:27.61	2000
Anna Nosenko	9:28.04i	2010
Nicole Schappert	9:31.86	2008
Nicole Stevenson	9:32.21	1996

5,000m

200m		
Carol Merritt	23.78i	2002
Nicole Castronuova	23.94	2008
Melissa Council	24.11	2007
Caroline Vaughn	24.19	2009
Diane Anderson	24.46	2004
Gwen Ricco	24.52	2010
Molly Kennedy	24.61	2008
Mytoia Gathings	24.65	2011
Cassy Richards	24.71	2004
Maddy Ricco	24.87	2010

400m		
Melissa Council	53.62	2009
Nicole Castronuova	54.39	2009
Carol Merritt	54.60	2004
Myesha Barr	54.63	2010
Diane Anderson	55.48	2005
Molly Pancake	55.96	1991
Summer Shaw	56.08	2001
Michelle Loyd	56.54	2008
Nikeya Green	56.59	2002
Alex Gove	56.93	2009



Michelle Sikes



Nikeya Green

Michelle Sikes	15:06.28	2007
Annie Bersagel	15:56.97i	2005
Janelle Kraus	16:06.43	1999
Anna Nosenko	16:09.05	2009
Jill Miller	16:21.85i	2003
Caitlin Chrisman	16:29.61	2005
Sue Vander Wagen	16:30.48	1987
Jennifer Rioux	16:32.27	1988
Nicole Stevenson	16:34.89	1996
Mary Powell	16:53.06	1990

10,000m

Michelle Sikes	32:58.20	2007
Annie Bersagel	33:02.13	2005
Sara Day	33:29.26	2001
Jennifer Rioux	33:58.69	1988
Anna Nosenko	34:03.27	2010
Anne Marie Letko	34:21.78	1988
Mary Powell	34:35.55	1990
Cynthia Moreshead	34:47.84	1996
Caitlin Chrisman	34:52.38	2007
Janelle Kraus	35:04.50	1999

100m Hurdles

Caroline Vaughn	13.39	2009
Cassy Richards	14.05	2004
Alex Gove	14.23	2009
Molly Kennedy	14.29	2008
Michelle Duffey	14.35	2008
Gwen Ricco	14.41	2010
Jamie Grayzer	14.58	2002
Trina Bindel	14.71	1996
Melissa Council	14.77	2006
Tina Lane	14.82	1991

WOMEN'S ALL-TIME PERFORMANCE LIST



Javelin

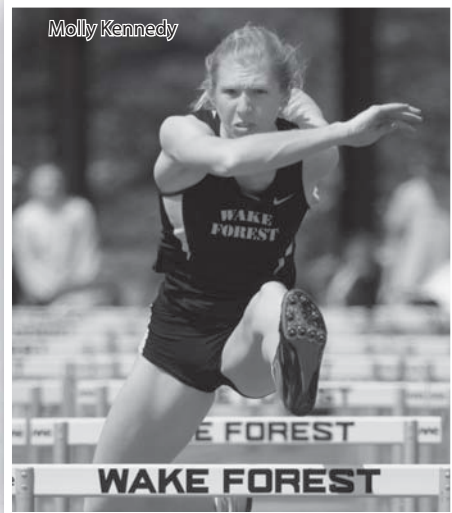
Carly Mauch	45.49m/149-3	2008
Sarah Brobeck	39.69m/130-2	2011
Kayla Gassman	38.83m/127-4	2005
Tasha Pickney	36.59m/120-0	1999
Jamie Grayzer	35.80m/117-5	2002
Erika Martin	34.63m/113-9	2011
Jill Kovalcik	33.34m/109-4	2002
Maddy Ricco	33.10m/108-7	2010
Gwen Ricco	30.95m/101-6	2011

Javelin (Old Rule)

Carrie Buckley	47.43m/155-7	1993
Trina Bindel	38.62m/126-8	1995

Heptathlon

Trina Bindel	5433 pts	1995
Molly Kennedy	5269 pts	2008
Caroline Vaughn	5038 pts	2009
Gwen Ricco	4954 pts	2010
Jamie Grayzer	4882 pts	2002
Jill Kovalcik	4680 pts	2003
Alex Gove	4761 pts	2010



