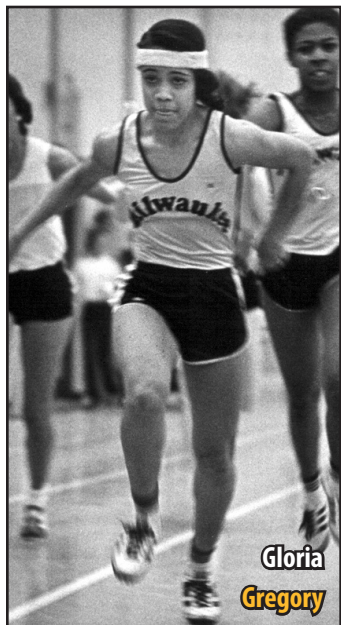


100M

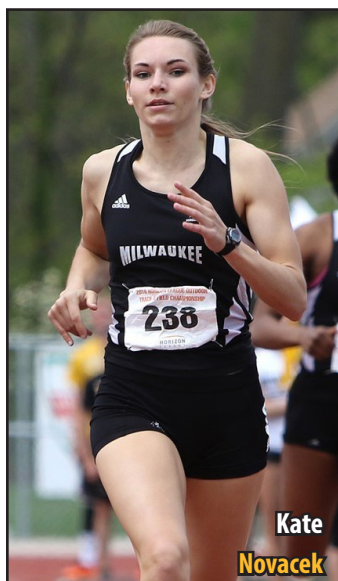
Gloria Gregory	11.50	1984
Dominique Thomas	11.63	2023
Timeka Walker	11.77	2006
Kelsey Conrad	11.78	2010
Kim Robertson	11.84	1984
Simbi Laaro	11.89	2014
Mercy Ndon	12.04	2019
Katie Duchow	12.08	2010
Victoria Evtimov	12.08	2025
Kathy McCann	12.09	1976

**200M**

Timeka Walker	23.94	2007
Kelsey Conrad	24.05	2009
Simbi Laaro	24.24	2014
Dominique Thomas	24.26	2023
Natalie Block	24.36	2022
Angie Kaufmann	24.41	2011
Gloria Gregory	24.42	1984
Anna Szepieniec	24.43	2025
Kim Robertson	24.51	1985
Anuli Okonkwo	24.61	2015

400M

Kate Novacek	54.53	2016
Katie Burns	54.72	2025
Tenia Fisher	54.80	2006
Diane Lemmitt	54.81	1984
Inabelle Thompson	54.85	1985
Angie Kaufmann	55.56	2011
Kelsey Conrad	55.70	2009
Anuli Okonkwo	55.70	2014
Natalie Block	56.00	2021
Lauren Grant	56.35	2013

**800M**

Tenia Fisher	2:08.97	2006
Anne Hills	2:10.01	1987
Laura Ring	2:10.46	2008
Anelise Egge	2:10.83	2024
Lauren Peters	2:12.76	2019
Dana Clausen	2:12.93	2015
Tanaiya Fisher	2:13.03	2011
Griffin McNulty	2:13.23	2006
Rachel Helm	2:13.75	2024
Erika Hanson	2:13.93	2012

1500M

Anelise Egge	4:27.32	2025
Tanaiya Fisher	4:27.50	2011
Amy Simonson	4:29.01	1987
Holly Nearman	4:32.77	2009
Megan Safranski	4:33.65	2021
Angie Molter	4:33.70	1996
Leah Holmes	4:34.14	2015
Mary Medicus	4:37.09	1985
Cailin Kinas	4:37.57	2025
Emily Hauer	4:37.67	1999

5000M

Anelise Egge	16:17.41	2025
Holly Nearman	16:36.62	2009
Cheryl Konkol	16:49.20	1982
Linda Marquardt	16:53.97	1983
Angie Molter	16:55.50	1996
Elise Sigg	16:58.94	2011
Emily Royston	17:02.77	2019
Mikayla Fox	17:11.21	2019
Meg Swietlik	17:14.27	2023
Mary Medicus	17:25.84	1985

10,000M

Emily Royston	34:30.13	2019
Angie Molter	34:56.71	1996
Cheryl Konkol	35:04.72	1981
Linda Marquardt	35:17.88	1982
Mikayla Fox	35:24.10	2021
Holly Nearman	36:01.32	2009
Meg Swietlik	36:02.38	2023
Abbie Zaspel	36:04.57	2009
Elise Sigg	36:07.79	2010
Angie Huebner	36:44.33	2006

**100M HURDLES**

Natalie Block	13.14	2024
Kynnedi Malone	13.63	2024
Melissa Kirchoff	13.71	2018
Anna Szepieniec	13.75	2025
Lynn Hidde	13.77	1985
Cloey Fare	14.01	2024
Chiamaka Okonkwo	14.07	2012
Shelby Schaal	14.19	2012
Brooke Crosby	14.22	2023
Kristy Naef	14.31	2002

