

Women's Outdoor Top 10

100m

Kianne Benjamin	11.81	2024
Brittney McKinley	12.03	2019
Karla Krassner	12.10	1979
Sam Schaefer	12.23	2019
Katlin Evrard	12.34	1998
Morgan Gallagher	12.43	2019
N. Giancola	12.44	1977
Sam Copland	12.54	2014
Emily Clark	12.57	2015
Danielle Mokaba	12.62	1998

200m

Kianne Benjamin	24.16	2024
Kennedy Kirkland	24.98	2024
Elsa Millett	25.08	2011
Brittney McKinley	25.46	2019
Sam Schaefer	25.67	2017
Kaitlin Evrard	25.77	1998
Sam Copland	25.91	2014
Emily Clark	25.96	2015
Addison Carvajal	26.06	2014
Kerrie Harthan	26.13	1985

400m

Kianne Benjamin	55.59	2024
Elsa Millett	55.75	2011
Cianna O'Flaherty	57.73	2023
Katherine Page	58.75	2023
Morgan Browning	58.81	2013
Laura Lawson	58.89	1987
Emma Beane	58.90	2019
Gabby Phillips	58.94	2024

Haley MacKeil	58.94	2007
Emily Levan	58.91	1992

800m

Claire Traum	2:13.14	2018
Ali Chase	2:13.29	2009
Tonya Bynoe	2:13.49	1985
Sarah Kelley	2:14.63	2018
Molly Duffy	2:15.11	2011
Caroline Shipley	2:15.14	2017
Megan Bellerose	2:15.92	2017
Lauren Traum	2:16.46	2023
M. McCormick	2:16.54	1979
Jess Tallman	2:16.55	1998

1500m

Joan Benoit	4:28.20	1979
Sarah Kelley	4:28.76	2018
Caroline Shipley	4:33.69	2018
Darcy Sorin	4:35.63	1995
L. Bean	4:36.64	1980
Laura Onderko	4:37.23	2008
Leila Trummel	4:39.97	2022
Cameron Mackenzie	4:41.49	2022
Julia O'Rourke	4:41.97	2019
Libby Barney/ Abby Mueller	4:42.04	2003/ 2024

5000m

Stephanie Chun	17:08.25	2024
Laura Onderko	17:17.42	2008
Darcy Storin	17:20.70	1996
Neoma Palmer	17:23.86	2004
Christian Argueta	17:27.82	2011
Abby Mueller	17:33.06	2024
J. Petrick	17:41.24	1982
Julia O'Rourke	17:41.65	2019

Eileen Hunt	17:56.24	1992
Caroline Corban	17:57.94	2017

10000m

Joan Benoit	33:40.70	1979
Marilyn Freedy	36:21.41	1989
Julia O'Rourke	37:06.01	2019
Caroline Corban	37:16.45	2017
Tori Bacall	37:35.03	2024
Ellen Beth	37:40.19	2005
Christian Argueta	38:05.81	2011
Meaghan Groothuis	38:29.34	1995
Olivia MacKenzie	38:52.84	2011
Courtney Martin	38:59.07	2008

100m Hurdles

Lydia Pitts	14.57	2022
Michelle Kaufman	14.72	2011
Serena Joans	14.90	2022
Amy Toth	14.99	1993
Molly Harkavy	15.41	2011
Addison Carvajal	15.53	2014
Erin Prifogle	15.59	2005
Rose Jenkins	15.79	2024
Catherine Uwakwe	15.88	2024
Delia Van Leonen	15.90	1998

400m Hurdles

Sara Ory	1:01.18	2018
Erin O'Neil	1:02.51	1993
Julia Febiger	1:03.00	2002
Emily Clark	1:04.65	2013
Molly Harkavy	1:05.30	2011
Fiona Ralph	1:06.42	2019
Emily Hackert	1:06.29	2006
Sarah Soule	1:08.20	1995

Shaina Zaimaitis	1:08.41	1999
Karen Crehore	1:09.00	1990

3000m Steeple Chase

Anna Akermann	10:55.01	2012
Sarah Kinney	11:20.93	2017
Kelsey Crawford	11:25.01	2022
Emma Barker	11:28.70	2023
Neena Goldthwaite	11:39.76	2024
Courtney Eustace	11:41.78	2008
Lindsey Hodge	11:43.48	2010
Kate Landry	11:50.29	2002
Claire Wyman	11:58.14	2023
Sadie Saxton	12:07.37	2018

4x100m

Gallagher,McKinley,Wallace,Schaefer	48.04	2019
Gallagher,McKinley,Wallace,Schaefer	48.05	2019
Young,Uwakwe,Kirkland,Benjamin	48.41	2024
Gallagher,McKinley,Wunderlich,Schaefer	48.57	2018
Barr,Kaufman,Millett,Head	48.76	2010
Gallagher,McKinley,Wunderlich,Schaefer	48.87	2018
Barr,Kaufman,Millett,Head	48.97	2010
Beane,McKinley,Wallace,Schaefer	48.92	2019
Gallagher,McKinley,Wallace,Schaefer	49.05	2019
Barr,Kaufman,Millett,Head	49.06	2010

