

# Charlotte Track and Field All Time Best Women's Indoor Performances

|        |    |                               |                |             |             |
|--------|----|-------------------------------|----------------|-------------|-------------|
| 60m    | 1  | Currie                        | Lamarra        | 2009        | 7.32        |
|        | 2  | <b>Smith</b>                  | <b>Joyasia</b> | <b>2024</b> | <b>7.33</b> |
|        | 3  | Blakney                       | Joann          | 2014        | 7.35        |
|        | 4  | Fairman                       | Ta-Halia       | 2024        | 7.38        |
|        | 5  | Council                       | Alex           | 2017        | 7.42        |
|        |    | Woods                         | Shareese       | 2007        | 7.43        |
|        |    | Patterson                     | Courtney       | 2006        | 7.43        |
|        | 8  | Norman                        | Tawana         | 2005        | 7.43        |
|        | 9  | Moses                         | LaJarsha       | 2008        | 7.45        |
|        | 10 | Silver                        | Chalonda       | 2010        | 7.46        |
| 60m HH | 1  | Atkins                        | Kyra           | 2019        | 8.12        |
|        | 2  | Brathwaite                    | Sunita         | 2010        | 8.33        |
|        | 3  | Moore                         | Kayla          | 2018        | 8.38        |
|        | 4  | Sills                         | Makiyah        | 2024        | 8.42        |
|        | 5  | Lindo                         | Lanaire        | 2010        | 8.54        |
|        | 6  | Morrison                      | LeAnna         | 2013        | 8.55        |
|        | 7  | Blakney                       | Alvonna        | 2014        | 8.57        |
|        | 8  | Leto                          | Juanita        | 2013        | 8.58        |
|        | 9  | <b>Hammond</b>                | <b>JaNeya</b>  | <b>2024</b> | <b>8.59</b> |
|        | 10 | Bethune                       | Ashley         | 2012        | 8.60        |
| 200m   | 1  | Woods                         | Shareese       | 2007        | 22.97       |
|        | 2  | Smith                         | Joyasia        | 2024        | 23.26       |
|        | 3  | Fairman                       | Ta-halia       | 2024        | 23.30       |
|        | 4  | Matthews                      | Aniya          | 2024        | 23.71       |
|        | 5  | Currie                        | Lamarra        | 2008        | 23.97       |
|        | 6  | Manigault                     | Tracey         | 2020        | 23.98       |
|        | 7  | Blakney                       | Joann          | 2014        | 24.18       |
|        | 8  | Holloway                      | Khia           | 2024        | 24.32       |
|        | 9  | Mungo                         | T'Sheila       | 2015        | 24.41       |
|        | 10 | Stark                         | Tempess        | 2005        | 24.44       |
| 300m   | 1  | Fairman                       | Tahalia        | 2024        | 37.75       |
|        | 2  | Mungo                         | T'Sheila       | 2015        | 38.55       |
|        | 3  | Singletary                    | Maya           | 2020        | 38.69       |
|        | 4  | Holloway                      | Khia           | 2024        | 38.79       |
|        | 5  | Cunningham                    | Ebonie         | 2008        | 39.08       |
|        | 6  | Williams                      | Kristen        | 2017        | 39.19       |
|        | 7  | Matthews                      | Aniya          | 2024        | 39.30       |
|        | 8  | Lee                           | Kiana          | 2017        | 39.34       |
|        | 9  | Blakney                       | Joann          | 2015        | 39.42       |
|        | 10 | Coleman                       | Kortnie        | 2010        | 39.52       |
|        |    | <u>Non or Post-Collegiate</u> |                |             |             |
|        | 1  | Singletary                    | Maya           | 2024        | 37.43       |

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|                               |    |             |           |      |         |
|-------------------------------|----|-------------|-----------|------|---------|
| 400m                          | 1  | Singletary  | Maya      | 2023 | 53.16   |
|                               | 2  | Woods       | Shareese  | 2006 | 53.32   |
