

This is a comprehensive women's list of USC track athletes. It is a work in progress and may never be quite fully completed. Names are still being discovered and added. Please [contact me](#) if you notice any errors or omissions.

## 100 METERS

			Rosetta Brit	11.94	1976
Angela Williams	11.04	6/5/1999	Dominique Dorsey	11.97	5/1/2004
Natasha Mayers	11.09	4/19/2003	Shana Woods	11.98	3/5/2011
Virginia Powell	11.10	5/14/2006	Charity Bruce	12.07	5/11/2013
Torri Edwards	11.10	6/4/1999	Tara Davis-Quarrie	12.07	5/14/2005
Inger Miller	11.11	4/7/1993	Alitta Boyd	12.08	5/7/2011
Ky Westbrook	11.17	6/11/2015	<b>Sandy Crabtree</b>	<b>12.0</b>	<b>3/31/1979</b>
Deanna Hill	11.18	3/25/17	Dollie Fleetwood	12.11	1982
Jessica Davis	11.19	5/14/2011	Madisen Richards	12.12	3/7/2015
Tynia Gaither	11.21	5/1/2016	Tracee Thomas	12.12	4/24/2004
Candace Young	11.22	3/24/2001	Whitney Graham	12.13	2/25/2006
Alexis Faulknor	11.26	6/25/2015	Aleksandra Pieluzek	12.14	2/22/2003
Jessica Onyepunka	11.31	4/15/2007	Melia Cox	12.18	3/9/2013
Carol Rodriguez	11.32	6/8/2010	Disia Page	12.24	4/17/1998
Alexis Weatherspoon	11.34	4/30/2005	Pam Simpson	12.29	4/17/1998
Gail Douglas	11.34	5/11/1979	Patrice Latimore	12.33	3/6/1993
Gervaise McGraw	11.37	1987	Margaux Jones	12.41	4/9/2016
Kinshasa Davis	11.39	2001	Elan Hilaire	12.42	3/7/2009
Myra Mayberry	11.42	4/25/1987	Ekene Anene	12.45	3/13/2010
Destinee Brown	11.43	4/17/2015	Kerrie Pesques	12.49	5/9/1992
Aareon Payne	11.45	5/1/2011	Teresa Strickland	12.49	4/8/1989
Judith Onyepunka	11.46	5/2/2009	Megan Reppe	12.52	3/16/1996
Loudia Laarman	11.47	4/18/2014	Sandy Crabtree	12.54	1982
Coco Ncha-Ndip	11.48	4/27/2014	Kim Adams	12.54c	1981
Candace Young	11.49	3/18/2000	Kiana Henry	12.57	2/25/2012
Gabriella Cantrell	11.53	4/3/2015	Kira Davis-Quarrie	12.57	5/1/2010
Candice Davis	11.54	4/28/2007	<b>Stephanie Jones</b>	<b>12.59</b>	<b>3/11/2000</b>
Esi Benyarku	11.57	3/6/1999	Tunisia Johnson	12.66	2/26/2005
Robin Simmons	11.57	4/28/1985	Merrill Balassone	12.76	4/24/2004
Melanna Gray	11.58	3/2/1992	Malea Malik	12.78	2/25/2012
Miya Edmonson	11.59	5/1/2004	Sauda Johnson	12.83	3/3/1996
Jenna Puterbaugh	11.60	3/23/2013	Katherine Chang	12.84	3/5/2011
<b>Linda Cassidy</b>	<b>11.6</b>	<b>3/10/1979</b>	<b>Christina Ciampa</b>	<b>12.84</b>	<b>4/14/2001</b>
Kim Robinson	11.61	1981	Jennifer Jones	12.85	3/13/2010
Disia Page	11.62	5/4/2002	Anna Biler	12.8	1977
<b>Malika Edmonson</b>	<b>11.65</b>	<b>3/18/2000</b>	Shayna Healy	12.92	4/1/1995
Ronda Brooks	11.70	4/21/90	Candace Bailey	12.94	3/3/2012
Sau Ying Chan	11.73	4/5/1994	Chanel Young	12.97	3/6/1998
Desiree Bracey	11.74	3/13/1993	Alexis Brown	12.99	3/3/2012
Elizabeth Olear	11.75	3/10/2007	Jackie Gordon	13.0	1977
Kanika Conwright	11.77	5/6/1995	Courtney Clayton	13.20	3/12/2011
La Tima Jones	11.78	3/21/1992	Cara Bickers	13.33	3/12/2011
Patty Van Wolvelaere	11.78	5/19/1978	Caroline Lutsky	13.47	4/27/2013
Tai-Ne Gibson	11.82	5/25/1996	Alix Fitch	13.66	3/12/2011
LaWanda Cabell	11.84	1985	<b>Janet Chowsanget</b>	<b>13.99</b>	<b>4/17/1999</b>
Tiffany Bennett	11.86	4/21/2002	Jennifer Mueller	14.15	2/23/2008
Shalina Clarke	11.87	5/12/2007	<b>Simone Calvin</b>	<b>15.30</b>	<b>3/10/2001</b>
Erica Alexander	11.90	5/2/2009	Linda Molo		1978
Sabrina Williams	11.90	1984	Angels Hunter		1977
Louan Guiado	11.91	1988			
Felice Lipscomb	11.94	5/22/1993			

## 200 METERS

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Carol Rodriguez	22.23a	5/27/2006	Shalina Clarke	24.21	3/10/2007
Inger Miller	22.33	4/17/1993	Myra Hasson	24.22	4/24/2010
Tynia Gaither	22.54	6/11/2016	Kanika Conwright	24.29	4/25/1996
Deanna Hill	22.59	4/15/2017	Jasmine Lee	24.33	3/26/2005
Kinshasa Davis	22.69	4/16/2000	Louan Guialdo	24.36	1988
Kendall Ellis	22.79	3/18/2017	<b>Sandy Crabtree</b>	<b>24.3</b>	<b>3/10/1979</b>
Natasha Mayers	22.80	5/29/2002	Rosetta Birt	24.51	4/30/1977
Aareon Payne	22.83	4/16/2011	Melia Cox	24.55	3/7/2015
Jessica Davis	22.84	5/14/2011	Nakiya Johnson	24.59	4/6/2002
Torri Edwards	22.84	6/4/1999	Whitney Graham	24.62	5/1/2004
Alexis Faulknor	22.97	6/27/2015	Lyndsey Lopes	24.63	5/7/2016
<b>Gail Douglas</b>	<b>22.9</b>	<b>4/27/1979</b>	Judith Onyepunka	24.70	3/30/2007
Gervaise McGraw	23.07	5/2/1987	Carmen Pettigrew	24.71	4/2/2016
Alexis Weatherspoon	23.11	6/9/2005	Tara Davis-Quarrie	24.72	5/14/2005
Ky Westbrook	23.22	5/30/2015	Felice Lipscomb	24.73	5/7/1994
Angela Williams	23.22	5/20/2000	Tanya Smith	24.76	5/25/1993
Jaide Stepter	23.23	4/15/2016	Tracee Thomas	24.79	4/10/2004
Jessica Onyepunka	23.26	5/25/2007	Angela Rolfe	24.83	1/14/1990
Virginia Powell	23.29	4/29/2006	<b>Natasha Danvers</b>	<b>24.99</b>	<b>3/17/2000</b>
Gabriella Cantrell	23.34	4/3/2015	Jennifer Jones	25.00	3/12/2011
La Tima Jones	23.37	5/6/1995	Noelle Chapin	25.01	3/25/1989
Amalie Iuel	23.41	5/7/2016	Patrice Latimore	25.02	3/6/1993
Vanessa Jones	23.43	4/18/2014	Brandy Stephens	25.07	4/14/1995
Miya Edmonson	23.46	5/1/2004	Sabrina Williams	25.24c	1982
Jenna Puterbaugh	23.48	3/23/2013	<b>Linda Cassidy</b>	<b>25.25</b>	<b>2/11/1979</b>
Michelle Taylor	23.49	4/21/1990	Jasmyn Graham	25.26	3/19/2016
Coco Ncha-Ndip	23.53	3/22/2014	Kerrie Pesques	25.29	4/18/1992
Loudia Laarman	23.58	4/18/2014	Charity Bruce	25.35	3/10/2012
Dalilah Muhammad	23.62	4/25/2009	Pam Simpson	25.35	5/18/1996
Destinee Brown	23.63	5/16/2015	Michelle Sanford	25.46	3/18/2005
<b>Candace Young</b>	<b>23.66</b>	<b>3/24/2001</b>	Merrill Balassone	25.60	4/2/2005
Esi Benyarku	23.71	4/12/1997	Megan Reppe	25.68	3/16/1996
Tai-Ne Gibson	23.72	3/29/1997	Erin Williams	25.80	3/13/2004
Dominique Dorsey	23.75	5/1/2004	Nicole Haynes	25.83	5/12/1995
Robin Simmons	23.77	3/16/1985	Jenny Opoku	25.84	3/8/2003
Dior Hall	23.79	4/11/2015	<b>Christina Ciampa</b>	<b>25.90</b>	<b>4/21/2001</b>
Myra Mayberry	23.79	5/23/1987	Michelle DeCoux	25.90	3/18/1989
Melanna Gray	23.82	4/20/1991	Candice Davis	25.91	4/10/2004
Kim Robinson	23.84	1981	Effie Daetz	25.93	5/6/1989
Shana Woods	23.86	5/9/2009	Kira Davis-Quarrie	25.99	5/9/2009
Ronda Brooks	23.87	5/12/1990	Teresa Strickland	26.00	4/8/1989
Nia Ali	23.90	6/11/2009	Lindsay Oman	26.05	4/2/2008
Elizabeth Olear	23.91	3/28/2009	Kiana Henry	26.18	5/4/2013
Desiree Bracey	23.98	3/20/1993	Alitta Boyd	26.33	3/12/2011
Ashley Liverpool	24.00	4/19/2013	Kerrie Pegues	26.33	2/27/1993
Tiffany Bennett	24.01	4/21/2002	Kerry Zwart-Bell	26.34	1982
<b>Malika Edmonson</b>	<b>24.03</b>	<b>3/18/2000</b>	<b>Cecile Poppen</b>	<b>26.3</b>	<b>5/11/1979</b>
Leslie Maxie	24.04	4/18/1986	Anniya Louis	26.60	3/3/2012
LaWanda Cabell	24.14	1986	Shannon Lewallen	26.61	4/30/2005
<b>Carla Estes</b>	<b>24.17</b>	<b>3/10/2001</b>	Stephanie Marquez	26.67	4/26/2003
Lauren Blackburn	24.20	4/18/2014	Shayna Healy	26.6	4/14/1995

