

## Women's All-Time List

<b>100 Meters</b>			<b>800 Meters</b>			<b>5000 Meters</b>			<b>400 Meter Hurdles</b>		
Kelly Fogarty	11.52	2011	Sabrina Pimentel	2:09.07	2014	Paige Hughes	16:57.30	2016	Christine Merrill	58.04	2009
Christine Merrill	11.94	2010	Lindsay Stalker	2:10.33	2005	Audrey Sung	17:00.26	2003	Laiiah Blue	59.87	2007
Boo Rose	11.96	2012	Mimi Hodgins	2:10.96	2005	Emily McGregor	17:14.48	2007	<b>Claudia Cox</b>	<b>59.95</b>	<b>2019</b>
Laiiah Blue	11.99	2009	Lorato Anderson	2:12.80	2013	Michelle Conlay	17:14.70	1990	Meghan Fletcher	60.59	2018
<b>Avery Schulhofer</b>	<b>12.00</b>	<b>2018</b>	Ella Verhees	2:12.88	2017	Corinne Hinkle	17:20.89	2016	Caitlin Meagher	61.02	2011
Elisa Holiday	12.00	2004	Kristin Semancin	2:13.25	2018	Denise McFayden	17:30.14	1988	Lauren Irish	61.40	2014
Erica Washington	12.01	1992	Maggie Dwire	2:14.01	1997	Chloe Gustafson	17:36.40	2016	<b>Kelly Strand</b>	<b>61.65</b>	<b>2018</b>
Janay Pierce	12.02	2014	Robyn Herskowitz	2:14.10	1996	Marie Diaz	17:37.36	2015	Deyna Roberson	61.76	2011
Katie Skorupa	12.12	2009	Gisele English	2:14.42	1987	Kristin Semancin	17:37.70	2018	Clara Wilson	61.88	2004
<b>Mckenna Meaney</b>	<b>12.15</b>	<b>2018</b>	Diane Dunn	2:14.45	2007	Diane Dunn	17:39.78	2008	Corey Sheredy	62.02	2008
									Michaela Monahan	62.02	1996
<b>200 Meters</b>			<b>1500 Meters</b>			<b>10000 Meters</b>			<b>4 x 100 Meter Relay</b>		
Kelly Fogarty	23.55	2011	Brianna Schofield	4:29.67	2009	Emily McGregor	35:26.00	2008	Merrill, Skorupa, Fogarty, Blue	45.81	2009
Boo Rose	23.96	2012	Mimi Hodgins	4:29.95	2005	Paige Hughes	35:27.07	2016	Merrill, Hitchens, Rose, Fogarty	46.29	2010
Christine Merrill	24.18	2010	Lindsay Stalker	4:30.02	2005	Michelle Conlay	35:30.23	1990	Weaver, Hitchens, Rose, Fogarty	46.68	2011
Elisa Holiday	24.24	2004	Diane Dunn	4:30.65	2008	Skylar Thiel	36:41.69	2018	<b>Fletcher, Meaney, Weidman, Schulhofer</b>	<b>46.88</b>	<b>2018</b>
Andrea Kouremetis	24.73	1989	Denise McFayden	4:32.74	1988	Chia Chang	37:02.15	2012	Kendon, Skonpa, Merrill, Fogarty	46.94	2008
Laiiah Blue	24.80	2007	Kristin Semancin	4:32.97	2018	Amarda Burkhardt	37:03.50	2007	Hitchens, Kamson, Meagher, Rose	46.98	2012
Chelsey Kamson	24.84	2013	Audrey Sung	4:33.50	2003	Erin O'Donnell	37:22.64	2006	Heins, Anunwah, Snover, Pierce	47.13	2014
Lauren Lopez	24.85	2014	Michelle DiMeo	4:34.62	2004	Chandler Colquitt	37:38.85	2014	Green, Skorupa, Merrill, Blue	47.14	2007
Erica Washington	24.88	1993	Ashleigh Montgomery	4:37.33	2009	Karina Carstens	37:44.23	2017	Hitchens, Kamson, Sato, Heins	47.40	2013
Jessica Shugart	24.89	1999	Ella Verhees	4:38.10	2015	Madison Tanner	37:58.17	2014	Green, Skonpa, Holiday, Johnson	47.52	2006
<b>400 Meters</b>			<b>3000 Meter Steeplechase</b>			<b>100 Meter Hurdles</b>			<b>4 x 400 Meter Relay</b>		
Boo Rose	53.30	2012	Merin Arit	10:57.34	2017	Laiiah Blue	13.63	2009	Pimentel/Irish/Roberson/Rose	3:42.17	2012
Christine Merrill	54.76	2010	Anneke Kakebeen	11:01.73	2015	Christine Merrill	13.84	2010	Roberson, Skonpa, McGregor, Merrill	3:42.97	2009
Sabrina Pimentel	55.95	2013	<b>Camille Perkins</b>	<b>11:03.30</b>	<b>2018</b>	Meredith Perry	14.11	2004	Blue, McGregor, Merrill, Green	3:44.27	2007
Anna Lee McGregor	56.04	2009	Aaryn Kobayashi	11:19.21	2012	Caitlin Meagher	14.16	2012	Rose/LeFever/Fogarty/Merrill	3:44.39	2010
Lauren Lopez	56.05	2014	Catherine Strouse	11:20.94	2006	Stephanie LeFever	14.18	2011	Skonpa/Sheredy/Merrill/McGregor	3:45.31	2008
Meghan Fletcher	56.29	2018	Julie Pope	11:23.02	2003	Lisa Shepard	14.29	1995	Pimentel/Padilla/Chalmers/Snover	3:45.44	2015