|                               | 3  | Fairman     | Tahalia   | 2024 | 53.44   |
|                               | 4  | Mungo       | T'Sheila  | 2013 | 54.12   |
|                               | 5  | Williams    | Kristen   | 2018 | 54.98   |
|                               | 6  | Lee         | Kiana     | 2017 | 55.12   |
|                               | 7  | Thomas      | Aisha     | 2003 | 55.58   |
|                               | 8  | Cunningham  | Ebonie    | 2008 | 55.66   |
|                               | 9  | Alozie      | Angela    | 2024 | 55.67   |
|                               | 10 | Holloway    | Khia      | 2024 | 55.73   |
| <u>Non or Post-Collegiate</u> |    |             |           |      |         |
| 500m                          | 1  | Woods       | Shareese  | 2008 | 51.41   |
|                               | 2  | Singletary  | Maya      | 2024 | 52.34   |
|                               | 3  | Williams    | Kristen   | 2019 | 54.70   |
|                               | 1  | Mungo       | T'Sheila  | 2013 | 1:11.03 |
|                               | 2  | Sturdivant  | Carlitha  | 2006 | 1:13.69 |
|                               | 3  | Wilder      | Jaleah    | 2012 | 1:14.35 |
|                               | 4  | Williams    | Kristen   | 2018 | 1:14.59 |
|                               | 5  | Coleman     | Kortnie   | 2008 | 1:15.21 |
|                               | 6  | Brown       | Olivier   | 2010 | 1:15.47 |
|                               | 7  | Jones       | Shanice   | 2011 | 1:15.49 |
| 600m                          | 8  | Hines       | Yvonna    | 2009 | 1:15.86 |
|                               | 9  | Lee         | Kiana     | 2017 | 1:16.02 |
|                               |    | Woods       | Shareese  | 2003 | 1:16.02 |
|                               | 1  | Singletary  | Maya      | 2023 | 1:28.62 |
|                               | 2  | Mungo       | T'Sheila  | 2014 | 1:30.74 |
|                               | 3  | Jones       | Shanice   | 2011 | 1:35.62 |
|                               | 4  | Miller      | Rachel    | 2014 | 1:35.72 |
|                               | 5  | Bryant      | D'Amani   | 2020 | 1:37.48 |
|                               | 6  | Carcella    | Taylor    | 2012 | 1:37.64 |
|                               | 7  | Casin-Silva | Carolina  | 2014 | 1:38.19 |
| 800m                          | 8  | McHenry     | Tianna    | 2014 | 1:38.96 |
|                               | 9  | Hanson      | Kaleigh   | 2020 | 1:39.30 |
|                               | 10 | Hobbs       | Christina | 2011 | 1:39.77 |
|                               | 1  | Jackson     | Aja       | 2009 | 2:06.47 |
|                               | 2  | Carcella    | Taylor    | 2015 | 2:10.96 |
|                               | 3  | Miller      | Rachel    | 2013 | 2:11.41 |
|                               | 4  | Mungo       | T'Sheila  | 2014 | 2:11.62 |
|                               | 5  | Johnston    | Lauren    | 2024 | 2:11.79 |
|                               | 6  | Ross        | Jackie    | 2011 | 2:12.14 |
|                               | 7  | Slatter     | Maraya    | 2013 | 2:12.23 |
|                               | 8  | Daland      | Karoline  | 2023 | 2:13.29 |
|                               | 9  | Martin      | Natalia   | 2024 | 2:13.57 |
|                               | 10 | Hobbs       | Christina | 2010 | 2:15.33 |

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|       |    |            |          |      |          |
|-------|----|------------|----------|------|----------|
| 1000m | 1  | Johnston   | Lauren   | 2023 | 2:52.69  |
|       | 2  | Martin     | Jade     | 2022 | 2:54.03  |
|       | 3  | Carcella   | Taylor   | 2016 | 2:54.40  |
|       | 4  | Ross       | Jackie   | 2011 | 2:54.68  |
|       | 5  | Abbatiello | Bridget  | 2019 | 2:54.76  |
|       | 6  | Smith      | Liz      | 2006 | 2:55.12  |
|       | 7  | Jackson    | Aja      | 2008 | 2:55.72  |
|       | 8  | Daland     | Karoline | 2023 | 2:56.51  |
|       | 9  | Slatter    | Maraya   | 2013 | 2:56.69  |
|       | 10 | O'Quinn    | Reagan   | 2024 | 2:57.07  |
| Mile  | 1  | Johnston   | Lauren   | 2024 | 4:45.66  |
|       | 2  | Ritter     | Sophia   | 2022 | 4:49.67  |
|       | 3  | Goetschius | Amanda   | 2010 | 4:49.86  |
|       | 4  | Daland     | Karoline | 2023 | 4:50.28  |
|       | 5  | Jackson    | Aja      | 2008 | 4:51.62  |
|       | 6  | Ficken     | Cassie   | 2005 | 4:51.77  |
|       | 7  | Thomas     | Keara    | 2011 | 4:52.46  |