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Candace Bailey	26.80	3/9/2013	Tynia Gaither	54.68	3/21/2015
Martise Moore	26.8	4/13/1996	Linda Cassidy	54.86	1980
Stephanie Davis	26.8	1977	Noelle Chapin	54.91	4/30/1988
Oluwakemi Olonade	26.91	3/22/2014	Karen Koellner	55.02	4/8/1988
Sauda Johnson	27.03	4/14/1995	Aleksandra Deren	55.17	4/6/2002
Katherine Chang	27.11	3/13/2010	Angela Rolfe	55.44	3/30/1990
Ashley Selman	27.11	3/25/1990	Louan Gualdo	55.49	4/13/1991
Jennifer Mueller	27.27	5/3/2008	Judith Onyepunka	55.64	4/13/2007
Lydia Rolle	27.27	4/8/2000	Lesley Noll	55.74	1988
Marian Eastern	27.2	3/24/1979	Torri Edwards	55.76	3/9/1996
Tessa Granowski	27.38	3/3/2012	Whitney Graham	55.93	4/29/2006
Adriana Lozano	27.39	4/1/1995	Shalina Clarke	55.99	3/10/2007
Samantha Ojo	27.43	3/22/2014	Ronda Brooks	56.04	1978
Allison Franke	27.56	5/22/1992	Tiffany Bennett	56.11	3/29/2003
Jackie Gordon	28.0	1977	Brandy Stephens	56.43	5/6/1995
Caroline Lutsky	28.37	3/16/2013	Michelle DeCoux	56.46	3/9/1991
Lyn Carter	28.64c	1982	Frida Flodstrom	56.65	4/18/2009
			Erica Alexander	56.78	5/16/2009
			Gina Clayton	56.80	4/24/2004
			Esi Benyarku	56.93	3/9/1996
			Alexis Weatherspoon	57.30	3/8/2003
			Elan Hilaire	57.38	4/17/2010
			Jenny Opoku	57.65	4/26/2003
			Anniya Louis	57.95	3/3/2012
			Kerrie Pesques	58.18	3/5/1994
			Cecile Poppen	58.1	3/24/1979
			Alexis Brown	58.40	5/1/2010
			Donna Curtis	58.50	1982
			Malea Malik	58.94	4/7/2012
			Kristie Johnson	59.02	4/17/1999
			Anna Biller	59.1	1977
			Laura Simone	59.77	1982
			Alexis Brown	59.98	4/2/2011
			Tracy Bourdeau	60.09	3/18/1989
			Kelly Owen	60.14	4/2/2011
			Melissa Marguillies	60.14	4/29/2006
			Rosalind Anderson	60.3	4/6/1979
			Shelby Buckley	60.36	3/16/2013
			Anna Burger	60.44	4/2/2011
			Marian Eastern	60.4	1979
			Tessa Granowski	60.76	3/24/2012
			Jackie Dion	60.81	4/2/2011
			Christina Ciampa	61.07	3/3/2001
			Carli Kyles	61.07	3/3/1996
			Sauda Johnson	61.0	5/4/1996
			Allison Rojewski	61.14	4/2/2011
			Latreace Benson	61.20	4/22/1998
			Natalia Williams	61.42	3/19/2011
			Ellie Khabazian	61.56	3/4/2000
			Jennifer Jones	61.66	4/14/2011
			Jennifer Biller	61.7	1977

#### 400 METERS

Jaide Stepter	50.91	3/26/2016			
Kendall Ellis	50.98	4/8/17			
Carol Rodriguez	51.39	5/3/08			
Vanessa Jones	51.50	5/17/15.			
Michelle Taylor	51.75	6/2/89			
Amalie luel	51.81	3/18/17			
Brigita Langerholc	52.02	7/01			
Cameron Pettigrew	52.11	4/8/17			
Gervaise McCraw	52.24	6/7/1986			
Nakiya Johnson	52.29	5/19/2002			
Inger Miller	52.76	3/26/1994			
Tracee Thomas	52.99	5/1/2004			
Coco Ncha-Ndip	53.00	5/17/2015			
Malika Edmonson	53.02	5/2/1998			
Ashley Liverpool	53.04	5/11/2013			
Kinshasa Davis	53.04	4/21/1999			
Leslie Maxie	53.10	4/28/1990			
Myra Hasson	53.13	5/1/2010			
LaWanda Cabell	53.15	5/3/1986			
Carla Estes	53.20	5/2/1998			
Natasha Danvers	53.26	6/13/1998			
Carmen Pettigrew	53.28	5/17/2015			
Elizabeth Olear	53.29	5/28/2010			
Treani Swain	53.62	5/1/2004			
La Tima Jones	53.63	5/20/1995			
Asha Jayasinghe	53.75	3/29/1997			
Jasmine Lee	53.77	5/28/2005			
Myra Mayberry	54.04	5/11/1987			
Jessica Davis	54.10	3/3/2012			
Natasha Mayers	54.34	3/1/2003			
Jenna Puterbaugh	54.63	4/22/2011			
Tara Davis-Quarrie	54.66	5/5/2007			

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Francesca Adamski	61.89	3/5/2011	Natasha Strickland	2:13.25	5/16/2015
Jazzmin Owens	62.65	4/24/2010	Allison Rojewski	2:13.44	5/1/2011
Natasha Strickland	62.97	3/15/2014	Sarah Cocco	2:13.87	4/19/2008
Amy Johnson	63.80c	1982	Emma Kao	2:13.92	5/16/2015
Samantha Ojo	63.93	4/6/2013	Treasure Schultz	2:14.49	3/4/1995
Kathryn Karkut	64.18	3/9/2013	Madison Ricks	2:14.73	3/19/2016
Caroline Lutsky	64.66	3/23/2013	Crystal Becker	2:14.94	5/11/2002
Jazmin Treadway	64.89	3/20/2004	Taylor Seamans	2:15.00	3/19/2016
Kiana Henry	67.66	3/10/2012	Kerrie Pegues	2:15.07	5/1/1993
Janice McDowell	68.20c	1982	Lindsay Oman	2:15.24	5/10/2008
Alyssa Reardon	69.28	3/15/2014	Tracy Bourdeau	2:15.28	3/16/1991
Beth Johnson	71.55	4/10/1998	Danielle Morrell	2:15.38	3/22/2003
Vanessa Williams		1981	Kira Soderstrom	2:15.43	3/14/2015
Diana Rowden		1978	Kelly Owen	2:15.47	4/27/2013
Charee Copenhauer		1978	Amber Gore	2:15.49	3/19/2016
Marian Eastern		1978	Miriam Bennett	2:15.52	3/25/1995
Angels Hunter		1977	Melissa Marguillies	2:15.82	4/28/2007

