

STANFORD WOMEN'S TRACK AND FIELD

FRESHMEN ALL-TIME TOP 5

Thru May 1, 2024

True freshmen only

<table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">100 Meters</th> <th style="text-align: left;">Year</th> <th style="text-align: left;">Time</th> </tr> </thead> <tbody> <tr><td>1. Chrystle Gaines</td><td>1989</td><td>11.44</td></tr> <tr><td> Janice Davis</td><td>2004</td><td>11.44</td></tr> <tr><td>3. Carissa Levingston</td><td>2010</td><td>11.55</td></tr> <tr><td>4. Kori Carter</td><td>2011</td><td>11.57</td></tr> <tr><td>5. Nashonme Johnson</td><td>2003</td><td>11.64</td></tr> </tbody> </table> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">200 Meters</th> <th style="text-align: left;">Year</th> <th style="text-align: left;">Time</th> </tr> </thead> <tbody> <tr><td>1. Carissa Levingston</td><td>2010</td><td>23.43</td></tr> <tr><td>2. Nashonme Johnson</td><td>2003</td><td>23.61</td></tr> <tr><td>3. Ashlan Best</td><td>2018</td><td>23.62</td></tr> <tr><td>4. 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5. Nora Miller	2007	14.04																																																																																																																																																																																																																																																																																																		
400-Meter Hurdles	Year	Time																																																																																																																																																																																																																																																																																																		
1. Kori Carter	2011	57.10																																																																																																																																																																																																																																																																																																		
2. Katie Nelms	2011	58.91																																																																																																																																																																																																																																																																																																		
3. Pam Board	1984	59.64																																																																																																																																																																																																																																																																																																		
4. Hannah Labrie-Smith	2016	59.67																																																																																																																																																																																																																																																																																																		
5. Margaret Demorest	1982	1:01.04																																																																																																																																																																																																																																																																																																		
3,000-Meter Steeplechase	Year	Time																																																																																																																																																																																																																																																																																																		
1. Katy Trotter	2004	10:07.55																																																																																																																																																																																																																																																																																																		
2. Emilie Amaro	2009	10:11.68																																																																																																																																																																																																																																																																																																		
3. Jordan Oakes	2018	10:17.14																																																																																																																																																																																																																																																																																																		
4. Jeane Goff	2002	10:22.46																																																																																																																																																																																																																																																																																																		
5. Riley Stewart	2023	10:26.02																																																																																																																																																																																																																																																																																																		
High Jump	Year	Mark																																																																																																																																																																																																																																																																																																		
1. Lisa Bernhagen	1985	6-0 (1.83)																																																																																																																																																																																																																																																																																																		
Alyssa Jones	2023	6-0 (1.83)																																																																																																																																																																																																																																																																																																		
3. Tracye Lawyer	1996	5-10 3/4 (1.80)																																																																																																																																																																																																																																																																																																		
4. Adrienne Johnson	2011	5-9 1/4 (1.76)																																																																																																																																																																																																																																																																																																		
5. Lauren Stewart	2006	5-8 3/4 (1.75)																																																																																																																																																																																																																																																																																																		
Cheryl Burdick	2000	5-8 3/4 (1.75)																																																																																																																																																																																																																																																																																																		
Kim Stone	2000	5-8 3/4 (1.75)																																																																																																																																																																																																																																																																																																		
Pole Vault	Year	Mark																																																																																																																																																																																																																																																																																																		
1. Ellie McCardwell	2011	13-7 3/4 (4.16)																																																																																																																																																																																																																																																																																																		
2. Katerina Stefanidi	2009	13-6 1/2 (4.13)																																																																																																																																																																																																																																																																																																		
3. Kaitlyn Merritt	2016	13-5 1/4 (4.10)																																																																																																																																																																																																																																																																																																		
4. Sky Schuller	2024	13-3 3/4 (4.06)																																																																																																																																																																																																																																																																																																		
5. Samantha Shepard	2003	13-2 1/4 (4.02)																																																																																																																																																																																																																																																																																																		
Long Jump	Year	Mark																																																																																																																																																																																																																																																																																																		
1. Alyssa Jones	2023	22-6 1/4 (6.86)																																																																																																																																																																																																																																																																																																		
2. Erica McLain	2005	21-2 1/2 (6.46)																																																																																																																																																																																																																																																																																																		
3. Arantxa King	2008	20-1 3/4 (6.14)																																																																																																																																																																																																																																																																																																		
4. Pam Donald	1980	20-1 1/2 (6.13)																																																																																																																																																																																																																																																																																																		
5. Jackie Edwards	1989	20-0 1/2 (6.11)																																																																																																																																																																																																																																																																																																		
Triple Jump	Year	Mark																																																																																																																																																																																																																																																																																																		
1. Erica McLain	2005	45-11 3/4 (14.01)																																																																																																																																																																																																																																																																																																		
2. Aria Small	2018	42-3 1/2 (12.89)																																																																																																																																																																																																																																																																																																		
3. Lauren Stewart	2006	42-1 1/2 (12.84)																																																																																																																																																																																																																																																																																																		
4. Marisa Kwiatkowski	2015	41-5 1/4 (12.63)																																																																																																																																																																																																																																																																																																		
5. Sabrina Nettey	2008	41-5 (12.62)																																																																																																																																																																																																																																																																																																		
Shot Put	Year	Mark																																																																																																																																																																																																																																																																																																		
1. Jillian Camarena	2001	53-9 (16.38)																																																																																																																																																																																																																																																																																																		
2. Melissa Yunghans	2005	52-4 3/4 (15.97)																																																																																																																																																																																																																																																																																																		
3. Lena Giger	2015	51-11 1/4 (15.83)																																																																																																																																																																																																																																																																																																		
4. Patty Purpur	1986	50-9 3/4 (15.49)																																																																																																																																																																																																																																																																																																		
5. Pam Dukes	1983	49-4 1/4 (15.04)																																																																																																																																																																																																																																																																																																		