|       | 8  | Carcella   | Taylor   | 2016 | 4:53.72  |
|       | 9  | Newman     | Jenna    | 2024 | 4:54.59  |
|       | 10 | Wardle     | Allie    | 2024 | 4:54.74  |
| 3000m | 1  | Ficken     | Cassie   | 2005 | 9:17.97  |
|       | 2  | Sang       | Caroline | 2018 | 9:18.19  |
|       | 3  | Lounes     | Louise   | 2023 | 9:26.20  |
|       | 4  | Johnston   | Lauren   | 2024 | 9:28.66  |
|       | 5  | Daland     | Karoline | 2023 | 9:32.86  |
|       | 6  | Ritter     | Sophia   | 2022 | 9:37.69  |
|       | 7  | Goetschius | Amanda   | 2010 | 9:38.17  |
|       | 8  | Horton     | Chandler | 2021 | 9:40.87  |
|       | 9  | Reagle     | Aislynn  | 2024 | 9:41.86  |
|       | 10 | Coffin     | Cali     | 2024 | 9:43.69  |
| 5000m | 1  | Sang       | Caroline | 2018 | 15:47.28 |
|       | 2  | Goetschius | Amanda   | 2010 | 16:06.92 |
|       | 3  | Johnston   | Lauren   | 2024 | 16:24.07 |
|       | 4  | Horton     | Chandler | 2021 | 16:33.56 |
|       | 5  | Lounes     | Lou Lou  | 2022 | 16:35.65 |
|       | 6  | Coffin     | Cali     | 2024 | 16:39.31 |
|       | 7  | Reagle     | Aislynn  | 2024 | 17:02.61 |
|       | 8  | Phillips   | Nadia    | 2024 | 17:07.01 |
|       | 9  | Martin     | Jade     | 2024 | 17:08.98 |
|       | 10 | Dagnachew  | Tsehay   | 2006 | 17:09.08 |

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|             |    |                                                |      |         |
|-------------|----|------------------------------------------------|------|---------|
| 1600m Relay | 1  | Matthews, Fairman<br>Smith, Singletary         | 2023 | 3:37.42 |
|             | 2  | Alozie, Holloway<br>Matthews, Smith            | 2024 | 3:38.23 |
|             | 3  | Smith, Holloway<br>Matthews, Fairman           | 2024 | 3:40.14 |
|             | 4  | Mungo, Gulley<br>Morrison, Wilder              | 2012 | 3:40.67 |
|             | 5  | Fairman, Petty<br>Manigault, Singletary        | 2020 | 3:41.28 |
|             | 6  | Fairman, Witherspoon<br>Brathwaite, Singletary | 2022 | 3:41.31 |
|             | 7  | Horne, Moore<br>Wyse, Woods                    | 2007 | 3:42.18 |
|             | 8  | Lee, Parquet<br>Petty, Williams                | 2018 | 3:42.47 |
|             | 9  | Mungo, Young<br>Morrison, Wilder               | 2012 | 3:43.13 |
|             | 10 | Lee, Parquet<br>Singletary, Petty              | 2019 | 3:43.43 |
| 3200m Relay | 1  | Christensen, Carcella<br>McCary, Slatter       | 2011 | 9:04.63 |
|             | 2  | Hobbs, Thomas<br>Ross, Jackson                 | 2009 | 9:10.20 |
|             | 3  | Christensen, Carcella<br>Miller, Slatter       | 2012 | 9:14.42 |
|             | 4  | Slatter, Christensen<br>Miller, McCary         | 2012 | 9:16.13 |
|             | 5  | Ross, Goetschius<br>Hobbs, Thomas              | 2010 | 9:16.50 |
|             | 6  | Thomas, Ross<br>Goetschius, McCary             | 2011 | 9:17.50 |
|             | 7  | UNCC                                           | 1993 | 9:19.50 |
|             | 8  | Goetschius, Ruiz<br>Hobbs, Ross                | 2011 | 9:20.21 |
|             | 9  | Hobbs, Snyder<br>Quagliana, Jackson            | 2008 | 9:20.30 |
|             | 10 | Jackson, Snyder<br>Thomas, Goetschius          | 2008 | 9:21.12 |

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|             |    |                               |                  |             |               |              |
|-------------|----|-------------------------------|------------------|-------------|---------------|--------------|
| DMR         | 1  | Thomas, Young                 |                  | 2011        | 11:40.71      |              |
|             |    | Ross, Goetschius              |                  |             |               |              |
|             | 2  | O'Quinn, Alozie               |                  | 2024        | 11:41.50      |              |
|             |    | Martin, Wardle                |                  |             |               |              |
|             | 3  | Daniels, Moore                |                  | 2005        | 11:43.96      |              |
|             |    | L Smith, Ficken               |                  |             |               |              |
|             | 4  | Thomas, Ginyard               |                  | 2011        | 11:45.51      |              |
|             |    | Hobbs, Goetschius             |                  |             |               |              |