## 800 METERS

Brigita Langerholc	1:58.51	9/25/2000	Dalilah Muhammad	2:16.06	3/5/2011
Michelle Taylor	2:00.01	7/19/1989	Amy Goodwin	2:16.1	4/11/1992
Lesley Noll	2:03.30	4/8/1988	Katerina Berdousi	2:16.85	4/4/2014
Grazyna Penc	2:03.82	4/5/1997	Katherine Ellis	2:17.01	4/4/2009
Aleksandra Deren	2:04.18	4/26/2001	Lindsay Enright	2:17.06	3/28/2014
Donna Curtis	2:04.58	5/29/1985	Kristen Berglas	2:17.78	4/24/2004
Mikaela Smith	2:05.33	5/14/2016	Heather Hennessy	2:17.89	3/30/2002
Anna Lopaciuch	2:05.71	5/24/1998	Christine Lewis	2:17.93	4/17/1994
Treani Swain	2:05.93	4/30/2005	Myra Hasson	2:18.47	3/8/2008
Kristie Johnston	2:06.09	5/3/1997	Jenna Tong	2:18.63	4/26/2014
Amalie Iuel	2:06.34	5/8/2016	Lauren Grego	2:19.07	4/19/2014
Gina Clayton	2:06.58	4/30/2005	Anna Burger	2:19.29	3/12/2011
Frida Flodstrom	2:06.65	5/2/2009	Tanys Smith	2:19.30	5/26/1993
Shannon Clark	2:07.79	1989	Kelsey Connor	2:19.33	4/7/2007
Amy Goodwin	2:08.34	1989	Natalia Williams	2:19.68	4/2/2011
Iryna Vashchuk	2:08.48	4/18/2004	<b>Camie Patton</b>	<b>2:20.11</b>	<b>4/21/2001</b>
Elise Lyon	2:09.19	4/26/1986	Tosha Clements	2:20.46	3/3/1996
Christine Cortez	2:09.76	5/1/2010	Chanel Fischetti	2:20.49	4/26/2008
Lucyna Ligaj	2:10.02	4/24/2001	Asha Jayasinghe	2:20.58	3/3/1996
Anniya Louis	2:10.15	5/9/2009	Tara Davis-Quarrie	2:20.83	4/21/2007
Shantae McKinney	2:10.28	5/8/2004	Sapphira Ibrahim	2:21.18	3/12/1994
Julie Seleine	2:10.30	1987	Jennifer Wells	2:21.29	3/24/2007
Reika Kijima	2:10.93	4/18/2015	<b>Marley Jung</b>	<b>2:21.2</b>	<b>4/27/1979</b>
Gina Dyer	2:11.21	4/26/1980	Goldie Thompkins	2:21.93	4/26/2003
Carmen Pettigrew	2:11.28	5/3/2015	Jackie Dion	2:21.95	4/29/2012
Karen Koellner	2:11.34	3/8/1986	Francesca Adamski	2:22.06	4/9/2011
Shelby Buckley	2:11.41	4/27/2013	Lyndsey Lopes	2:22.21	5/8/2016
Rebekah Ent	2:12.07	5/1/2016	Staci Burgess	2:22.55	1982
Mary Anne Bullard	2:12.25	3/23/1985	Kerry Zwart-Bell	2:22.76	1982
Rachel Glynn	2:12.27	3/19/2016	Sheronda Gaines	2:22.86	4/22/1998
Erica Capellino	2:12.58	4/21/2012	Shana Woods	2:23.13	5/10/2008
Nakiya Johnson	2:13.16	3/1/2003	Rae Stumbough	2:24.34	4/26/2003
			Jennifer Biller	2:24.5	1977



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Kerrie Pesques	2:24.65	4/18/1992	Christine Lewis	4:33.27	4/6/1996
Devon Rennie	2:25.78	3/22/2008	Natasha Strickland	4:34.76	3/23/2013
Allison Franke	2:26.05	5/15/1993	Shelby Buckley	4:35.12	3/24/2012
Donna Van Pulvelde	2:26.0	1977	Kristen Berglas	4:36.60	4/15/2005
Carey Hill	2:26.5	1977	Kira Soderstrom	4:36.61	3/14/2015
Sophia Rachette	2:26.63	4/2/2016	Katherine Ellis	4:36.88	3/14/2009
Laura Simone	2:27.13	1982	Mary Anne Bullard	4:38.4	3/29/1986
Latreace Benson	2:27.35	3/27/1998	Jenna Tong	4:39.98	4/2/2016
Amber Bragdon	2:27.55	3/14/2015	Natalia Kovtun	4:37.46	4/7/2007
Shayvonne Goldsby	2:27.94	3/5/1994	Allison Rojewski	4:40.23	4/4/2009
Nia Ali	2:28.77	4/10/2009	Leah Gaeta	4:41.05	3/13/2010
Alyssa Reardon	2:29.41	3/22/2014	Kristy Ambrosini	4:42.17	3/20/2010
Brenda Bruce	2:30.9	1977	Tracy Bourdeau	4:42.98	3/16/1991
Ashley Selman	2:31.1	1990	Chanel Fischetti	4:43.56	3/29/2009
Nicole Haynes	2:31.76	5/26/1993	Diane Byington	4:43.6	5/29/1977
Karlin McCullen	2:33.55	1982	Leticia Mora	4:44.3	4/1/1995
Julie Garcia	2:32.50	4/15/1989	Lindsay Enright	4:44.46	4/5/2014
La Tima Jones	2:35.5	2/29/1992	Julie Rollow	4:45.03	1985
Sarah Sisco	2:38.13	3/18/2006	Christine Greer	4:45.75	4/25/2009
Kiana Henry	2:38.33	3/28/2013	Anniya Louis	4:46.06	4/4/2009
Mitzi McMillan	2:42.6	1977	Kelly Owen	4:46.09	4/2/2011
Cathy Cummins	2:42.7	1977	<b>Katie Kennedy</b>	<b>4:46.14</b>	<b>5/8/1999</b>
Gail Berger	2:43.6	1977	Heather Hennessy	4:46.3	3/17/2002
Marley Jung		1978	Kathleen Moloney	4:46.94	3/13/2010
Diana Rowden		1978	Jessica Lundin	4:48.56	4/4/2009
			Rae Stumbough	4:48.58	3/8/2003
			Nicole Davies	4:48.61	3/9/2013
			Jennifer Wells	4:49.09	3/22/2008
			Treasure Schultz	4:49.38	3/26/1994
			Sophia Rachette	4:49.54	4/14/2016
			Madison Ricks	4:50.58	5/1/2016
			Reika Kijima	4:50.71	3/14/2015
			Amber Gore	4:50.74	4/2/2016
			Lauren Grego	4:51.54	4/18/2014
			Amber Bragdon	4:52.04	5/3/2015
			Crystal Becker	4:52.57	3/8/2003
			Jasmine Leija	4:52.94	4/19/2008
			Jaclyn Walles	4:53.05	3/12/2011
			<b>Sinfo Orozco</b>	<b>4:53.87</b>	<b>4/26/2001</b>
			Tina Kefelas	4:53.8	4/6/1996
			Austin Lundin	4:54.88	4/8/2013
			Erin Robinson	4:55.76	3/3/2012
			Kristin Byrne	4:56.49	4/18/2009
			Mai Ngo	4:57.03	4/14/1995
			Rachel Glynn	4:57.39	4/2/2016
			Jessica Cuevas	4:57.53	4/26/2003
			Goldie Thompkins	4:58.51	4/21/2002
			Erin Matranga	4:59.57	3/9/2013
			Laura Meyers	4:59.81	3/15/2008
			Bridget Helgerson	5:00.68	5/1/2010
			Liz Gill	5:02.24	4/18/2009
<b>1500 METERS</b>					
Grazyna Penc	4:12.05	4/20/1997			
Iryna Vashchuk	4:12.79	5/29/2004			
Elise Lyon	4:15.96	5/23/1987			
Anna Lopaciuch	4:16.49	4/4/1998			
Lesley Noll	4:17.25	4/30/1989			
Emebet Shiferaw	4:20.75	5/4/1996			
Aleksandra Deren	4:20.84	5/5/2001			
Kristie Johnston	4:21.84	5/3/1997			
Shannon Clark	4:22.06	4/11/1987			
Lucyna Ligaj	4:22.77	5/20/2001			
Zsofia Erdelyi	4:23.18	5/2/2009			
Julie Seleine	4:23.92	4/11/1987			
Donna Curtis	4:26.25	4/7/1984			
Gina Dyer	4:27.40	3/23/1980			
Amy Goodwin	4:27.70	4/14/1989			
Rebekah Ent	4:27.72	4/15/2016			
Erica Capellino	4:27.92	3/24/2012			
Christine Cortez	4:28.12	3/20/2010			
Danielle Morrell	4:30.29	5/18/2003			
Katerina Berdousi	4:30.43	5/16/2015			
Sarah Cocco	4:31.49	3/22/2008			
Brooke Thomas	4:32.11	3/8/2003			
Oksana Milokumova	4:32.40	4/13/2007			
Ariel Wright	4:32.88	3/19/2011			