4x100M RELAY

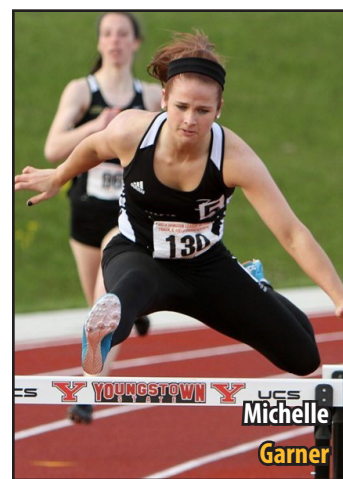
C. Okonkwo, Conrad, Zimmerman, Duchow	45.98	2010
Refinski, Roloff, Burns, Evtimov	46.13	2025
Thompson, Hidde, Gregory, Robertson	46.44	1985
Walker, Perez, VanLaanen, Vanderloop	46.54	2005
Troy, Roloff, Laundrie, Thomas	46.72	2023

4x400M RELAY

Gregory, Morton, Robertson, Thompson	3:42.80	1985
Burns, Evtimov, Handshoe, Thimmesch	3:47.15	2025
Garner, A. Okonkwo, Clausen, Novacek	3:48.00	2015
Laaro, Garner, A. Okonkwo, Novacek	3:48.44	2014
Conrad, Burrows, Kaufmann, Hanson	3:48.84	2009

400M HURDLES

Natalie Block	56.92	2025
Michelle Garner	1:00.00	2016
Flo Mafany	1:00.61	2010
Felicia Sutton	1:00.70	1986
Calanetta Burrows	1:01.23	2010
Chelsea Maxey	1:01.40	2013
Leah Handshoe	1:01.51	2024
Katie Slamka	1:01.63	2004
Brooke Crosby	1:02.73	2023
Andrea Thibeau	1:02.83	2001
Betty Fugate	1:02.88	1989

**3000M STEEPLECHASE**

Cailin Kinas	10:49.51	2025
Abby Hurst	10:57.33	2002
Sammy Woller	11:06.62	2013
Alayna Franson	11:09.80	2021
Eileen Tocco	11:18.29	2024
Katie Anderson	11:18.73	2006
Ciara Kaderly	11:22.19	2019
Sara Jochims	11:22.87	2025
Megan Safranski	11:33.19	2018
Becky Van Thiel	11:35.84	2019

HIGH JUMP

Olivia VanZeeland	5-10.75	1.80m	2025
Ashley Melvin	5-8.75	1.75m	2021
Annie Guerrero	5-8.75	1.75m	2021/23
Laura Hamel	5-8.5	1.74m	2012
Becky Norris	5-7.75	1.72m	1989
Alize Souter	5-7.25	1.71m	2016
Kallie Volk	5-7	1.70m	2025
Jenni Parish	5-6.5	1.69m	2006
Chelsea Von Ruden	5-6	1.68m	2008
Markeisha Morris	5-6	1.68m	1998
Rylee Anderson	5-5	1.65m	15/16/17
Sue Mischler	5-5	1.65m	1983
Kristy Naef	5-5	1.65m	2001
Nadia Vo	5-5	1.65m	2021

**POLE VAULT**

Karlie Place	13-3.75	4.06m	2016
Kate Watson	13-2.5	4.03m	2022
Erin Havener	13-1.5	4.00m	2011
Jayde Wollenberg	12-7.5	3.85m	2021
Hailey Soriaga	12-6.5	3.82m	2025
Ella Laughbaum	12-2.75	3.73m	2023
Sarah Finer	12-0.75	3.68m	2013
Lynda Thiel	12-0.5	3.67m	2003
Isabel Roloff	12-0	3.66m	2023
Stephanie Ray	11-11.75	3.65m	2005
Chantel McConville	11-9.75	3.60m	2011

HEPTATHLON

Anna Szepieniec	5226 points	2025
Kallie Volk	5116 points	2025
Shelby Schaal	5084 points	2013
Jenni Parish	5027 points	2010
Natalie Block	4898 points	2022
Kristy Naef	4889 points	2001
Kory Olson	4780 points	2010
Kortnie Volk	4690 points	2024
Katie Slamka	4565 points	2005
Moriah Myles	4414 points	2010

LONG JUMP

Samia Taylor	20-1 1/2	6.13m	2013
Jenni Parish	19-9 1/2	6.03m	2006
Anna Szepieniec	19-6	5.99m	2025
Stephanie Kenesie	19-5 1/2	5.93m	2002
Alisha Harper	19-5 1/4	5.92m	2017
Beth Zimmerman	19-4 3/4	5.91m	2010
Reigna Pierce	19-4 1/4	5.90m	2011
Kenya Moore	19-3 1/2	5.88m	2001
Cathy Davis	19-2 3/4	5.86m	1988
Nadia Vo	19-2 3/4	5.86m	2022
Lynn Hidde	19-2 1/2	5.85m	1985
Morgan Pilate	19-2	5.84m	2024