|             | 5  | Christensen, Young            |                  | 2012        | 11:46.75      |              |
|             |    | Slatter, McCary               |                  |             |               |              |
| Long Jump   | 6  | McCary, Jones                 |                  | 2010        | 11:48.56      |              |
|             |    | Hobbs, Goetschius             |                  |             |               |              |
|             | 7  | Slatter, Mungo                |                  | 2014        | 11:50.86      |              |
|             |    | Miller, Richards              |                  |             |               |              |
|             | 8  | Thomas, Silver                |                  | 2010        | 11:51.29      |              |
|             |    | McCary, Goetschius            |                  |             |               |              |
|             | 9  | Richards, Pinckney            |                  | 2016        | 11:53.08      |              |
|             |    | Carcella, Casin-Silva         |                  |             |               |              |
|             | 10 | Thomas, Jones                 |                  | 2009        | 11:53.47      |              |
|             |    | Jackson, Goetschius           |                  |             |               |              |
|             | 1  | Springs                       | Pat              | 2009        | 20'10         | 6.35m        |
|             | 2  | Blakney                       | Joann            | 2013        | 20'4.25       | 6.20m        |
|             | 3  | Norman                        | Tawana           | 2005        | 20'1.75       | 6.14m        |
|             | 4  | Reddick                       | Amber            | 2002        | 19'6.75       | 5.96m        |
|             | 5  | Jones                         | Briauna          | 2013        | 19'6          | 5.94m        |
|             | 6  | <b>Barringer</b>              | <b>Chaunesse</b> | <b>2024</b> | <b>19'5.5</b> | <b>5.93m</b> |
|             | 7  | Gass-Gray                     | Tayesha          | 2006        | 19'5.5        | 5.93m        |
|             | 8  | Jordan                        | Jade             | 2019        | 19'4.75       | 5.91m        |
|             | 9  | Turner                        | Monica           | 2002        | 19'4.25       | 5.90m        |
|             | 10 | Lunsford                      | Adrienne         | 2004        | 19'3.25       | 5.87m        |
| Triple Jump | 1  | Johnson                       | Sharonda         | 2007        | 43'3          | 13.18m       |
|             | 2  | Jordan                        | Jade             | 2019        | 41'6          | 12.65m       |
|             | 3  | Jones                         | Briauna          | 2013        | 40'11         | 12.47m       |
|             | 4  | Reddick                       | Amber            | 2003        | 40'6.75       | 12.36m       |
|             | 5  | Brown                         | Danielle         | 2008        | 40'2.75       | 12.26m       |
|             | 6  | Stark                         | Tempess          | 2006        | 40'0.75       | 12.21m       |
|             | 7  | Morrison                      | LeAnna           | 2012        | 39'11.5       | 12.18m       |
|             | 8  | Barringer                     | Chaunesse        | 2023        | 39'9.75       | 12.13m       |
|             | 9  | Clayborn                      | Lindsey          | 2007        | 39'6.5        | 12.05m       |
|             | 10 | Gabriel                       | Rolanda          | 2003        | 39'5          | 12.01m       |
| High Jump   |    | <u>Non or Post-Collegiate</u> |                  |             |               |              |
|             | 1  | Hayes                         | Dejah            | 2018        | 39'7          | 12.06m       |
|             | 1  | Johnson                       | Sharonda         | 2005        | 5'10          | 1.78m        |
|             |    | Barnette                      | Adrienne         | 2005        | 5'10          | 1.78m        |
|             | 3  | Olesen                        | Elizabeth        | 2017        | 5'7.75        | 1.72m        |
|             | 4  | Awuruonye                     | Amaka            | 2019        | 5'7.25        | 1.71m        |
|             | 5  | English                       | Eve              | 2019        | 5'7           | 1.70m        |
