

WOMENS ALL-TIME **TOP 10 RECORDS**

Updated 5/23/2018 * All times have been converted to FAT

100 Meters

1. Alyssa Tao 2013 12.10
2. Cora Davis 2017 12.14
3. Cheryl Henderson 1984 12.19
4. Crystal Eckman 2014 12.25
5. Lauren Delgadillo 2014 12.47
6. Janev Morris 2007 12.54
7. Elinor Tolson 1992 12.54
8. Lisa Rastogi 2015 12.56
9. Breanna Moreno 2016 12.68
10. Brianna Ramsey 2009 12.63

200 Meters

1. Alyssa Tao 2013 25.25
2. Janev Morris 2007 25.34
3. Cora Davis 2017 25.50
4. Cheryl Henderson 1984 25.54
5. Annelise Doerr 2015 25.71
6. Ally Bebout 2017 25.83
7. Brianna Ramsey 2009 25.86
8. Elinor Tolson 1991 26.14
9. Marlene Lang 1994 26.14
10. Chante Boeke 1986 26.24

400 Meters

1. Annelise Doerr 2015 57.15
2. Beth Melton 1979 57.64
3. Anja DiSiena 2007 58.03
4. Sharon Hatfield 1979 58.24
5. Natalie Grohmann 2015 58.56
6. Merisa Nakashima 2005 58.97
7. Janev Morris 2007 59.04
8. Marlene Lang 1992 59.14
9. Bonnie McGlinchy 1979 59.24
10. LeeAnn Margerum 1979 59.24

800 Meters

1. Anja DiSiena 2007 2:09.54
2. Natalie Grohmann 2015 2:11.03
3. Beth Melton 1979 2:13.64
4. Sharon Hatfield 1979 2:14.14
5. Bonny McGlinchy 1979 2:14.14
6. Jennifer Wells 2006 2:17.10
7. Catherine Martinez 2011 2:18.45
8. Samantha Cadwell 2004 2:19.87
9. Julie Allen 2000 2:20.04
10. Crystal Reed 2006 2:20.14

1600 Meters

1. Bonnie McGlinchy 1980 4:47.64
2. Catherine Martinez 2011 4:56.64
3. Crystal Reed 2006 4:57.40
4. Bethany Nickless 2001 4:58.01
5. Angie Winkler 1996 4:59.34
6. Elizabeth Coe 2008 5:00.24
7. Julie Allen 2000 5:00.84
8. Amber Bragdon 2014 5:05.21
9. Annabelle Villanueva 1979 5:05.54
10. Ashley Faller 2018 5:06.85

3200 Meters

1. Annabelle Villanueva 1979 10:35.34
2. Elizabeth Coe 2006 10:43.05
3. Bethany Nickless 2002 10:44.50
4. Julie Allen 2000 10:46.74
5. Crystal Reed 2005 10:48.33
6. Amber Bragdon 2013 10:51.84
7. Angie Winkler 1996 10:54.74
8. Nicole Giove 2008 11:11.24
9. Carmille Garcia 2011 11:15.62
10. Amanda Stark 2013 11:17.21

100 High Hurdles (30")

1. Sharon Hatfield 1982 14.08
2. Elinor Tolson 1992 14.23
3. Liz Carrol 1977 14.85
4. LeeAnn Margerum 1977 15.14
5. Tanya Bucannon 1986 15.54
6. Cheryl Mock 1982 15.84
7. Lori Fitzgerald 1989 16.54

100 High Hurdles (33")

1. Krissy Knowles 2009 14.76
2. Davina Pham 2015 15.11
3. Marlene Lang 1994 15.26
4. Courtnee Moreno 2018 15.32
5. Lily Trinh 2010 15.73
6. Amanda Torchia 2016 15.78
7. Paige Grigus 2009 15.79
8. Melinda Waage 1998 15.94
9. Katie Lynch 2012 15.98
10. Breanna Moreno 2017 16.05

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300 Intermediate Hurdles

1. Sharon Hatfield 1982 42.55
2. Elinor Tolson 1992 43.44
3. Marlene Lang 1994 44.82
4. Brooklyn Paxson 2010 46.03
5. Tayna Buchanan 1986 46.44
6. Krissy Knowles 2009 46.48
7. Heather Cottle 2014 46.74
8. Davina Pham 2015 46.76
9. Melinda Waage 1998 46.94
10. Cheryl Mock 1982 47.34

