

Women's Indoor Top 10

60m

Kianne Benjamin	7.49	2024
Brittney McKinley	7.82	2020
Morgen Gallagher	7.90	2019
Sam Schaefer	7.94	2018
Sam Copland	7.97	2014
Kennedy Kirkland	8.00	2024
Sophia Young	8.09	2024
Emily Barr	8.13	2013
Amani Hite	8.14	2017
Emily Clark/Georgia Bolduc	8.15	2015/2014

200m

Kianne Benjamin	24.31	2024
Kennedy Kirkland	25.21	2024
Brittney McKinley	25.41	2020
Elsa Millett	25.58	2012
Sam Schaefer	25.85	2017
Emily Clark	25.86	2014
Emily Barr	26.10	2010
Morgen Gallagher	26.16	2020
Emma Beane	26.17	2020
Katlin Everard	26.36	1999

400m

Elsa Millett	55.68	2012
Kianne Benjamin	55.83	2024
Cianna O'Flaherty	57.90	2022
Kristi King	58.34	1982
Emma Beane	58.64	2020
Gabby Phillips	59.19	2022
Erin O'Neill	59.52	1993
Morgen Gallagher	59.61	2020

Sara Ory	59.70	2018
Emily LeVan	1:00.10	1992

600m

Ali Chase	1:37.05	2007
Claire Traum	1:37.71	2018
Meghan Bellerose	1:38.08	2016
Tonya Bynoe	1:38.47	1985
Bridget Foley	1:38.93	1996
Molly Duffy	1:39.81	2011
Elsa Millett	1:40.91	2012
Grace Kerr	1:40.96	2010
Julia Zitzmann	1:41.13	2020
Amy Trumbull	1:41.17	1998

800m

Emily Scheffield	2:13.27	2006
Tonya Bynoe	2:13.95	1988
Claire Traum	2:15.72	2019
Sara Gosse	2:15.76	1985
Cara Papadopoulos	2:15.83	1995
Amy Trumbull	2:16.29	2000
Meghan Bellrose	2:17.33	2017
Jessica Tallmen	2:18.24	1998
Lauren Traum	2:18.31	2023
Rachael Cleaves	2:18.64	1994

1000m

Sarah Kelley	2:55.29	2016
Chantal Croteau	2:57.73	2011
Libby Barney	2:58.43	2003
Darcy Storin	2:58.86	1996
Lauren Traum	2:59.55	2024
Claire Traum	2:59.82	2019
Caroline Shipley	3:00.15	2018
Vicky Shen	3:00.22	1998

Demi Feder	3:00.26	2016
Cam Mackenzie	3:00.64	2022

Mile

Joan Benoit	4:53.90	1979
Sarah Kelley	4:54.48	2018
Chantel Croteau	4:57.79	2012
Leila Trummel	4:58.80	2022
Darcy Storin	5:00.50	1996
Caroline Shipley	5:01.55	2020
Demi Feder	5:01.78	2017
Caroline Corban	5:02.23	2017
Vicky Shen	5:04.90	1999
Lauren Traum	5:06.02	2024

3000m

Annie Monjar	10:01.56	2009
Olivia MacKenzie	10:06.97	2012
Stephanie Chun	10:10.18	2022
Anna Ackerman	10:12.93	2012
Christina Argueta	10:14.23	2011
Marilyn Fredey	10:16.67	1989
Lucy Skinner	10:18.97	2014
Sadie Saxton	10:24.19	2020
Caroline Shipley	10:25.72	2019
Julia O'Rourke	10:25.72	2019

5000m

Annie Monjar	17:08.91	2009
Darcy Storin	17:23.76	1996
Julia O'Rourke	17:35.46	2019
Olivia Mackenzie	17:36.02	2012
Christina Argueta	17:36.63	2011
Stephanie Chun	17:54.64	2022
Sarah Kinney	17:58.01	2018
Eileen Hunt	17:59.84	1993

Amiee Beaudreau	18:11.00	1998
Deanna Hodgkins	18:11.00	1989

60m Hurdles

Lydia Pitts	8.80	2022
Michele Kaufman	9.01	2011
Serena Jonas	9.30	2019
Emily Clark	9.36	2014
Stefanie Mueller	9.44	2019
Annie Huyler	9.49	2012
Catherine Uwakwe	9.53	2024
Rose Jenkins	9.71	2023
Addison Carvajal	9.72	2016
Molly Harkavy	9.82	2011

4x200m

Clark,Znamierowski,Browning,Coplan	1:44.57	2013
Clark,Daoud,Copland,Wade	1:46.10	2012
Clark,Bolduc,Znamierowski,Copland	1:46.11	2014
Soule,Toth,LeVan,O'Neil	1:46.36	1988
Soule,Toth,LeVan,O'Neil	1:46.54	1992
Clark,Daoud,Copland,Wade	1:46.61	2012
Clark,Bolduc,Znamierowski,Copland	1:46.76	2014
Clark,Znamierowski,Browning,Coplan	1:46.79	2013
Schaefer,Ory,Pettway,Jabouin	1:47.05	2016
Gallagher,Bolduc,Hite,Schaefer	1:47.18	2017

