

Women's Top 10 Outdoor Performances All Time

100 Meter Dash	Year	Time/Mark
Elina Gunnarsson	2017	12.12
Alexa Baker	2014	12.50
Candice Tostado	1998	12.72
Malissa Patnaude	1993	12.80
Riana Hayes	2023	12.82
Coral Tostado	2000	12.83
Lacretia Carroll	2003	12.84
Angie Devaul	1984	12.84
Faith Furio	2015	12.92
Lucia Abel	2003	12.94

200 Meter Dash	Year	Time/Mark
Elina Gunnarsson	2016	24.61
Lacretia Carroll	2001	25.59
Alexa Baker	2014	25.62
Malissa Patnaude	1993	26.03
Candice Tostado	1999	26.43
Coral Tostado	2000	26.55
Thea Ring	2023	26.56
Riana Hayes	2023	26.60
Sarah Thorson	1999	26.62
Lucia Abel	2003	26.63

400 Meter Dash	Year	Time/Mark
Lacretia Carroll	2001	56.40
Candice Tostado	1999	58.82
Esther Miller	2021	59.51
Alexa Baker	2013	59.73
Lucia Abel	2003	60.30
Julie Thorson	2000	60.91
Lorri Newton	1992	61.46
Thea Ring	2023	61.74
Nicole Allison	1998	61.97
Nicky McDavid	1994	62.40

800 Meter Run	Year	Time/Mark
Carmen Melendez	1993	2:19.12
Janice Swanson	1988	2:20.94
Lacretia Carroll	2001	2:21.30
Darlene Duncan	2001	2:22.12
Mindy Eberhardt	2000	2:23.10
Anna Karlstrom	1989	2:23.82
Patrycja Miazek	2021	2:24.38
Esther Miller	2022	2:24.45
Ann Stahl	1988	2:24.54
Nicole Allison	1998	2:25.29

1500 Meter Run	Year	Time/Mark
Darlene Duncan	2001	4:46.67
Belinda Bay	1985	4:47.24
Janice Swanson	1987	4:50.64
Carmen Melendez	1993	4:54.47
Renee Fricke	1983	4:56.24
Hannah Landecker	2007	4:56.75
Becky Gritter	2006	4:57.89
Patrycja Miazek	2022	4:59.05
Tami Snyder	1994	4:59.86
Deb Townsend	1991	5:00.54

3000 Meter Run	Year	Time/Mark
Belinda Bay	1985	10:06.44
Darlene Duncan	2001	10:16.00
Patrycja Miazek	2023	10:35.35
Renee Fricke	1983	10:35.24
Grace Conrad	2004	10:36.00
Hannah Landecker	2007	10:38.00
Tami Snyder	1994	10:42.23
Deb Townsend	1990	10:43.64
Janice Swanson	1988	10:45.93
Miranda Gomez	2017	11:02.95

5000 Meter Run	Year	Time/Mark
Shannon McInnis	2006	18:05.61
Tami Snyder	1994	18:15.14
Patrycja Miazek	2023	18:16.51
Hannah Landecker	2007	18:16.67
Ann Stahl	1987	18:34.54
Belinda Bay	1983	18:38.24
Deb Townsend	1993	18:41.95
Laura Papageorgiou	2009	18:52.24
Miranda Gomez	2015	18:55.83
Grace Conrad	2003	19:17.34

10000 Meter Run	Year	Time/Mark
Shannon McInnis	2006	37:15.06
Patrycja Miazek	2023	37:45.43
Grace Conrad	2004	37:51.25
Ann Stahl	1987	38:55.14
Miranda Gomez	2015	39:21.47
Sue May	1984	39:22.14
Janice Swanson	1988	39:26.14
Laura Papageorgiou	2009	39:50.52
Deb Townsend	1991	39:34.24
Tami Snyder	1993	40:23.34

Pole Vault	Year	Time/Mark
Katherine Penton	2007	3.07 M (10'0.75)
Brianne Roley	2021	2.70 M (8'10.25")
Renee Baker	2015	2.45 M (8'0.5")
Colleen Bielfeldt	2008	2.45 M (8'0.5")
Laura Ferguson	2016	2.35 M (7'8.5")
Sarah Ring	2013	2.30 M (7'6.50")
Gerrylynn Soriano	2008	2.00 M (6'6")