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Sapphira Ibrahim	5:02.65	3/19/1994	Rachel Glynn	10:39.36	3/18/2016
Meghan Mainwaring	5:02.67	3/6/2003	Erin Robinson	10:39.99	3/23/2012
Alyssa Reardon	5:05.91	4/18/2015	Jessica Lundin	10:41.38	3/1/2009
Hayley Sifton	5:06.54	3/30/2001	Katie McGraw	10:41.84	4/17/1998
Zara Lukens	5:07.27	4/18/2009	Julie Seleine	10:43.26	5/2/1987
Barb Almarez	5:07.83	4/21/2001	Julie Sumpter	10:43.74	3/31/1984
Emma Kao	5:08.00	5/3/2015	Diane Byington	10:44.4	3/26/1977
Tori Carter	5:08.78	3/12/2005	Austin Lundin	10:44.71	4/7/2012
Erika Hanson	5:11.41	4/10/1999	Madison Ricks	10:44.72	4/23/2016
Staci Burgess	5:13.10c	1982	Allison Erbert	10:44.8	4/17/1998
Francesca Adamski	5:15.98	3/3/2012	Theresa Kurth	10:44.92	3/20/2010
Julie Sumpter	5:17.8	1982	Laura Strachan	10:45.27	3/18/2006
Erika Hanson	5:18.99	3/6/1998	Zara Lukens	10:47.11	3/1/2009
Sarah Sisco	5:19.07	3/25/2006	Donna Curtis	10:47.64	1985
Anna Burger	5:22.48	3/3/2012	Katie DeYoung	10:47.80	4/7/2012
Cathy Cummins	5:39.5	1977	Roseann Nardon	10:49.70	4/12/1986
Jackie Louth		1981	Julie Rollow	10:50.40	3/23/1985
			Barb Almarez	10:50.49	5/5/2001

### 3000 METERS

Emebet Shiferaw	9:11.78	6/6/1997	Erin Matranga	10:52.64	3/16/2013
Anna Lopaciuch	9:23.44	5/2/1998	Erin Ferguson	10:55.22	4/26/2001
Zsofia Erdelyi	9:27.96	3/20/2010	Maria Arroyo	10:59.8	3/4/1995
Iryna Vashchuck	9:31.14	3/20/2004	Amy Goodwin	11:00.8	2/24/1991
Lucyna Ligaj	9:38.07	3/3/2001	Margarita Fernandez	11:10.8	3/21/1992
Shannon Clark	9:41.41	4/17/1987	Jasmine Leija	11:15.56	3/1/2008
Sarah Cocco	9:42.68	3/1/2008	Kristen Berglas	11:20.72	2006
Katerina Berdousi	9:45.42	3/22/2013	Diane Versteeg	11:21.5	2/22/1986
Elise Lyon	9:48.69	4/17/1987	Kristin Byrne	11:24.36	3/21/2009
Beth Van Alstine	9:49.07	3/20/2004	Kate Budman	11:29.3	3/4/1995
Gina Dyer	9:50.32	4/21/1980	Shannon Selander	11:30.0	3/2/1991
Kira Soderstrom	9:54.21	3/7/2015	Taylor Carroll	11:36.21	4/26/2008
Jenna Tong	10:02.97	3/18/2016	Kristin Rinos	12:04.03	2/9/2000
Leticia Mora	10:06.40	4/22/1995	Mai Ngo	11:38.7	3/5/1994
Natalia Kovtun	10:08.52	3/24/2007	Maria Crowley	12:08.3	2/19/1994
Oksana Milokumova	10:08.73	3/24/2007	Karlin McCullen	13:04.45	1982

### 3K Steeplechase

Daniela Gergley	10:16.21	10/24/2007	Zsofia Erdelyi	10:01.99	5/30/2009
Christine Lewis	10:17.35	3/9/1996	Julia Budniak	10:13.23	7/4/2004
Christine Greer	10:19.44	3/21/2009	Kira Soderstrom	10:34.18	4/16/2015
Brooke Thomas	10:19.94	2/17/2001	Katerina Berdousi	10:42.72	5/14/2016
Tina Kefelas	10:23.79	3/8/1998	Jenna Tong	10:42.91	4/5/2014
Laura Meyers	10:24.36	3/23/2008	Laura Meyers	10:49.95	4/5/2008
Leah Gaeta	10:24.45	3/19/2011	Natalia Kovtun	11:04.35	4/28/2007
Kate Neeper	10:24.62	3/20/2004	Kristen Berglas	11:06.70	4/30/2005
Robbyn Bryant	10:26.5	3/18/1989	Katherine Ellis	11:07.26	5/2/2009
Christina Eads	10:28.81	3/18/2006	Brooke Thomas	11:07.63	4/21/2001
Treasure Schultz	10:28.90	3/12/1994	Chanel Fischetti	11:24.08	4/18/2009
Amber Bragdon	10:29.89	2/28/2015	Erin Matranga	11:28.47	3/24/2012
Adriana Lozano	10:33.5	3/3/1996	Sinfo Orozco	11:29.44	5/4/2002
Bridget Helgerson	10:34.12	3/21/2009	Victoria Carter	11:36.77	5/1/2004
Mary Anne Bullard	10:34.20	3/22/1986	Jaclyn Walles	11:37.46	5/1/2011
Katie Kennedy	10:35.50	5/1/1999			

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Meghan Mainwaring	11:40.00	4/26/2003	Margarita Fernandez	19:45.1	4/11/1992
Jessica Lundin	11:44.11	5/2/2009	Julie Rollow	19:51.54	1985
Theresa Kurth	11:48.36	5/1/2011	Maria Arroyo	19:57.0	4/1/1995
Austin Lundin	12:06.50	4/18/2013	Lindsay Enright	19:57.57	5/4/2014
Harlye Maya	12:22.50	4/30/2005	Taylor Carroll	20:04.75	4/19/2008
Jennifer Wells	12:40.35	5/3/2008	Kate Budman	20:35.0	4/1/1995
Holly Peters	12:45.12	5/4/2002	Sarah Fusco	20:53.68	4/16/2005

