

WOMEN'S ALL-TIME TOP 10 INDIVIDUAL PERFORMERS

(as of June 1, 2010)

<p>100 METERS</p> <ol style="list-style-type: none"> 1. Chi Cheng 11.24 1971 2. Jocelyn Pruitt 11.64 1977 3. Lana Cantrell 11.94 1988 4. Tabreisha Lawrence 12.01 1998 5. Veronica Bell 12.04 1992 6. Dominique Hughes 12.05 1997 7. Doris Williams 12.10 1989 8. LaTrice Williams 12.10 1986 9. Aldora George 12.14 1992 10. Shelby McDade 12.22 1981 <p>200 METERS</p> <ol style="list-style-type: none"> 1. Chi Cheng 22.64 1971 2. Jocelyn Pruitt 24.00 1997 3. Tabreisha Lawrence 24.40 1997 4. Doris Williams 24.54 1989 5. Deidre Echevarria 24.68 2002 6. Jasmine Winn 24.77 2008 7. Roxanne Jackson 24.79 1984 8. Kathy Smallwood 24.84 1971 9. Kiyota Reed 24.95 2002 10. Laura Jackson 25.10 1984 <p>400 METERS</p> <ol style="list-style-type: none"> 1. Chi Cheng 52.34 1971 2. Jakkii Henderson 52.49 1991 3. Tokunbo Adeniji 55.00 2010 4. Roxanne Jackson 55.06 1984 5. Tabreisha Lawrence 55.24 1998 6. Carmen Franklin 56.11 2004 7. Laura Jackson 56.60 1984 8. Daniella Russell 56.70 2001 9. Deidre Echevarria 57.12 2003 10. Suzy Boehner 57.14 1979 <p>800 METERS</p> <ol style="list-style-type: none"> 1. Carmen Franklin 2:09.34 2006 2. Ellie Carey 2:09.85 1986 3. Rosetta Hunter 2:10.04 1995 4. Karen Farley 2:10.60 1985 5. Kristin Harkins 2:11.61 1995 6. Miste Garcia 2:12.31 1985 7. Cynthia Hohlstein 2:13.61 2002 8. Kyle Wolff 2:14.80 2009 9. Janet Nicholls 2:15.81 1986 10. Jakkii Henderson 2:15.69 1991 <p>1500 METERS</p> <ol style="list-style-type: none"> 1. Joann Howard 4:25.45 1986 2. Miste Garcia 4:27.96 1985 3. Kristin Harkins 4:29.80 1990 4. Ellis Carey 4:31.63 1986 5. Rosetta Hunter 4:34.63 1995 6. Karen Fraley 4:35.05 1987 7. Tere DeAnda 4:36.3 1978 8. Sherrie Roach 4:36.95 1987 9. Kim Difilippo 4:39.13 1986 10. C. Bruler 4:39.9 1979 <p>3000 METERS</p> <ol style="list-style-type: none"> 1. Joann Howard 9:30.54 1985 2. Kellie Taylor 9:45.63 1991 3. Gina Placencio 9:50.67 1988 4. Sherrie Roach 9:53.29 1986 5. Kim Difilippo 9:58.35 1986 6. Monica Valdez 10:05.10 2006 7. Kristin Harkins 10:05.7 1989 8. Miste Garcia 10:08.1 1984 9. Adrienne Schumm 10:10.19 2008 10. Claudia Garcia 10:17.03 2008 <p>3000 METER STEEPLECHASE</p> <ol style="list-style-type: none"> 1. Tiffany Turner 10:52.91 2009 2. Emma Hartel 11:18.88 2007 3. Jamie Ray 11:22.14 2003 4. Naomi Bisagno 11:45.69 2008 5. Whitney Hurley 11:51.28 2006 6. Amanda McDermott 11:53.10 2002 7. April Grothe 12:10.48 2004 8. Jayme Ambos 12:12.06 2004 9. Natalie Miano 12:29.64 2003 10. Fabiola Lugo 12:37.45 2010 <p>5000 METERS</p> <ol style="list-style-type: none"> 1. Joann Howard 16:38.8 1985 2. Sherrie Roach 16:54.4 1987 3. Kellie Taylor 17:24.67 1991 4. Tiffany Turner 17:28.61 2009 5. Trisha Molina 17:37.8 