**TRIPLE JUMP**

Samia Taylor	42-4.25	12.91m	2011
Beth Zimmerman	41-7	12.67m	2010
Reigna Pierce	40-11.75	12.49m	2011
Adaline Powell	40-10.5	12.46m	2023
Melissa Kirchoff	40-8.75	12.41m	2018
Morgan Pilate	40-8.25	12.40m	2025
Kyra Arendt	40-6.75	12.36m	2019
Sherice Hewett	40-6.75	12.36m	2013
Alize Souter	40-2.75	12.26m	2016
Anna Szepieniec	39-4	11.99m	2025
Erika Suchla	39-3	11.96m	2011

**SHOT PUT**

Tabitha Wechlo	50-3.5	15.33m	2024
Lauren Lietzke	48-8.75	14.85m	2022
Steph Kostowicz	47-1.5	14.36m	2018
Kamry Gipson	45-10.75	13.99m	2016
Anne Vuchichevich	45-10.75	13.98m	1995
Amber Curtis	44-6	13.56m	2007
Sheri Davis	44-6	13.56m	1986
Samantha Satterfield	44-1.5	13.45m	2022
Jamie Woods	44-0.5	13.42m	2010
Cassidy Detert	43-10	13.36m	2016

DISCUS THROW

Amber Curtis	164-5	50.12m	2007
Steph Kostowicz	151-1	46.06m	2016
Lauren Lietzke	145-6	45.53m	2023
Brittany Alsum	147-10	45.07m	2011
Mercedes Herrera	146-10	44.76m	2/24
Jamie Woods	142-5	43.41m	2009
Cynthia Hernandez	141-6	43.13m	2021
Maisie Gelhar	138-6	42.22m	2021
Nancy Harmon	137-6	41.91m	2011
Cecilia Petrie	136-10	41.72m	2019

**HAMMER THROW**

Nancy Harmon	182-6	55.63m	2014
Moriah Myles	175-1	53.37m	2012
Jamie Pankratz	167-8	51.12m	2023
Samantha Satterfield	167-1	50.93m	2023
Lauren Lietzke	166-9	50.82m	2022
Cecilia Petrie	165-9	50.52m	2021
Cassidy Detert	161-8	49.27m	2019
Jamie Woods	160-9	49.00m	2010
Cynthia Hernandez	156-11	47.82m	2023
Rachel Liegel	155-1	47.26m	2018

JAVELIN

Shelby Schaal	144-3	43.98m	2013
Lynda Thiel	137-11	42.03m	2003
Kory Olson	127-7	38.88m	2008
Jenni Parish	125-11	38.37m	2006
Katie Slamka	122-10	37.43m	2006
Kallie Volk	121-4	36.99m	2025
Honor Roll (Before 1999)			
Margie Tremeer	133-2	40.58m	1983
Natalie Malin	130-4	39.72m	1988

OTHER RELAYS**4x200m**

Thompson, Gregory, Morton, Robertson	1:38.61	1985
Novacek, Kirchoff, Harper, Ndon	1:39.93	2017
Lemmitt, Gregory, Griggs, Robertson	1:40.24	1984
Naef, Thibeaudeau, Frey, Wee	1:41.30	2001
Perez, Walker, Vanderloop, Roundtree	1:41.83	2005

Sprint Medley

A. Okonkwo, Garner, Novacek, Clausen	4:02.27	2015
Walker, Conrad, Buttchen, Ring	4:03.10	2007
Walker, Perez, Te. Fisher, McNulty	4:03.91	2005
Frey, VanderLoop, Te. Fisher, Anderson	4:04.16	2003
Frey, Todd, Pesch, Hurst	4:04.93	2000

Shuttle Hurdle

Mafany, Burrows, Olson, C. Okonkwo	59.32	2010
Slamka, Cozine, Ziebell, Parish	59.43	2006
Kenesie, Naus, Naef, Fritsch	59.68	2003
S. Schaal, Maxey, Garner, C. Okonkwo	59.76	2013
Kirchoff, Nelson, Bickerstaff, Torrence	1:05.84	2017

4x800m

Simonsen, Haen, Hills, Zimborski	9:11.14	1987
McNulty, Anderson, Braunreiter, Te. Fisher	9:13.60	2005
McNulty, Anderson, Seep, Te. Fisher	9:15.28	2004
Brown, Ta. Fisher, Hanson, Schuette	9:20.00	2011
Hanson, S. Schaal, Woller, Schuette	9:20.86	2012

Distance Medley

Hanson, Ta. Fisher, Schuette, Sigg	11:48.79	2011
Conrad, Hanson, Ta. Fisher, Nearman	12:07.18	2009
Miller, Caro, Bunnell, Molter	12:09.30	1996
Svoboda, Muffler, Molter, Beuning	12:10.61	1995
Bunnell, Burrow, Caro, Hauer	12:12.71	1998

4x1600m

Nearman, D. Magargee, Zaspel, Ta. Fisher	20:44.79	2009
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