### 5000 METERS

Zsofia Erdelyi	16:00.11	4/15/2011
Emebet Shiferaw	16:16.27	5/18/1996
Ariel Wright	16:23.66	3/25/2011
Iryna Vashchuck	16:28.71	3/25/2005
Julia Budniak	16:42.65	4/18/2004
Brooke Thomas	16:53.82	3/29/2003
Beth Van Alstine	16:53.90	4/18/2004
Katerina Berdousi	17:04.41	5/15/2016
Julie Seleine	17:18.81	3/21/1987
Kathleen Moloney	17:29.33	3/6/2010
Shea Wickland	17:34.99	4/4/2009
Rebekah Ent	17:35.27	5/15/2016
Kira Soderstrom	17:40.52	5/17/2015
Oksana Milokumova	17:41.24	3/30/2007
Carey Hill	17:43.14	1980
Kate Neeper	17:46.19	3/6/2004
Jenna Tong	17:50.22	5/15/2016
Christine Greer	17:50.89	3/28/2009
Jessica Lundin	17:50.90	3/5/2011
Natalia Kovtun	17:53.45	3/30/2007
Daniela Gergley	17:54.46	3/30/2007
Bridget Helgerson	17:56.84	3/6/2010
Leah Gaeta	18:06.14	3/5/2011
Erin Matranga	18:13.96	3/10/2012
Kate Pinta	18:20.46	2003
Dina Kitayama	18:24.90	5/1/2011
Theresa Kurth	18:28.34	4/17/2010
Erin Robinson	18:28.70	3/2/2013
Zara Lukens	18:31.10	5/1/2010
Diane Byington	18:31.1	4/1/1977
Harlye Maya	18:45.36	5/4/2002
Sophia Rachette	18:50.96	4/23/2016
Jaclyn Walles	18:55.05	3/10/2012
Roseann Nardon	18:55.54	4/12/1986
Katie McGraw	18:56.79	3/21/1998
Julie Sumpter	19:12.54	1984
Holly Peters	19:19.33	4/26/2003
Austin Lundin	19:19.60	4/21/2012
Christina Eads	19:19.84	4/16/2005
Katie DeYoung	19:25.20	4/21/2012
Adriana Lozano	19:31.56	2/19/1994
Laura Strachan	19:34.49	3/1/2003

### 10000 METERS

Zsofia Erdelyi	33:18.75	3/26/2010
Beth Van Alstine	34:29.62	3/27/2004
Kate Neeper	36:09.24	4/17/2004
Shea Wickland	36:16.00	3/7/2009
Dina Kitayama	36:38.60	4/14/2011
Zara Lukens	37:11.02	4/14/2011
Holly Peters	39:51.67	5/1/2003
Roseann Nardon	40:21.64	5/6/1986

### 100-METER HURDLES

Virginia Powell	12.48	6/9/2006
Nia Ali	12.73	6/25/2011
Dior Hall	12.74	6/13/2015
Candice Davis	12.90	6/8/2007
Lauren Blackburn	13.06	5/14/2011
Shalina Clarke	13.09	5/29/2010
Sau Ying Chan	13.14	4/17/1994
Patty Van Wolvelaere	13.14	5/26/1978
Natasha Danvers	13.20	5/6/2000
Jasmyn Graham	13.21	6/25/2016
Melia Cox	13.24	5/30/2015
Natasha Neal	13.24	5/31/2001
Dalilah Muhammad	13.33	5/26/2012
Myriam Tschomba	13.35	3/29/1997
Yvette Bates	13.55	5/21/1988
Talia Stewart	13.56	3/31/2007
Felice Lipscomb	13.56	3/6/1993
Amalie Luel	13.69	5/1/2016
Mitzi McMillan	13.71	5/15/1978
Shana Woods	13.76	5/3/2008
Wendy Brown	13.77	1998
Michelle DeCoux	13.83	3/14/1992
Tanya Smith	13.94	5/25/1993
Effie Daetz	13.94	5/14/1988
Gail Wilson	14.04	4/18/1986
Lyndsey Lopes	14.08	5/1/2016
Tanya Smith	14.14	5/23/1992
Tunisia Johnson	14.15	4/26/2003
Kay Garnet	14.29	1980
Spring Harris	14.32	5/5/2001
Jaide Stepter	14.35	4/27/2013
Lyn Carter	14.46	1984

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Sharon Hatfield	14.51	1987	Tanya Smith	62.73	4/6/1996
Kiana Henry	14.58	5/4/2013	Effie Daetz	63.05	1988
Katie Kirst	14.67	5/3/2008	Glory Dolphin	63.48	3/4/1995
Glory Dolphin	14.74	5/6/1995	Rochelle Savoy	63.72	1985
Lindsay Oman	14.75	3/22/2008	Liesl Griffin	63.84	5/7/2005
Kerry Zwart-Bell	14.84	1982	Lynn Davis	63.84	5/11/1981
Aleksandra Pielusek	14.86	2/23/2002	Rosalind Anderson	63.9	5/13/1979
Liesl Griffin	14.92	2/22/2003	Melia Cox	64.11	3/10/2012
Nicole Haynes	15.01	5/25/1993	Rosalyn Anderson	64.14	1979
Allison Franke	15.05	3/19/1993	Lindsay Oman	64.51	5/14/2005
Andrea Wasden	15.11	3/16/1996	Emile Winckel	64.61	3/17/2007
Tiffany Jones	15.25	3/20/2004	Marian Eastern	64.8	5/11/1979
Martise Moore	15.31	3/30/1996	Rebecca Paterson	64.89	2/14/1998
Lydia Rolle	15.44	3/6/1998	Nicole Haynes	65.29	3/27/1993
Rosalind Anderson	15.54c	1982	Kathryn Karkut	65.61	3/12/2011
Janice McDowell	15.58	1982	Anna Biller	66.0	1977
Karen Kelly	15.60	3/27/1992	Karyn Neblett	66.1	1982
Chanel Young	15.83	3/30/2001	Romina Carrillo	66.54	2/14/1998
Kathryn Karkut	15.92	4/16/2011	Analisse De Lara	68.38	2/26/2000
Lyn Carter	16.10c	1982	Kenda Dose	69.27	5/4/1996
Carist Washington	16.53	3/1/2003	Giselle Torres	72.98	3/30/2001
Brenda Bruce	16.54	1977	Laura Crabtree	73.00	3/1/2003
Ashley Selman	16.77	3/24/1990	Antoinette Levine	84.0	1977
Anna Biller	18.3	1977			
Julie Garcia	18.64	4/14/1989			
Carey Hill	18.6	1977			

#### 400-METER HURDLES

Jaide Stepter	54.95	7/10/2016	Emelie Fardigh	6' 2	3/22/1997
Natasha Danvers	54.95	9/25/2000	Nia Ali	6' 1¼	5/14/2011
Amalie luel	55.79	7/9/2016	Wendy Brown	6' 1	8/27/1988
Leslie Maxie	55.79	6/6/1987	Amalie luel	6' 0½h	5/7/2016
Dalilah Muhammad	56.04	6/8/2011	Spring Harris	6' 0½	3/22/2003
Michelle DeCoux	57.05	4/4/1992	Crissy Mills	6' 0	6/2/1993
Natasha Neal	57.16	5/5/2001	Debra Larsen	5' 11¾	6/24/1983
Aleksandra Pielusek	57.58	5/19/2002	Natasha Danvers	5' 11½	5/24/1998
Karen Koellner	57.59	3/18/1989	Tanya Smith	5' 11½	3/19/1993
Shalina Clarke	57.78	4/28/2007	Shawana Taylor	5' 10	3/5/2000
Talia Stewart	58.65	3/17/2007	Nicole Haynes	5' 9¾	5/11/1996
Felice Lipscomb	59.44	5/9/1992	Kerry Bell	5' 9	3/20/1982
Candice Davis	59.56	4/30/2005	Dalilah Muhammad	5' 8¾	3/13/2010
Tunisia Johnson	59.85	5/1/2004	Ekene Anene	5' 8¾	3/17/2007
Katie Kirst	59.79	5/3/2008	ReischeaCanidate	5' 8¾	5/24/1997
Nekeidra Shegog	59.84	5/2/1997	Yleana Carrasco	5' 8¾	5/21/1989
Lauren Blackburn	60.18	5/1/2011	Jennifer Stutland	5' 8	4/23/2011
Sharon Hatfield	60.32	1987	Mitzi McMillan	5' 7¾	4/3/1977
Myriam Tschomba	60.45	4/18/1999	Lindsay Oman	5' 7	3/22/2008
Brandy Stephens	60.47	4/19/1996	Sharon Hatfield	5' 7	4/10/1987
Rebecca Paterson	61.50	4/21/2001	Kelli Arrivey	5' 7	1984
Janice McDowell	62.42	5/15/1988	Kathy Haynes	5' 7	4/22/1980
Mary Anne Bullard	62.66	1985	Julie Lendel	5' 7	1979
			Lyndsey Lopes	5' 6½	5/7/2016
			Janae Oliviera	5' 6	4/24/1993
			Louan Guido	5' 6	1988