1987 6. Claudia Garcia 17:39.16 2008 7. Monica Valdez 17:52.09 2006 8. Adrienne Schumm 17:53.94 2008 9. Christina Jimenez 17:57.51 2004 10. Kim Difilippo 18:07.3 1985 <p>10,000 METERS</p> <ol style="list-style-type: none"> 1. Sherrie Roach 35:10.9 1987 2. Joann Howard 36:09 1985 3. Adrienne Schumm 36:23.54 2008 4. Claudia Garcia 36:27.04 2008 5. Trisha Molina 36:31.4 1987 6. Christina Jimenez 37:00.5 2007 7. Monica Valdez 38:05.21 2006 8. Kellie Miller 38:32 1987 9. K. Niederhaus 38:08 1992 10. Maria Mendoza 39:03.1 1989 <p>100 METER HURDLES</p> <ol style="list-style-type: none"> 1. Chi Cheng 13.04 1971 2. Doris Williams 13.47 1989 3. Lana Cantrell 13.69 1988 4. Tabreisha Lawrence 13.82 1999 5. Aldora George 13.86 1993 6. Kiyota Reed 14.12 2002 7. K. Paulson 14.24 1978 8. Tramielka Thomas 14.54 2010 9. N. Radi 14.64 1979 10. Alishia Carter 14.65 1999 10. Pam Fortner 14.65 1986 	<p>400 METER HURDLES</p> <ol style="list-style-type: none"> 1. Tabreisha Lawrence 58.95 1998 2. Lana Cantrell 59.99 1988 3. Aldora George 60.60 1993 4. Suzy Boehner 61.14 1979 5. Sue Rupel 62.24 1983 6. Janet Nicholls 62.64 1984 7. Pam Fortner 62.94 1986 8. Christina Glenn 62.97 1984 9. Musiette McKinney 63.64 1979 10. Nicole Lomeli 63.77 2001 <p>LONG JUMP</p> <ol style="list-style-type: none"> 1. Chi Cheng 20-4.75 1971 2. Veronica Bell 20-3.75 1982 3. Debra Larsen 20-2.50 1986 4. Dominique Hughes 19-5.50 1995 5. Jasmine Winn 19-3.50 2007 6. Suzy Boehner 19-2 1979 7. Yataasha Edinbyrd 18-8.5 1989 8. Ruth Moecks 18-8.5 1998 9. Janet Nicholls 18-7.5 1986 10. Marisha Parnell 18-1.75 1994 <p>TRIPLE JUMP</p> <ol style="list-style-type: none"> 1. Dominique Hughes 40-9.5 1995 2. Ruth Moecks 39-10.5 1997 3. Valerie Henderson 39-0.50 2004 4. Debra Larsen 38-6 1986 5. Tramielka Thomas 37-11.25 2009 6. Jasmine Winn 37-8.75 2007 7. Camille Robertson 36-7.75 1985 8. Rachel Schaffner 36-5 1988 9. Megan Emami 36-5 2010 10. Maisha Parnell 36-2.75 1991 <p>HIGH JUMP</p> <ol style="list-style-type: none"> 1. Janet Nicholls 6-0.50 1984 2. Durrelle Schimek 6-0 1988 3. Debra Larsen 6-0 1986 4. Kimber Reed 5-9.25 1988 5. Topaz Marcos 5-7.75 2004 6. Suzy Boehner 5-7.50 1979 7. Christina Glenn 5-7.25 1985 8. Rachel Schaffner 5-6.50 2004 9. Musiette McKinney 5-6 1979 10. Dena Beatty 5-5 1984 <p>POLE VAULT</p> <ol style="list-style-type: none"> 1. Lyric Teigen 12-6.5 2007 2. DaLarie Manda 11-4.25 1999 3. Terri Amborn 10-6 2002 4. Lisa Robbins 10-0 2004 5. Jennifer Adams 9-8 2009 6. Marisa Jernigan 9-6.25 2007 6. Rachel Schaffner 9-6.25 2004 8. Heidi Lance 9-0.25 2004 8. Billie Maldonado 9-0.25 2004 <p>SHOT PUT</p> <ol style="list-style-type: none"> 1. Brandi Gail 50-8 1988 2. Nicole Beauregard 47-9.25 1995 3. Debra Larsen 47-2.50 1985 4. Susanne