|             |    | Gulley                        | Lauren           | 2014        | 5'7           | 1.70m        |
|             |    | Sellers                       | Jelaine          | 2006        | 5'7           | 1.70m        |
|             | 8  | Lunsford                      | Adrienne         | 2004        | 5'6           | 1.68m        |
|             | 9  | <b>Gregory</b>                | <b>Sasha</b>     | <b>2024</b> | <b>5'5.75</b> | <b>1.67m</b> |
|             | 10 | Bunting                       | Maci             | 2022        | 5'5.25        | 1.66m        |
|             |    | Blue                          | Sydney           | 2019        | 5'5.25        | 1.66m        |
|             |    | Brown                         | Jordyn           | 2019        | 5'5.25        | 1.66m        |

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|            |    |                |              |             |             |        |
|------------|----|----------------|--------------|-------------|-------------|--------|
| Pole Vault | 1  | Felts          | Riley        | 2024        | 14'9        | 4.50m  |
|            | 2  | Brown          | Sarah        | 2023        | 13'10.5     | 4.23m  |
|            | 3  | Johnson        | Alicia       | 2024        | 13'0.25     | 3.97m  |
|            | 4  | Taylor         | Danielle     | 2004        | 12'5.5      | 3.80m  |
|            | 5  | Franks         | Chloe        | 2020        | 12'2        | 3.71m  |
|            | 6  | Wood           | Elizabeth    | 2018        | 12'1.5      | 3.70m  |
|            | 7  | Plummer        | Brittany     | 2017        | 11'11.75    | 3.65m  |
|            | 8  | Campbell       | Randy        | 2022        | 11'9.75     | 3.60m  |
|            |    | Rodes          | Elizabeth    | 2017        | 11'9.75     | 3.60m  |
|            |    | Sherlock       | Allyson      | 2015        | 11'9.75     | 3.60m  |
| Shot Put   | 1  | Marshall       | Patience     | 2024        | 53'1.5      | 16.19m |
|            | 2  | Ebert          | Tori         | 2018        | 50'9.5      | 15.48m |
|            | 3  | Edokobi        | Ozioma       | 2018        | 49'1        | 14.96m |
|            | 4  | Davis-Edwards  | Kayla        | 2024        | 48'1.25     | 14.66m |
|            | 5  | Pullium        | Sarah        | 2024        | 46'5.25     | 14.24m |
|            |    | Klaunenberg    | Toby Jo      | 2013        | 46'8.75     | 14.24m |
|            | 7  | Clinding       | Tara         | 2000        | 44'4.25     | 13.52m |
|            | 8  | van Dodewaard  | Caitlin      | 2009        | 44'1.25     | 13.44m |
|            | 9  | Whitley        | Candice      | 2019        | 43'9.25     | 13.34m |
|            | 10 | Jenkins        | Jasmine      | 2019        | 42'4.75     | 12.92m |
| 20lb wt.   | 1  | Merriweather   | Victoria     | 2017        | 71'4        | 21.74m |
|            | 2  | McGoogan       | Kaitlin      | 2021        | 64'9.25     | 19.74m |
|            | 3  | Edokobi        | Ozioma       | 2017        | 60'10.5     | 18.55m |
|            | 4  | Whitley        | Candice      | 2019        | 60'5.75     | 18.43m |
|            | 5  | Haintz         | Mateya       | 2020        | 59'8.5      | 18.20m |
|            | 6  | Ebert          | Tori         | 2018        | 58'3        | 17.75m |
|            | 7  | Cook           | Megan        | 2020        | 58'1        | 17.70m |
|            | 8  | Wright         | Katrina      | 2014        | 57'2.25     | 17.43m |
|            | 9  | Dean           | Jamaica      | 2016        | 55'11       | 17.04m |
|            | 10 | Klaunenberg    | Toby Jo      | 2015        | 54'9.5      | 16.70m |
| Pentathlon | 1  | <b>Gregory</b> | <b>Sasha</b> | <b>2024</b> | <b>3644</b> |        |
|            | 2  | Awuruonye      | Amaka        | 2018        | 3558        |        |
|            | 3  | Rowell         | Desirae      | 2018        | 3523        |        |
|            | 4  | Putman         | Evelyn       | 2015        | 3333        |        |
|            | 5  | Parcells       | Taylor       | 2018        | 3244        |        |
|            | 6  | Nicholson      | Nidonna      | 2018        | 3185        |        |
|            | 7  | Coleman        | Jurnee       | 2023        | 3175        |        |
|            | 8  | Angel          | Hannah       | 2023        | 3174        |        |
|            | 9  | Gainey         | Alicia       | 2010        | 3008        |        |
|            | 10 | Falvo          | Kallyn       | 2009        | 2989        |        |