Jessica Shugart	56.57	2000	Meghan Scott	11:24.14	2001	Michelle Cummins	14.40	2015	Rose, Irish, Fogarty, Meagher	3:45.99	2011
Amber Green	56.75	2007	Caprice Thompson	11:27.20	2010	Kayleigh Knudson	14.47	2008	Pimentel, Irish, Chalmers, Lopez	3:46.63	2014
Jackie Chalmers	56.81	2016	Ashleigh Montgomery	11:28.85	2006	Linda Rainwater	14.53	2009	Chalmers, Padilla, Fletcher, Snover	3:47.45	2016
Ellexi Snover	57.08	2015	<b>Christa Kloha</b>	<b>11:29.58</b>	<b>2017</b>	<b>Caroline Page</b>	<b>14.57</b>	<b>2018</b>	Schaefer, Green, Holiday, Skonpa	3:48.22	2006
<b>Long Jump</b>			<b>Triple Jump</b>			<b>High Jump</b>			<b>Pole Vault</b>		
Stephanie LeFever	20'3.5"	2011	Whitney Johnson	42'4.25"	2008	Linda Rainwater	5'10.5"	2010	Christina Carr	13'1.5"	2017
Whitney Johnson	19'10.75"	2008	Tais Marinho-Gomez	40'1.5"	2018	Savanna Forry	5'8.75"	2017	Donna LeFever	12'6"	2009
Erin Langford	19'3.25"	2012	<b>Natalie Caraway</b>	<b>39'9.75"</b>	<b>2018</b>	Kendra Canape	5'7.75"	2005	Christina Sloyer	12'5.5"	2008
Leah Murphy	19'1.25"	2010	Kaylin Siever	39' 8.75"	2004	Stephanie LeFever	5'7.25"	2010	Megan Benham	12'2.75"	2015
Elisa Holiday	18'9.25"	2005	Chantia Justice	39'7.75"	2014	<b>Chelsea Challacombe</b>	<b>5'7"</b>	<b>2018</b>	Sydney Blakeley	12'0.5"	2013
Renee Sprowl	18'9.25"	1995	Kristin Sato	39'6"	2013	Devon Brook	5'7"	2015	Madeleine Flint	12'0.5"	2006
Veronica Bradley	18'8"	2014	Leah Murphy	39'4"	2008	<b>Natalie Caraway</b>	<b>5'6"</b>	<b>2018</b>	Meredith Perry	11' 9.75"	2004
Michelle Domito	18'8"	1995	Stephanie LeFever	39'3"	2011	Kristen Daugherty	5'6"	2016	Carly Heffernan	11'8.5"	2017
Kristin Sato	18'7.25"	2014	Erin Langford	38'7.75"	2012	Kelsey Turner	5'6"	2004	Devin Stetson	11'8.5"	2016
Lisa Shepard	18'5.5"	1997	Lisa Shepard	38'7.5"	1996	Susan Christy	5'6"	1991	Jackie Vu	11'6.5"	2003
<b>Shot Put</b>			<b>Discus</b>			<b>Hammer Throw</b>			<b>Javelin</b>		
Sagrario Hernandez	50'4"	2003	Shannon Quigley	163'2"	1991	Danielle Thu	198'8"	2009	Briana Hinga	159'1"	2006
Shannon Quigley	47'10"	1991	Sarah Hendy	160'11"	2009	Sagrario Hernandez	172'7"	2003	Theresa Richards	149'9"	2010
<b>Gabby Eshiet</b>	<b>46'3.5"</b>	<b>2019</b>	Shelly Squibb	156'9"	1990	Marie Archer	171'11"	2010	Michelle Beebe	146'11"	2004
Katie Hogan	43'6.5"	2005	Rachel Beerman	156'0"	1990	Megan Bergin	166' 11	2002	Ellexi Snover	143'5"	2015
Eva Isaacs	43'3.25"	2013	Sara Allsup	155'2"	2002	Melissa Kamaze	166'8"	2008	Jessica Miklaski	143'4"	2013
Jillian Sola	43'1.5"	2006	Jillian Sola	154'11"	2007	Tara Monaghan	164'9"	1996	Haley Libuit	141'6"	2015
Lauren Anderson	42'9"	2006	Debbie Hargrove	152'11"	1991	Savanna Forry	163'0"	2017	Torrey Trust	139'2"	2007
Michelle Vavra	42'3.25"	2004	<b>Esther Nofodji</b>	<b>152'5"</b>	<b>2018</b>	<b>Cecilia Dumar</b>	<b>162'9"</b>	<b>2019</b>	Bobbie Octavo	133'5"	1991
Megan Steel	40'10.25"	2000	Uchenna Agbahiwe	147'4"	2013	Doriene Ordaz	162'6"	2017	Lynne Brinkman	132'8"	2002
Haley Libuit	40'4.75"	2015	Danielle Thu	146'1"	2011	Shana Emile	160'3"	2012	Aletha Vassilakis	131'5"	2012
<b>Heptathlon</b>											
Stephanie LeFever	5385 pts	2011									
Linda Rainwater	5333 pts	2010									
<b>Chelsea Challacombe</b>	<b>4739 pts</b>	<b>2018</b>									
Veronica Bradley	4691 pts	2014									
Kayleigh Knudson	4601 pts	2008									
Amy Beeman	4470 pts	2006									
Briana Hinga	4380 pts	2005									
Molly Wheatley	4240 pts	1984									
Samantha Belvini	4238 pts	2006									
Casey Buck	4182 pts	2014									
<b>Blue Indicates 2019 Team Members</b>											