100 Meter Hurdles	Year	Time/Mark
Elise Ruud	2019	14.71
Shari Hayden	2000	14.73
Krista Thyreen	1990	15.16
Esther Miller	2023	15.36
Thea Ring	2023	15.43
Steff Jamiel	1993	15.78
Jennifer Delcamp	2002	15.85
Jackie Decker	2004	16.11
Liz Zweigle	2000	16.11
Angie Eikenbary	1995	16.12

400 Meter Hurdles	Year	Time/Mark
Krista Thyreen	1990	62.61
Shari Hayden	2000	63.54
Lacretia Carroll	2003	65.9
Amanda Papke	2016	66.06
Janice Swanson	1988	66.34
Esther Miller	2023	66.49
Liz Zweigle	2000	66.53
Sarah Thorson	1997	67.16
Steff Jamiel	1992	67.64
Elise Ruud	2017	68.48

3000 Meter Steeplechase	Year	Time/Mark
Annika Manning	2017	11:59.42
Kari Thompson	2004	12:21.21
Jackie Mendro	2022	14:06.23
Karina Maya	2015	14:48.12

400 Meter Relay	Year	Time/Mark
Gunnarsson, Furio, A Baker, E Lundeen	2015	49.14
J. Klein, R. Hayes, E. Miller, T. Ring	2023	49.57
Co. Tostado, Hayden, Zweigle, Carroll	2000	49.83
Morales, Gunnarsson, Gustafson, Papke	2016	50.13
T. Ring, R. Hayes, A. Parker-Fox, M. Costa	2023	50.38
S. Thorson, Ca. Tostado, Hayden, Zweigle	1999	50.50
Ruud, Morales, Papke, Gunnarsson	2017	50.54
Watson, Baker, Warners, Williams	2013	50.79
J. Thorson, Beukhof, Baldo, Co. Tostado	1999	50.79
Ruud, Morales, Furio, Papke	2018	50.90

1600 Meter Relay	Year	Time/Mark
Hayden, Ca. Tostado, Beukhof, S. Thorson	1999	4:02.40
Hayden, J. Thorson, Sietsema, Carroll	2000	4:05.10
Tostado, Allison, Beukhof, S. Thorson	1998	4:05.19
Tostado, S. Thorson, Allison, Zweigle	1998	4:07.63
S. Thorson, Zweigle, Beukhof, Tostado	1997	4:08.63
Patnaude, Jamiel, Newton, Melendez	1993	4:10.04
Gustafson, Gunnarsson, Papke, Yoo	2016	4:10.18
E. Miller, M. Svendsen, R. Hayes, T. Ring	2023	4:10.62
Ruud, Morales, Jones, Papke	2018	4:12.23
Tostado, Beukhof, S. Thorson, Zweigle	1998	4:12.72

Long Jump	Year	Time/Mark
Elina Gunnarsson	2017	5.86 M (19'2.75")
Lucia Abel	2005	5.62 M (18'5.25")
Janice Hawkins	1987	5.54 M (18'2")
Amanda Papke	2017	5.49 M (18'0.25")
Shanicka Watson	2012	5.39 M (17'8.4")
Faith Furio	2018	5.31 M (17'5.25")
Liz Podczaski	2005	5.24 M (17'4.25")
Angie Devaul	1984	5.02 M (16'5.5")
Line Lande	1996	5.02 M (16'5.5")
Amber Walker	2009	5.01 M (16'5.25")

Triple Jump	Year	Time/Mark
Lacretia Carroll	2003	11.93 M (39'1.75")
Lucia Abel	2004	11.64 M (38'2.25")
Esther Miller	2022	11.56 M (37'11.25")
Janice Hawkins	1989	11.43 M (37'6")
Julienne Samuels	2012	10.72 M (35'2")
Lillian Johnson	2019	10.58 M (34' 8.5")
Alexa Baker	2015	10.50 M (34'5.5")
Krista Thyreen	1990	10.48 M (34'4.5")
Sarah Hansen	2009	10.46 M (34'4")
Sarah Thorson	1999	10.32 M (33'10.25")
Betsy Rowe	2000	10.26 M (33'8")