4x400

Beane,Gallagher,Schaefer,Ory	3:52.21	2019
Clark,Barr,Wade,Millett	3:52.92	2012
Page,Phillips,O'Flaherty,Benjamir	3:53.47	2023
Beane,Gallagher,Schaefer,Ory	3:54.18	2019
Clark,Barr,Wade,Millett	3:55.09	2012
Beane,Gallagher,Schaefer,Ory	3:55.47	2019
Beane,Gallagher,Schaefer,Ory	3:55.62	2019
Copland,Daoud,Carvajal,Clark	3:56.95	2014

Carvajal,Browning,Znamierowski,Clar	3:57.48	2013
Beane,Page,O'Flaherty,Gallagher	3:59.12	2020

4x800m

Kerr,Duffy,Tory,LePage	9:18.00	2011
Boben,Bellerose,Fulton,Feder	9:25.76	2016
Storin,Papadopoulos,Pennington,Fole	9:26.28	1996
Noel,Davis,Traum,Trummel	9:29.42	2023
Riker,Hodge,Tory,Kerr	9:29.83	2010
Mackenzie,Noel,Traum,Trummel	9:30.61	2022
	9:31.69	1998
Bryan,Menendez,Veilleux,Wasinger	9:32.91	2013
Brakewood,Corban,Feder,Bellerose	9:34.77	2017
Osmanski,Mackenzie,Zitzmann,Traum	9:35.35	2020

Distance Medley Relay

Shipley,Ory,Traum,Kelley	11:37.18	2018
Shipley,Ory,Traum,Kelley	11:43.49	2018
Shipley,Ory,Traum,Kelley	11:49.86	2018
Bullock,Ory,Traum,Shipley	11:50.25	2019
Bullock,Ory,Traum,Shipley	11:54.30	2019
Bullock,Ory,Traum,Shipley	11:56.58	2019
Saxton,Gallagher,Beane,Shipley	11:56.72	2020
Barney,Walker,Hardaker,Febiger	11:59.95	2003
Feder,Fulton,Bellerose,Kelley	12:00.36	2016
Feder,Ory,Bellerose,Corban	12:00.50	2017

High Jump

Delia Van Loenen	1.68m	2001
Hayleigh Kein	1.68m	2015
Karen Crehore	1.67m	1990
Addison Carvajal	1.60m	2016
Amy Toth	1.60m	1994
Rebecca Center/ Rose Jenkins	1.58m	81/'24
Jenn Nickerson	1.57m	1998
Stefanie Mueller	1.56m	2019

Serena Jonas	1.54m	2022
Adriane Berry/Inga Dovre	1.53m	11/'23

Pole Vault

Erin Silva	4.00m	2015
Charlotte Hodge	3.88m	2023
Sophia Slovenski	3.66m	2019
Sophie Maguire	3.40m	2024
Christine Head	3.35m	2010
Stevie Lane	3.20m	2013
Marika Decyk	3.06m	1999
Madeline Schuldt	3.05m	2016
Helen Wen	2.90m	2010
Emily Lambdin	2.80m	2014

Long Jump

Jenna Albanese	5.61m	2024
Laura Peterson	5.56m	2010
Kennedy Kirkland	5.55m	2024
Lydia Pitts	5.48m	2022
Addison Carvajal	5.43m	2015
Morgen Gallagher	5.39m	2017
Katharine Krupp	5.36m	2016
Delia Van Leonen	5.33m	1998
Michele Kaufman	5.27m	2013
Erin O'Neil	5.22m	1993

Triple Jump

Lydia Pitts	12.19m	2022
Katharine Krupp	11.92m	2016
Laura Peterson	11.46m	2010
Erin O'Neil	10.95m	1993
Jenna Albanese	10.86m	2024
Addison Carvajal	10.81m	2014
Karen Yeoman	10.75m	1999
Elise Martin	10.64m	2020

Delia Van Loenen	10.60m	1998
Heather Chen/Katherine Harmon	10.58m	2014/2011

Shot Put

Shemeica Binns	13.00m	2009
Staci Bell	12.71m	1995
Belinda Saint Louis	12.43m	2019
Stacey Jones	12.19m	1998
Emma Hargreaves	12.18m	2022
Randi London	12.17m	2015
Emma Gibbens	11.96m	2024
Bronwen Morrison	11.90m	1983
Ginger Arnold	11.85m	2024
Laura Perovich	11.74m	2005

Weight Throw

Louise Duffus	17.84m	2007
Emma Hargreaves	16.60m	2023
Katherine Harmon	16.54m	2014
Randi London	15.57m	2015
Corinne Ahern	15.37m	2024
Laura Perovich	15.36m	2005
Jada Scotland	15.00m	2022
Belinda Saint Louis	14.78m	2020
Pamela Zabela	14.71m	2015
Bronwen Morrison	14.65m	1986

Pentathlon

Addison Carvajal	3522	2015
Delia Van Loenen	3419	1999
Annie Huyler	3219	2012
Rose Jenkins	3124	2024
Serena Jonas	3110	2022
Stefanie Mueller	3026	2019
Rebecca Center	3008	1981
Megan Foley	2857	1998

Inga Dovre	2768	2023
Anna Yang	2730	2024

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