Back 45-10.75 2003 5. Monica Wren 44-2 1984 6. Durrelle Schimek 44-1.5 1989 7. Janet Nicholls 43-11.75 1986 8. Janelle Strohmeier 43-10.50 1987 9. Yvonne Hill 42-10.75 1988 10. Jaqueline Nelsen 42-2.75 1984 <p>DISCUS</p> <ol style="list-style-type: none"> 1. Brandi Gail 164-3 1988 2. Jodie Warr 151-7 1994 3. Christy Buehler 150-9 2002 4. Monica Wren 150-1 1984 5. Jaqueline Nelsen 143-6 1984 6. Lorna Gregory 141-6 1984 7. Ileana Tejada 139-9 2010 8. Nicole Beauregard 139-7 1994 9. Arrelia Dardailion 137-05 2004 10. Carol Hall 132-7 1983 <p>JAVELIN</p> <ol style="list-style-type: none"> 1. Durrelle Schimek 186-10 1988 2. Jaqueline Nelsen 167-7 1984 3. Janet Nicholls 160-11 1986 4. Debra Larsen 155-3 1986 5. Kimber Reed 153-10 1988 6. Raedean Rona 153-2.50 1981 7. Dana Carlson 146-0 1988 8. June Wintermute 142-11 1983 9. Monica Wren 142-6 1983 10. Susanne Back 142-3 2002 <p>HAMMER THROW</p> <ol style="list-style-type: none"> 1. Ileana Tejada 168-3 2010 2. Katy Everett 156-3 2001 3. Susanne Back 148-7 2003 4. Nicole Beauregard 139-2 1996 5. Christy Buehler 132-11 2002 6. Stephanie Aiken 130-6 2004 7. Melissa Beauregard 129-9 1997 8. Jane DeVries 129-2 2004 9. Mirana Robinson 127-0 2005 10. Riz Carrington 122-4 2008 <p>HEPTATHLON</p> <ol style="list-style-type: none"> 1. Debra Larsen 5827 1986 2. Janet Nicholls 5766 1986 3. Durrelle Schimek 5507 1989 4. Christina Glenn 5088 1985 5. Ruth Moecks 4787 1997 6. Sue Girard 4502 1990 7. Amanda Smith 4458 2010 8. Rachel Schaffner 4095 2004 9. Nicole Lomeli 3547 2002 10. Natalia Gonzalez 3503 2008 	<p>4X100 RELAY</p> <ol style="list-style-type: none"> 1. Moecks, Lawrence, Hughes, Pruitt 46.75 1997 2. George, Clavin, Henderson, Weatherford 47.16 1991 3. Dismuke, Lawrence, Hughes, Pruitt 47.21 1996 4. Whitney, Thomas, Adeniji, Gamble 47.88 2010 5. Barker, Jackson, Fortner, R. Jackson 48.08 1984 6. Sanchez, Lawrence, Moecks, Pruitt 48.12 1998 7. Wilridge, Winn, Fromer, Adeniji 48.20 2008 8. May, Calvin, George, Brhel 48.53 1992 9. Cantrell, O'Keefe, Hill, Williams 48.54 1988 10. Barker, Fortner, Lavinger, R. Jackson 48.63 1984 <p>4X200 RELAY</p> <ol style="list-style-type: none"> 1. Moecks, Lawrence, Hughes, Pruitt 1:38.87 1997 2. Barker, Fortner, L. Jackson, R. Jackson 1:40.93 1984 3. McDade, R. Jackson, Robinson, Bell 1:42.69 1982 4. Pruitt, Dismuke, Lawrence, Hughes 1:42.84 1996 5. L. Jackson, Lavinger, Williams, R. Jackson 1:46.6 1984 6. Teigen, Franklin, Winn, Henderson 1:48.65 2006 7. Franklin, Everett, Tomlin, Schaffner 1:49.93 2004 8. Fabbrio, Nicolls, Beatty, Piersma 1:51.0 1983 9. McDade, Spears, Robinson, Williams 1:52.88 1982 10. Nicolls, Miranda, Beatty, Piersma 1:53.1 1983 <p>4X400 RELAY</p> <ol style="list-style-type: none"> 1. L. Jackson, Glenn, Nicolls, R. Jackson 