4x100 Meter Relay

1. Bebout-C Moreno-B Moreno-Davis 2017 48.86
2. Tao-Delgadillo-Glasgow-Eckman 2013 48.87
3. B Moreno-C Moreno-Rastogi-Davis 2016 49.04
4. Runfola-Carroll-Margerum-Melton 1978 49.14
5. Bebout-C Moreno- C Nguyen-Davis 2017 49.14
6. Chiang-Eckman-Glasgow-Tao 2013 49.32
7. Ramsey-Knowles-Paxson-Trinh 2009 49.37
8. Delgadillo-Doerr-Chiang-Eckman 2014 49.38
9. Tao-Delgadillo-Glasgow-Chiang 2013 49.54
10. Rastogi-Bebout-Doerr-Eckman 2015 49.64

4x400 Meter Relay

1. Margerum-Melton-McGlinchy-Hatfield 1979 3:49.34
2. Bebout-Doerr-Gonzales-Grohmann 2015 3:52.13
3. Peterson-DiSiena-Ramsey-Morris 2007 3:55.26
4. J. Nguyen-Bebout-Grohmann-Doerr 2015 3:55.78
5. Empting-Wells-Morris-DiSiena 2006 3:58.79
6. J. Nguyen-Grohmann-Gonzales-Doerr 2015 3:59.18
7. Cottle-Grohman-J. Nguyen-Doerr 2014 3:59.22
8. Romanoff-Price-Lang-Bordcosh 1994 4:00.05
9. Carvin-Bordcosh-Tolson-Lang 1992 4:01.34
10. Doerr-Eckman-Casteneda-Tao 2012 4:02.11

Long Jump

1. Sharon Hatfield 1982 19-3 ½
2. Cheryl Henderson 1984 18-10
3. Valeria Macayan 1982 18-3
4. Ronda Colbert 1980 18-2 ½
5. Rochelle Snyder 1982 18-1 ½
6. Breanna Moreno 2018 17-11.25
7. Davina Pham 2016 17-9.5
8. Lauren Delgadillo 2014 17-7.5
9. Liz Carroll 1979 17-6 ½
10. Courtney Moreno 2018 17-6.25

Triple Jump

1. Lora Bender 2013 37-11
2. Tanya Buchanan 1985 36-10
3. Courtnee Moreno 2016 36-8.5
4. Andi Young 1987 36-7 ½
5. Amanda Torchia 2016 36-6
6. Davina Pham 2015 35-11
7. Kristi Hanson 1994 35-7
8. Sophia Sune 2003 35-6
9. Lindsay Chiang 2012 35-2
10. Danielle Dabney 2005 35-1 ¼

High Jump

1. Sharon Hatfield 1980 5-8
2. Rochelle Snyder 1982 5-4
3. Abigail Burr 2011 5-3
4. Davina Pham 2016 5-2
5. Lora Bender 2012 5-2
6. Aimee Fox 1993 5-2
7. Kristin Moro 1994 5-2
8. Liz Carroll 1978 5-1
9. Monica Bartel 1980 5-1
10. Amanda Torchia 2015 5-0

Pole Vault

1. Becky Beal 2007 11-1
2. Kristina Fryar 2006 11-0
3. Erica Davis 2014 10-9
4. Cheyanne Cox 2010 10-6
5. Megan Pollock 2016 10-3
6. Alicia Arnett 2012 10-3
7. Kim Nguyen 2005 10-0
8. Sarah Haydock 2011 9-9
9. Annie Kuo 2008 9-7
10. Langa Tran 2015 9-6

Shot Put

1. Chrissy Tolson 1996 41-5 ½
2. Julie Green 1979 40-9 ¾
3. Marie Arthur 1996 36-2
4. Keely Togafau 2018 35-8
5. Jane Liu 2018 35-5
6. Carla Cruz 2002 35-0
7. Suzanne Herte 1987 34-5
8. Dawn Boeke 1985 34-2 ¼
9. Heather Basco 1993 33-9

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10. Shantee Duvall 2003 33-9

Disc

1. Chrissy Tolson 1996 138-11
2. Marie Arthur 1996 131-8
3. Roxanna Asher 2012 118-0
4. Dawn Boeke 1985 117-5 ½
5. Christine Nguyen 2014 112-6
6. Pasene Asuega 2010 109-8
7. Diana Squires 1984 108-11
8. Dominique Civitano 2001 108-1
- *9. Amanda May 2017 107-0
- *9. Jane Liu 2018 107-0
10. Allison Ammerman 1982 105-11 ½

4x1600

1. 21:08.02 - 2014
2. 21:14.44 - 2013
3. 21:21.20 - 2011
4. 21:24.33 - 2008 (21:31.83y)
5. 21:32.89 - 2006 (21:40.43y)
6. 21:37.91 - 2005 (21:45.48y)
7. 21:42.97 - 2004 (21:50.57y)
8. 21:52.49 - 2012
9. 21:52.76 - 2007
10. 22:00.64 – 2010