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Donna Carter	5' 6	1985	Jasmine Knight	10' 6 <sup>3</sup> / <sub>4</sub>	5/1/2010
Kerry Swart-Bell	5' 6	2/15/1981	Melissa Sakowski	10' 6	4/26/2003
Rosetta Brit	5' 6	1976	Kalynn Good	10' 2	3/21/2009
Shana Woods	5' 5 <sup>3</sup> / <sub>4</sub>	4/9/2011	Isabel Lozowski	10' 0 <sup>3</sup> / <sub>4</sub>	4/27/2013
Alexandra Church	5' 5 <sup>3</sup> / <sub>4</sub>	2/26/2005	Joanne Rapadas	10' 0	2/28/2004
Tanya White	5' 5 <sup>3</sup> / <sub>4</sub>	3/2/2002	Michell Muscato	10' 0	3/24/2001
Malia Cravens	5' 5 <sup>1</sup> / <sub>4</sub>	5/4/2014	Kelly Williams	9' 2 <sup>1</sup> / <sub>4</sub>	3/21/2009
<b>Katherine Callahan</b>	<b>5' 5</b>	<b>3/17/2001</b>			
<b>Lindsay Paulick</b>	<b>5' 4<sup>1</sup>/<sub>2</sub></b>	<b>5/5/2001</b>	<b>LONG JUMP</b>		
Andrea McBride	5' 4 <sup>1</sup> / <sub>4</sub>	4/30/2005	Yvette Bates	21' 11	7/23/1988
Kelli Jorgensen	5' 4	1981	Wendy Brown	21' 7 <sup>1</sup> / <sub>2</sub>	7/19/1988
Dominique Chaplin	5' 3	3/6/2005	Sabrina Williams	21' 7	2/23/1985
Molly Mahar	5' 3	3/8/2003	Pamela Simpson	21' 2	6/2/1999
Allison Franke	5' 3	4/23/1992	Tatyana Obukhova	20' 11 <sup>3</sup> / <sub>4</sub>	4/13/2002
Donna Curtis	5' 3	1982	Margaux Jones	20' 10 <sup>3</sup> / <sub>4</sub>	6/25/2016
Brenda Bruce	5' 3	1977	Michelle Sanford	20' 10 <sup>1</sup> / <sub>2</sub>	5/1/2004
Tiffany Jones	5' 2 <sup>1</sup> / <sub>2</sub>	4/26/2003	Alexis Faulknor	20' 9 <sup>1</sup> / <sub>4</sub>	5/16/2015
Karyn Neblett	5' 2	1982	Shana Woods	20' 8	4/28/2007
Carey Hill	5' 2	1977	Louan Guialdo	20' 7 <sup>1</sup> / <sub>4</sub>	3/17/1990
Candace Bailey	5' 1 <sup>3</sup> / <sub>4</sub>	3/3/2012	Yolanda Fletcher	20' 7 <sup>1</sup> / <sub>4</sub>	5/21/1983
Shannon Smith	5' 1 <sup>3</sup> / <sub>4</sub>	2/22/2003	Sandy Crabtree	20' 7 <sup>1</sup> / <sub>4</sub>	6/17/1982
Jordan Winters	5' 1	3/19/2016	Alitta Boyd	20' 6 <sup>1</sup> / <sub>2</sub>	5/24/2012
<b>Vanessa Hill</b>	<b>5' 0</b>	<b>2/26/2000</b>	Stephanie Jones	20' 5 <sup>3</sup> / <sub>4</sub>	4/16/2000
Beth Johnson	5' 0	2/18/1995	Disia Page	20' 3 <sup>3</sup> / <sub>4</sub>	5/4/2002
Louan Guialdo	5' 0	3/16/1991	Nicole Haynes	20' 3	5/4/1996
Barb Gray	5' 0	3/29/1986	Madisen Richards	20' 1 <sup>3</sup> / <sub>4</sub>	4/3/2015
Karen Kelly	4' 11 <sup>3</sup> / <sub>4</sub>	2/22/1992	Kathy Haynes	19' 11 <sup>3</sup> / <sub>4</sub>	5/11/1980
Kiana Henry	4' 11 <sup>1</sup> / <sub>2</sub>	5/4/2013	Glory Dolphin	19' 11 <sup>1</sup> / <sub>2</sub>	5/13/1995
Lydia Rolle	4' 11	5/1/1998	Erin Williams	19' 11	5/14/2004
Ashley Selman	4' 10	3/8/1989	Kerry Swart-Bell	19' 10	1982
Maya Coelho	4' 9 <sup>3</sup> / <sub>4</sub>	2/24/2007	<b>Amalie Iuel</b>	<b>19' 9<sup>3</sup>/<sub>4</sub></b>	<b>4/1/2016</b>
Jennifer Oliviera	4' 9 <sup>3</sup> / <sub>4</sub>	4/10/1998	Karleen Shields	19' 9 <sup>3</sup> / <sub>4</sub>	5/7/1994
Julie Garcia	4' 6	4/14/1989	Debra Larsen	19' 9	1983
Tena Montoya		1981	Carla Estes	19' 8 <sup>3</sup> / <sub>4</sub>	5/2/1998
			Mitzi McMillan	19' 8 <sup>3</sup> / <sub>4</sub>	5/5/1978
<b>POLE VAULT</b>			Jasmyn Graham	19' 7 <sup>1</sup> / <sub>2</sub>	4/9/2016
Brysun Stately	14' 0	5/1/2010	Katarzyna Klisowska	19' 6 <sup>1</sup> / <sub>4</sub>	4/30/2005
Melissa Astete	12' 11 <sup>1</sup> / <sub>2</sub>	5/15/2005	Oluwakemi Olonade	19' 5 <sup>1</sup> / <sub>4</sub>	3/21/2014
Brittani Bernhard	12' 11 <sup>1</sup> / <sub>2</sub>	4/15/2005	Karen Ota	19' 1 <sup>1</sup> / <sub>4</sub>	4/26/2003
Felicia Horvath	12' 5 <sup>1</sup> / <sub>2</sub>	3/26/2016	Madisen Richards	19' 0 <sup>3</sup> / <sub>4</sub>	4/23/2016
Chun Mei Nickles	12' 5 <sup>1</sup> / <sub>2</sub>	4/21/2007	Myeshia Gibson	19' 0 <sup>3</sup> / <sub>4</sub>	4/28/2007
Shannon Lewallen	12' 5 <sup>1</sup> / <sub>2</sub>	3/26/2005	Tiffany Jones	19' 0	5/1/2004
Thea Weiss	12' 4 <sup>1</sup> / <sub>2</sub>	5/4/2013	Courtney Clayton	18' 8	3/1/2009
Ariel Hayward	12' 2 <sup>3</sup> / <sub>4</sub>	3/2/2013	Chanel Young	18' 8	4/6/2002
Kenisha Strong	12' 1 <sup>1</sup> / <sub>2</sub>	4/4/2009	Cara Bickers	18' 7	5/2/2009
Sonya Negriff	12' 1 <sup>1</sup> / <sub>2</sub>	4/26/2002	Jennifer Oliviera	18' 6 <sup>1</sup> / <sub>4</sub>	4/8/1995
Jessica Luna	11' 11 <sup>3</sup> / <sub>4</sub>	4/15/2005	Allison Franke	18' 5 <sup>1</sup> / <sub>4</sub>	3/20/1993
Daymora Pen	11' 1 <sup>3</sup> / <sub>4</sub>	4/1/2006	Jennifer Jones	18' 5	3/31/2012
Meghan White	11' 0 <sup>3</sup> / <sub>4</sub>	4/26/2003	Lyndsey Lopes	18' 4 <sup>1</sup> / <sub>2</sub>	6/26/2016
Katherine Chang	11' 0 <sup>1</sup> / <sub>4</sub>	3/9/2013	Brittany Daniels	18' 4 <sup>1</sup> / <sub>2</sub>	4/1/2006
Jennifer Candipan	10' 9 <sup>3</sup> / <sub>4</sub>	5/24/1998	Tanya Smith	18' 3	3/6/1993