Note: Lyons ran a hand-timed 33:16.0. Locke ran a hand-timed 34:07.6.

Discus	Year	Mark
1. Valarie Allman	2014	188-6 (57.45)
2. Patty Purpur	1986	177-7 (54.12)
3. Summer Pierson	1997	177-6 (54.10)
4. Karen Nickerson	1983	174-11 (53.32)
5. Carol Cady	1981	173-11 (53.0)

Hammer	Year	Mark
1. Lena Giger	2015	190-3 (57.99)
2. Jordan Fong	2019	190-1 (57.94)
3. Jessica Pluth	2001	187-0 (57.00)
4. Sarah Hopping	2003	184-1 (56.12)
5. Katy Elsbury	2003	176-1 (53.68)

Javelin	Year	Mark
1. Mackenzie Little	2016	183-4 (55.88)
2. Brianna Bain	2012	180-2 (54.91)
3. Megan Glasmann	2014	175-0 (53.35)
4. Jenna Gray	2017	165-0 (50.29)
5. Virginia Miller	2018	162-8 (49.59)

Heptathlon	Year	Points
1. Whitney Liehr	2008	5,186
2. Lauren Stewart	2006	5,141
3. Tracye Lawyer	1996	5,108
4. Allie Jones	2019	5,041
5. Denise Gaztambide	1983	4,938

Also:

60 Meters	Year	Mark
1. Carissa Levingston	2010	7.33i
2. Janice Davis	2004	7.46i
3. Jakki Bailey	2004	7.48i
4. Griffin Matthew	2007	7.53i
Alyssa Jones	2023	7.53i

300 Meters	Year	Mark
1. Sage Hinton	2023	40.09i
2. Rachel Nelson	2024	41.42i

600 Meters	Year	Mark
1. Olivia Baker	2015	1:29.42i
2. Carolyn Wilson	2018	1:29.71i
3. Kristyn Williams	2013	1:32.04i
4. Claudia Saunders	2013	1:33.30i
5. Malika Waschmann	2014	1:33.78i

1,000 Meters	Year	Mark
1. Elise Cranny	2015	2:42.39i
2. Maddy Berkson	2015	2:49.23i
3. Claudia Saunders	2013	2:51.52i
4. Anna Laman	2015	2:55.60i
5. Madison Shults	2024	2:55.61i

Mile	Year	Mark
1. Juliette Whittaker	2023	4:33.53i
2. Riley Stewart	2023	4:40.31i
3. Laurynne Chetelat	2009	4:42.25i
4. Sophia Kennedy	2024	4:43.09i
5. Audrey Suarez	2022	4:44.87i

60 Meter Hurdles	Year	Mark
1. Kori Carter	2011	8.33i
2. Katie Nelms	2011	8.41i
3. Tess Stapleton	2022	8.68i
4. Allie Jones	2019	8.72i
5. Karynn Dunn	2010	8.73i

20-Pound Weight Throw	Year	Mark
1. Jessica Pluth	2001	59-8 1/2 (18.20)
2. Jordan Fong	2019	56-7 1/4 (17.25)
3. Katy Elsbury	2003	52-2 1/2 (15.91)
4. Sarah Hopping	2003	52-0 1/2 (15.86)
5. Kaiah Fisher	2022	49-3 1/2 (15.02)

Pentathlon	Year	Mark
1. Lauren Stewart	2006	3,788
2. Whitney Liehr	2008	3,743
3. Karynn Dunn	2010	3,686
4. Allie Jones	2019	3,618
5. Brittany McGee	2016	3,611