Cassy Richards	4657 pts	2004
Melissa Council	4692 pts	2006
Erika Martin	4615 pts	2011

Pole Vault

Jill Ahrens	3.80m/12-5.5	2008
Michelle Lange	3.75m/12-3.5i	2010
Jill Kovalcik	3.50m/11-5.75	2002
Maddy Kocher	3.41m/11-2.25	2011
Elizabeth Washam	3.35m/10-11.75	2001
Summer Shaw	3.30m/10-10	2000
Kerri Norton	3.20m/10-6	2006

Long Jump

Cassy Richards	6.216m/20-6.5	2004
Erin Brooks	5.93m/19-5.75	2010
Gwen Ricco	5.72m/18-9.25	2011
Caroline Vaughn	5.64m/18-6	2010
Melissa Council	5.63m/18-5.5	2006
Trina Bindel	5.63m/18-5.5	1996
Molly Kennedy	5.62m/18-5	2008
Maddy Ricco	5.59m/18-4.25	2010
Johanna Hawkins	5.47m/17-11.75	2006
Jill Kovalcik	5.41m/17-9	2002

Triple Jump

Erin Brooks	12.56m/41-2.5	2011
Molly Kennedy	12.20m/40-0.5	2008
Phoebe Kershaw	11.75m/38-6.75	2011
Kirsten Holmboe	11.07m/36-4	1993
Cathy Richards	11.00m/36-0.25	1994
Kristin Rumpf	10.77m/35-4	1990
Sarah Johnston	10.40m/34-1.5	1987

Shot Put

Lindsay Neuberger	15.90m/52-1.25	2007
Sandra Jenkins	13.93m/45-8.5	2001
Catherine Meuhlieb	13.92m/45-8	2006
Trina Bindel	13.90m/45-7.25	1995
Sarah Brobeck	13.29m/43-7.5	2011
Jen Leesman	13.03m/42-9	2002
Molly Kennedy	12.69m/41-7.75	2007
Tara Haggett	12.16m/39-11	1990

Discus

Britt Boshamer	45.83m/150-4	1992
Lindsay Neuberger	45.15m/148-1	2004
Carmen Green	45.05m/147-9	2011
Catherine Meuhlieb	44.08m/144-7	2006
Sandra Jenkins	41.82m/137-4	2002
Dania Douglas	41.32m/135-8	1995
Sarah Brobeck	41.09m/134-9	2011
Mary Monroe	39.02m/128-0	1992
Carly Mauch	39.06m/128-2	2010
Cate Hansing	36.26m/118-11	2009

Hammer Throw

Lindsay Neuberger	50.45m/165-6	2005
Carmen Green	47.23m/154-11	2011
Carly Mauch	39.51m/129-5	2007
Jen Leesman	38.11m/125-0	2002
Cate Hansing	33.40m/109-7	2009
Dania Douglas	31.44m/103-2	1996

400m Hurdles

Caroline Vaughn	57.32	2009
Michelle Loyd	58.06	2008
Alex Gove	58.67	2010
Allison Johnson	1:01.05	2011
Trina Bindel	1:03.43	1996
Jackie Muscente	1:03.76	2002
Trista Hopkins	1:04.39	1999
Kathy Miller	1:04.94	1991
Carrie Cilchrist	1:05.46	1999
Melissa Council	1:05.49	2005

3,000m Steeplechase

Selina Sekulic	10:34.72	2004
Michelle Sikes	10:35.73	2005
Erin Redden	10:37.97	2010
Kara Mullin	10:42.39	2003
Catherine Fortin-Major	10:53.58	2003
Caitlin Crawford	11:12.71	2010
Kelly Polison	11:33.42	2007
Adele Mitchell	11:59.92	2006

High Jump

Trina Bindel	1.82m/5-11.5	1996
Caroline Vaughn	1.69m/5-6.5	2010
Vickie Peek	1.69m/5-6.5	1992
Christina Strasner	1.68/5-6	1982
Cynthia Kennedy	1.66m/5-5.25	2005
Samantha Howell	1.65m/5-5	2011
Erika Martin	1.63m/5-4.25	2011
Molly Kennedy	1.63m/5-4.25	2005
Rachel Burns	1.63m/5-4.25	2000
Melissa Council	1.59m/5-2.5	2006