High Jump	Year	Time/Mark
Line Lande	1996	1.62 M (5'3.75")
Steff Jamiel	1991	1.57 M (5'1.75") tie
Carrie Swenson	2000	1.57 M (5'1.75") tie
Esther Miller	2023	1.55 M (5'1") tie
Amanda Papke	2017	1.55 M (5'1") tie
Sam Studt	2009	1.55 M (5'1") tie
Terry Haller	1987	1.55 M (5'1") tie
Amanda Freed	2000	1.53 M (5'0")
Julia Klein	2023	1.52 M (4'11.75") tie
Thea Ring	2023	1.52 M (4'11.75") tie
Janice Swanson	1988	1.52 M (4'11.75") tie
Jessica Gilligan	2006	1.52 M (4'11.75") tie
Amber Walker	2009	1.51 M (4'11.50")

Discus	Year	Time/Mark
Zoe Custer	1988	40.86 M (134'1")
Mia Riccolo	2017	40.26 M (132'1")
Natalie Swanson	2016	39.68 M (130'2")
Sarah Baker	2002	36.35 M (119'2")
Erica Severson	1986	35.76 M (117'4")
Brieanne Lippert	2017	34.04 M (111'8")
Katherine Jemine	2008	31.90 M (104'9")
Heide Haarstad	1994	30.94 M (101'7")
Jamie Edwards	1999	30.94 M (101'7")
Alyssa Anderson	2011	30.49 M (100')

Hammer	Year	Time/Mark
Maria Bugge	2023	45.81m (150'3")
Mia Riccolo	2019	43.06 M (141'3")
Brieanne Lippert	2017	41.82 M (137'2")
Natalie Swanson	2016	41.76 M (137')
Olivia Dwight	2014	38.84 M (127'5")
Katherine Jemine	2009	36.65 M (120'2.9")
Amy Peters	2007	36.38 M (119'4")
Sarah Baker	2004	35.87 M (117'8.25")
Rachel Koornneef	2015	35.60 M (116'9")
Alyssa Anderson	2009	34.33 M (112'9")
Joy Cooper	1999	32.92 M (108')

Javelin	Year	Time/Mark
Brittany McCline	2012	39.09 M (128'3")
Lucia Abel	2004	38.26 M (125' 6.25")
Line Lande	1995	37.68 M (123'7.5")
Zoe Custer	1988	36.50 M (119'9")
Elise Ruud	2017	34.49 M (113'2")
Esther Miller	2023	33.23 M (109'0")
Mia Riccolo	2017	32.64 M (107'1")
Janice Swanson	1987	32.46 M (106'6")
Amber Walker	2009	31.92 M (104'9")
Lauren Williams	2008	31.77 M (104'3")

Shot Put	Year	Time/Mark
Mia Riccolo	2017	13.21 M (43'4.25")
Natalie Swanson	2016	12.41 M (40'8.75")
Zoe Custer	1988	11.86 M (38'11")
Chris Luzadder	1994	10.87 M (35'8")
Carrie Swenson	2000	10.82 M (35'5")
Rachel Koornneef	2015	10.54 M (34'7")
Raven Timms	2011	10.45 M (34'3.5")
Katherine Jemine	2008	10.21 M (33'5")
Julian Plimpton	2006	10.11 M (33'1")
Sarah Baker	2002	10.10 M (33'1")

Heptathlon	Year	Time/Mark
Janice Hawkins	1987	4509 Pts
Esther Miller	2023	4213 Pts
Thea Ring	2023	4173 Pts
Steff Jamiel	1993	4144 Pts
Line Lande	1996	4016 Pts
Elise Ruud	2017	3993 Pts
Amber Walker	2009	3779 Pts
Julia Klein	2023	3474 Pts
Sarah Thorson	1999	3401 Pts
Terry Haller	1987	3106 Pts

* Converted hand time