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Spring Harris	18' 0 <sup>1</sup> / <sub>4</sub>	2/23/2002	Cara Bickers	36' 5	4/4/2009
Kiana Henry	17' 11 <sup>3</sup> / <sub>4</sub>	5/5/2012	Katie Haller	36' 5	4/30/1994
Tracee Thomas	17' 9 <sup>3</sup> / <sub>4</sub>	3/20/2004	Chanel Young	36' 4 <sup>3</sup> / <sub>4</sub>	5/4/2002
Molly Mahar	17' 8 <sup>1</sup> / <sub>4</sub>	4/26/2003	Karen Ota	36' 3 <sup>1</sup> / <sub>2</sub>	3/17/2002
Stephanie Davis	17' 6 <sup>1</sup> / <sub>4</sub>	1977	Jennifer Jones	35' 9 <sup>1</sup> / <sub>2</sub>	4/27/2013
<b>Miya Edmonson</b>	<b>17' 5<sup>3</sup>/<sub>4</sub></b>	<b>3/24/2001</b>	Dominique Chaplin	35' 6	4/1/2006
Chun Mei Nickles	17' 5 <sup>1</sup> / <sub>2</sub>	3/1/2008	Laura Hayden	35' 2 <sup>1</sup> / <sub>2</sub>	5/1/1998
Jamila Marston	17' 3 <sup>1</sup> / <sub>4</sub>	4/30/2005	Katherine Chang	34' 6 <sup>3</sup> / <sub>4</sub>	4/14/2011
Lindsay Oman	17' 0	3/22/2008	Shayvonne Goldsby	33' 0 <sup>1</sup> / <sub>2</sub>	3/12/1994
Nicole Anthony	16' 10	5/2/2009	Beth Johnson	33' 0 <sup>1</sup> / <sub>4</sub>	4/6/1996
Shannon Lewallen	16' 10	2/28/2004			
Jill Snipes	16' 4 <sup>1</sup> / <sub>4</sub>	1977			
Ashley Selman	16' 3	1990			
Lydia Rolle	16' 2 <sup>3</sup> / <sub>4</sub>	3/6/1998			
Ursula Walton	16' 1 <sup>1</sup> / <sub>2</sub>	3/4/1995			
Brenda Bruce	16' 1 <sup>1</sup> / <sub>4</sub>	1977			
Katherine Chang	15' 11 <sup>1</sup> / <sub>2</sub>	3/19/2011			
Carey Hill	15' 11	1977			
Kathryn Karkut	15' 7 <sup>3</sup> / <sub>4</sub>	3/19/2011			
Julie Garcia	15' 5 <sup>3</sup> / <sub>4</sub>	4/15/1989			
Alix Fitch	15' 5 <sup>1</sup> / <sub>2</sub>	3/19/2011			
Alycia Carrillo	15' 5	5/1/2010			
Candace Bailey	15' 2	4/4/2009			
Karen Kelly	15' 0 <sup>1</sup> / <sub>2</sub>	3/14/1992			
Laura Hayden	14' 7 <sup>1</sup> / <sub>2</sub>	4/22/1998			

### SHOT PUT

### TRIPLE JUMP

Wendy Brown	45' 5 <sup>1</sup> / <sub>4</sub>	6/17/1988	Karen Freberg	57' 7 <sup>1</sup> / <sub>2</sub>	4/29/2006
Yvette Bates	45' 3 <sup>1</sup> / <sub>2</sub>	1987	L'Orangerie Crawford	56' 3 <sup>1</sup> / <sub>4</sub>	5/14/2004
Michelle Sanford	43' 9 <sup>1</sup> / <sub>4</sub>	5/15/2004	Diana Clements	55' 8 <sup>1</sup> / <sub>4</sub>	2/21/1986
Alitta Boyd	43' 8 <sup>3</sup> / <sub>4</sub>	5/25/2013	Tanya Sapa	55' 7 <sup>3</sup> / <sub>4</sub>	5/1/2016
Tatyana Obukhova	43' 5 <sup>1</sup> / <sub>4</sub>	5/4/2002	Cynthia Ademiluyi	55' 0 <sup>1</sup> / <sub>4</sub>	5/31/2000
Melia Cox	43' 3 <sup>1</sup> / <sub>4</sub>	6/7/2013	Brittany Mann	53' 3	3/18/2017
Ekene Anene	42' 10 <sup>1</sup> / <sub>4</sub>	5/29/2010	Tera Novy	53' 0	5/1/2016
Karleen Shields	41' 9 <sup>3</sup> / <sub>4</sub>	5/7/1994	Cerenity Young	51' 2 <sup>1</sup> / <sub>4</sub>	4/6/2002
Oluwakemi Olonade	41' 8 <sup>3</sup> / <sub>4</sub>	5/30/2014	Marissa Minderler	50' 2 <sup>3</sup> / <sub>4</sub>	3/12/2011
Brittany Daniels	41' 2 <sup>1</sup> / <sub>2</sub>	4/29/2006	Leslie Coons	49' 10 <sup>1</sup> / <sub>2</sub>	5/4/1996
Glory Dolphin	41' 0 <sup>1</sup> / <sub>2</sub>	5/4/1996	Jennifer Vail	49' 5	2/26/2000
Stephanie Jones	40' 7 <sup>1</sup> / <sub>2</sub>	5/5/2001	Heidi Adams	48' 7 <sup>1</sup> / <sub>2</sub>	3/25/1988
Katarzyna Klisowska	39' 10	4/30/2005	Amy Thiel	47' 10	2002
Melissa Brule'	39' 10	5/3/1997	Carrie Martin	46' 11 <sup>1</sup> / <sub>2</sub>	3/29/1997
Chun Mei Nickles	39' 6 <sup>1</sup> / <sub>2</sub>	5/3/2008	Kerry Swart-Bell	45' 10 <sup>3</sup> / <sub>4</sub>	6/8/1980
Candace Bailey	39' 4	3/23/2013	Yolanda Fletcher	45' 9 <sup>3</sup> / <sub>4</sub>	5/16/1986
Sabrina Williams	38' 9	3/30/1985	Andrea McBride	45' 8 <sup>1</sup> / <sub>2</sub>	4/28/2007
Nicole Haynes	38' 7	3/6/1993	Jenny Ozorai	45' 6 <sup>1</sup> / <sub>2</sub>	5/1/2011
Myeshia Gibson	38' 3 <sup>1</sup> / <sub>2</sub>	4/28/2007	Nia Ali	44' 8	4/9/2009
Gail Wilson	37' 8	1984	Wendy Brown	44' 7	4/24/1988
Samantha Ojo	37' 6 <sup>1</sup> / <sub>2</sub>	2/22/2014	Jade Niemeyer	44' 1 <sup>1</sup> / <sub>2</sub>	3/10/2012
Dominique Chaplin	37' 6 <sup>1</sup> / <sub>2</sub>	4/30/2005	Katalin Mate	44' 1 <sup>1</sup> / <sub>2</sub>	3/21/2009
Cerenity Young	36' 10 <sup>1</sup> / <sub>2</sub>	5/12/2001	Dana Olsen	44' 0	3/8/1980
Tonya Ransom	36' 6 <sup>3</sup> / <sub>4</sub>	5/17/1985	Nicole Haynes	43' 10 <sup>3</sup> / <sub>4</sub>	5/29/1996
			Cindy Johnson	43' 10 <sup>1</sup> / <sub>2</sub>	3/18/1983
			Lauren Chambers	43' 5 <sup>1</sup> / <sub>4</sub>	5/1/2010
			Kate Hutchinson	43' 1 <sup>1</sup> / <sub>2</sub>	5/3/2008
			Eva Orban	42' 2 <sup>3</sup> / <sub>4</sub>	4/15/2007
			Sharon Hatfield	42' 1	1986
			Rugina Hendricks	40' 11 <sup>3</sup> / <sub>4</sub>	3/25/1988
			Ashley Selman	40' 4	3/24/1989
			Julie Morgan	39' 9 <sup>1</sup> / <sub>2</sub>	3/19/1977
			Lindsay Oman	38' 8	4/2/2008
			Allison Franke	38' 7 <sup>3</sup> / <sub>4</sub>	3/14/1992
			Kiana Henry	38' 3 <sup>3</sup> / <sub>4</sub>	5/4/2013
			Amalie luel	38' 2	5/7/2016
			Mitzi McMillan	37' 3 <sup>3</sup> / <sub>4</sub>	1977
			Celeste McVey	36' 11 <sup>1</sup> / <sub>2</sub>	3/12/1994
			<b>Joyce Simley</b>	<b>36' 7<sup>1</sup>/<sub>2</sub></b>	<b>5/13/1979</b>