4x400m

Page,Phillips,O'Flaherty,Benjamin	3:47.64	2023
Page,Phillips,O'Flaherty,Benjamin	3:50.65	2023
Beane,Gallagher,Schaefer,Ory	3:51.53	2019
Beane,Gallagher,Schaefer,Ory	3:52.20	2019
Beane,Gallagher,Schaefer,Ory	3:57.05	2019
Page,Phillips,Traum,Benjamin	3:58.11	2023
Pilon,Campelia,York,MacKeil	3:59.44	2007
Phillips,Uwakwe,Kirkland,Benjamin	3:59.57	2024

Wunderlich,Osmanski,Traum,Ory	3:59.79	2018
Page,Phillips,O'Flaherty,Benjamin	4:00.71	2023

4x800m

Fulton,Bellerose,Feder,Kelley	9:11.94	2016
Fulton,Bellerose,Feder,Kelley	9:12.75	2016
Osmanski,Shipley,Traum,Kelley	9:17.74	2018
Brakewood,Feder,Shipley,Bellerose	9:18.28	2017
Fulton,Bellerose,Kelley,Feder	9:18.82	2015
Carvajal,Wasinger,Bellerose,Feder	9:21.14	2014
Tory,LePage,Kerr,Duffy	9:22.74	2011
McDonald,Pennington,Tallman,Storin	9:23.57	1996
Osmanski,Hollenbaugh,O'Rourke,Traum	9:24.46	2019
Kerr,Riker,Sokolow,Chase	9:24.74	2009

High Jump

Delia Van Loenen	1.68m	2001
Hayleigh Kein	1.64m	2015
Addison Carajal	1.63m	2016
R. Center	1.63m	1984
Jen Nickerson	1.62m	1998
Rose Jenkins	1.61m	2024
Adriane Berry	1.60m	2011
Erin Prifogle	1.60m	2005
Amy Toth	1.59m	1995
Serena Jonas/Stefanie Mueller	1.58m	2022/2019

Pole Vault

Erin Silva	3.87m	2015
Charlotte Hodge	3.83m	2024
Sophie Maguire	3.41m	2024
Charlotte Sweet	3.40m	2022
Christine Head	3.35m	2010
Sophia Slovenski	3.25m	2019
Christine Andersen	3.25m	2017
Meka Decyck	3.07m	2002

Madeline Schuldt	3.05m	2015
Stevie Lane	3.05m	2013

Long Jump

Kennedy Kirkland	5.77m	2024
Michelle Kaufman	5.57m	2013
Lydia Pitts	5.54m	2022
Laura Peterson	5.54m	2010
Jenna Albanese	5.52m	2023
Erin O'Neill	5.39m	1993
Morgen Gallagher	5.36m	2018
Kianne Benjamine	5.35m	2021
Addison Carvajal	5.30m	2014
Amy Toth	5.29m	1995

Triple Jump

Lydia Pitts	12.34m	2022
Casey Kelley	11.84m	2002
Katherine Krupp	11.79m	2016
Laura Peterson	11.47m	2012
Michele Kaufman	11.43m	2010
Karen Yeoman	11.24m	2002
Krista Gladman	11.19m	2011
Elise Martin	11.09m	2021
Acadia Senese	11.07m	2002
Caroline Chapin	10.97m	1997

Shot Put

Shemica Binns	12.75m	2009
Staci Bell	12.72m	1995
Louise Duffus	12.70m	2005
Randi London	12.63m	2013
Belinda Saint Louis	12.61m	2021
Emma Hargreaves	12.49m	2021
Kelsey Borner	12.49m	2008
J. Pingree	12.48m	1979

	Ginger Arnold	12.23m	2024
	Browen Morrison	11.84m	1986
Discus			
	Stacy Jones	44.32m	1998
	Kelsey Borner	42.73m	2007
	J. Pingree	42.37m	1981
	Shemica Binns	42.08m	2009
	Pamela Zebala	41.58m	2016
	Randi London	41.20m	2015
	Browen Morrison	39.93m	1986
	Louise Duffus	39.66m	2007
	Katherine Harmon	39.26m	2014
	Jada Scotland	38.42m	2022
Hammer			
	Katherine Harmon	53.62m	2014
	Louise Duffus	52.17m	2006
	Emma Hargreaves	50.41m	2023
	Staci Bell	47.74m	1994
	Corinne Ahern	46.49m	2024
	Jada Scotland	46.12m	2022
	Lucy Knott	45.82m	2016
	Randi London	45.81m	2015
	Stacey Jones	44.66m	1999
	Kelsey Borner	42.28m	2009
Javelin			
	Bronwen Morris	48.27m	1986
	Sophie Slovenski	44.13m	2019
	Ellen Masalsky	41.50m	2017
	Corinne Ahern	40.87m	2024
	Ginger Arnold	39.83m	2024
	Kelsey Borner	38.95m	2009
	Lucy Knott	38.11m	2015
	Mardy Novak	37.95m	2024

Chelsea Jackson	37.44m	2007
Casey Kelley	37.11m	2002

Heptathlon

Addison Carvajal	4694	2014
Delia Van Loenen	4554	1998
Serena Jonas	4341	2022
Rose Jenkins	4238	2024
Annie Huyler	4177	2011
Inga Dovre	3700	2023
Karen Grehore	3614	1988
Emily Hackert	3588	2003
Anna Yang	3543	2023
Julie Smith	3368	1997

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