3:44.98 1984 2. Glenn, Farley, Nicolls, R. Jackson 3:50.2 1984 3. Piersma, Rupel, Lawson, R. Jackson 3:50.67 1982 4. Wolff, Whitney, Gamble, Adeniji 3:50.11 2010 5. S. Williams, Glenn, Nicolls, Piersma 3:51.15 1983 6. S. Williams, Nicolls, L. Jackson, R. Jackson 3:52.4 1984 7. S. Williams, Glenn, Garcia, Farley 3:52.45 1985 8. Henderson, Calvin, George, May 3:52.59 1991 9. Harkins, Cantrell, Williams, O'Keefe 3:53.10 1988 10. Gamble, Wolff, Thomas, Adeniji 3:53.75 2010 <p>4X800 RELAY</p> <ol style="list-style-type: none"> 1. Harkins, Hunter, Tobias, York 9:16.0 1992 2. Farley, Gonzales, Placencio, Garcia 9:29.6 1987 3. R. Jackson, Flores, Lawson, Piersma 9:54.7 1982 4. Tobias, McGrath, Gann, Taylor 9:57.3 1991 5. Harkins, Placencio, Alarcon, McGrath 9:59.3 1988 6. McGrath, O'Neill, Girard, Hawkins 9:59.5 1990 7. Brown, Franklin, Winfrey, Miano 10:00.38 2004 8. Lawson, Flores, Masonis, Piersma 10:01.2 1982 9. Miano, Franklin, Brown, Valdez 10:06.56 2005 10. Newton, DeAnda, Wallace, Spears 10:17.4 1983 <p>4X1600 RELAY</p> <ol style="list-style-type: none"> 1. Harkins, Hunter, York, Niederhaus 21:34.0 1992 2. Valdez, Vega, Miano-Batres, Jimenez 21:52.78 2006 3. Miano, Valdez, Jimenez, Ray 21:59.24 2005 4. Jimenez, Vega, Hurley, Grothe 22:29.17 2004 5. Gann, Harkins, Hunter, York 22:38.0 1992 6. Ray, Hakimdavar, Lopez, Hurley 23:07.08 2006 7. Ghiglieri, Villescascas, Falcon, McCoy 24:05.5 1997 8. Swift, Gomez, Trejo, Murena 24:44.7 1997 <p>800 METER SPRINT MEDLEY</p> <ol style="list-style-type: none"> 1. McDade, Bell, R. Jackson, Piersma 1:47.0 1982 2. McDade, Bell, R. Jackson, Piersma 1:50.4 1982 3. Teigen, Henderson, Winn, Franklin 1:52.93 2006 3. McDade, Robinson, Durand, Nicolls 1:53.8 1982 4. Spears, Robinson, McDade, R. Jackson 1:54.4 1981 5. Fortner, Dorothy, Barker, Williams 2:01.5 1985 <p>SPRINT MEDLEY</p> <ol style="list-style-type: none"> 1. May, Weatherford, George, Hunter 4:12.35 1993 2. Barker, L. Jackson, Williams, Farley 4:16.3 1984 3. McDade, Robinson, Nicolls, Flores 4:19.0 1982 4. Hughes, Pruitt, Dismuke, Lawrence 4:21.26 1996 4. Spears, Miranda, Lawson, Piersma 4:31.48 1982 <p>DISTANCE MEDLEY</p> <ol style="list-style-type: none"> 1. Farley, Nicolls, Carey, Howard 12:09.9 1986 2. Garcia, Glenn, Farley, Howard 12:10.95 1985 3. Calvin, Henderson, Gann, Taylor 12:17.82 1981 4. Calvin, York, Harkins, Hunter 12:28.9 1992 5. Miano, Wooten, Franklin, Valdez 12:42.34 2005 6. Jimenez, Smith, Miano-Batres, Valdez 12:47.86 2006 7. York, McGrath, O'Neill, Harkins 12:48.0 1990 7. Difilippo, Locke, Webb, Roach 12:48.0 1986 9. Winfrey, Franklin, Brown, Miano 12:49.66 2004 10. Alarcon, McGrath, Kinyon, Harkins 13:00.3 1988
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