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Teri Ortega	36' 6¾	2/29/1992
Tanya Smith	36' 4¾	5/25/1993
Ashley Selman	36' 2¼	3/2/1991
Shana Woods	35' 6	5/5/2007
Lyndsey Lopes	34' 10¼	6/25/2016
Donna Hollingsworth	33' 8	1982
Carey Hill	33' 4	1977
<b>Honor Henry</b>	<b>34' 3½</b>	<b>5/13/1979</b>
Karen Kelly	33' ¾	3/17/1990
Brenda Bruce	32' ¾	1977
Julie Garcia	29' 9¼	4/14/1989
Molly Mahar	26' 1¾	2/22/2003

### DISCUS THROW

Tera Novy	200' 5	4/14/2016
Alexandra Collatz	189' 8	4/16/2015
Kate Hutchinson	189' 5	5/6/2006
Cynthia Ademiluyi	177' 10	2/23/2002
Claudia Paris	176' 11	3/5/1988
Cindy Johnson	173' 11	6/4/1983
Lauren Guerrieri	168' 6	5/1/2010
Carrie Martin	168' 6	4/20/1996
Diana Clements	167' 10	5/3/1986
Allison Franke	166' 5	5/26/1992
Katalin Mate	165' 10	5/29/2009
Jennifer Vail	162' 1	3/26/2000
Celeste McVey	160' 11	5/8/1993
Dana Olsen	159' 11	4/21/1980
Amy Thiel	159' 10	2002
Teri Ortega	158' 2	3/30/1991
Jenny Ozorai	154' 5	4/27/2013
Ashley Pyka	152' 1	4/29/2009
Karen Freberg	151' 4	4/29/2006
Leslie Coons	150' 11	2/17/1996
Andrea McBride	150' 8	4/2/2005
Vivian Turner	150' 1	3/12/1977
L'Orangerie Crawford	149' 10	5/1/2004
Cerenity Young	145' 9	5/4/2002
Donna Hollingsworth	144' 2	1981
Heidi Adams	143' 3	4/24/1988
Erika Peyton	140' 5	5/3/2015
Eva Orban	140' 5	4/24/2009
Leslie Erickson	132' 2	3/20/2004
Rugina Hendricks	124' 4	2/28/1988
Cindy Makens	121' 0	5/6/1995
Jade Niemeyer	115' 7	5/1/2011
Lauren Chambers	113' 3	5/1/2010
Honor Henry	111' 8	1979
Julie Morgan	111' 7	1977
Carey Hill	106' 8	1977

### HAMMER THROW

Eva Orban	230' 3	3/15/2008
Jenny Ozorai	223' 4	3/9/2012
Marissa Minderler	220' 11	5/12/2012
Julianna Tudja	218' 9	6/14/2003
L'Orangerie Crawford	209' 8	3/8/2003
Jade Niemeyer	208' 0	5/26/2012
Lauren Chambers	206' 5	4/16/2010
Jennifer Vail	204' 3	5/21/2000
Julia Rozenfeld	203' 1	3/12/2005
Leslie Coons	198' 7	5/4/1996
Amy Thiel	193' 0	5/31/2003
Erica Peyton	190' 7	3/18/2016
Alexandra Collatz	189' 11	5/2/2015
Tamara Baumann	184' 11	3/9/2012
Carrie Martin	184' 7	2/28/1998
Karen Freberg	184' 4	4/29/2006
Brittany Mann	183' 7	3/17/2017
Cynthia Ademiluyi	182' 7	4/1/2000
Tanya Sapa	181' 5	5/2/2015
Ashley Pyka	179' 2	3/3/2012
Alexandra Williams	174' 0	3/10/2007
Sharon Smith	168' 4	4/21/2002
'Ofa Wolfram	166' 8	3/13/1999
Kelley Shapiro	164' 10	2/24/2001
Kathryn Daniels	159' 3	5/16/2010
Tera Novy	150' 0	5/4/2014
Farren Benjiman	148' 9	4/5/2013
Kate Hutchinson	148' 9	3/20/2004
<b>Cerenity Young</b>	<b>143' 9</b>	<b>3/25/2000</b>
Stephanie Hoffer	134' 5	3/23/2012

### JAVELIN THROW (1999 Implement)

Inga Stasiulionyte	186' 10	5/18/2002
Kristine Busa	179' 1	7/18/2009
Leslie Erickson	168' 11	5/4/2002
Andrea McBride	161' 7	4/30/2005
Marissa Minderler	157' 3	4/2/2010
Celeste McVey	152' 3	6/3/1994
Nicole Haynes	144' 3	5/4/1996
Shana Woods	135' 4	6/14/2008
Devon Rennie	132' 11	5/1/2011
Nia Ali	128' 9	5/10/2009
Lyndsey Lopes	126' 9	3/18/2017
Becky Richey	124' 8	4/26/2003
<b>Jennifer Vail</b>	<b>121' 3</b>	<b>3/18/2000</b>
Amalie Luel	110' 5	5/11/2014
Jade Niemeyer	110' 5	5/1/2011
Lindsay Oman	109' 10	4/30/2005
Ashley Pyka	107' 8	4/27/2013
Arielle Sepulveda	107' 1	4/28/2007

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Kate Hutchinson	101' 8	4/30/2005	Yolanda Fletcher	121' 7	5/16/1986
K.C. Sullivan	100' 6	4/2/2016	Tanya Smith	114' 2	5/12/1996
<b>Kelley Shapiro</b>	<b>99' 4</b>	<b>4/27/2000</b>	Kerry Zwart-Bell	114' 2	1982
Kiana Henry	98' 1	3/2/2013	Alex Crampton	114' 2	1977
Jenny Ozorai	96' 11	4/27/2013	Cheri Thomas	108' 8	4/28/1990
Alexa Harmon-Thomas	96' 7	3/18/2017	Julie Garcia	104' 2	4/15/1989
Alitta Boyd	95' 11	4/27/2013	Karen Kelly	102' 7	3/17/1990
Julia Tseng	90' 1	5/4/2014	Yleana Carrasco	92' 1	3/3/1990
<b>Spring Harris</b>	<b>88' 9</b>	<b>4/1/2000</b>	Sally Boehmer	90' 1	1977
Farren Benjiman	77' 9	4/27/2013	Teri Ortega	86' 2	2/29/1992
			Kelley Shapiro	84' 7	4/10/1998

## HEPTATHLON

Wendy Brown	6,079	7/16/1988
Amalie Iuel	6,011	5/7-8/2016
Nia Ali	5,824	5/10/2009
Nicole Haynes	5,786	5/12/1996
Kerry Zwart-Bell	5,550	6/1/1982
Shana Woods	5,507	6/8/2007
Sharon Hatfield	5,410	4/18-19/1986
Tanya Smith	5,345	5/26/1993
Yolanda Fletcher	5,307	5/16-17/1986
Lyndsey Lopes	5,277	5/7-8/2016
Allison Franke	5,156	5/15/1993
Lindsay Oman	5,025	4/3-4/2008
Spring Harris	4,855	5/12-13/2001
Kiana Henry	4,507	5/4-5/2013
Ashley Selman	4,469	3/25/1990
Sandra Murray	4,455	1981
Karen Koellner	4,247	4/11/1987
Chanel Young	4,125	3/14-15/2002
Lydia Rolle	4,021	1999
Disia Page	3,876	1999
Julie Garcia	3,648	4/14-15/1989

## PENTATHLON

Mitzi McMillan	3,739	4/3/1977
Brenda Bruce	3,295	1977

*Last update  
4/22/17*

## JAVELIN THROW (old implement)

Sherry Calvert	192' 0	5/12/1972
Ashley Selman	187' 9	6/17/1989
Diana Clements	168' 8	5/22/1987
Allison Franke	164' 4	5/23/1992
Nicole Haynes	158' 10	5/20/1994
Wendy Brown	158' 6	4/30/1988
Lisa van Benthem	154' 6	5/18/1983
Dana Olsen	152' 9	1980
Celeste McVey	152' 3	6/3/1994
Regina Steele	145' 2	1978
Charm Bishop	144' 8	1982
Sharon Hatfield	143' 8	5/2/1987
Kathy Nelson	142' 6	1981
Lori Jepson	141' 0	1978
Lynn van Benthem	136' 11	1981
Alexis Crampton	133' 6	1979