

All Time Top 10 - Indoor Women

60m

1	7.57	Tierra Taylor	2017
2	7.60	Mariah Stephens	2025
3	7.65	La'tazah Coleman	2013
4	7.66	Dylan Giloley	2024
5	7.67	Cleopatra Morrison	2015
5	7.67	Taylor Johnson	2025
7	7.74	Mia Riley	2012
8	7.75	Valencia Gosser	2025
9	7.80	Sara Gardner	2019
9	7.80 (55m)	Nicole Cirillo	2002

60H

1	8.41	Sara Gardner	2019
2	8.57	Mariah Stephens	2023
3	8.67	Dashana Ransome	2013
4	8.68	Daria Chadwick	2017
5	8.72 (55H)	Lexie Fraction	2015
6	8.78	Raisa Thunig	2024
7	8.79	Joshonda Johnson	2018
8	8.87	Khalin Hemingway	2022
9	8.88	Yvette Assongba	2020
10	8.92	Destiny Kearney	2017

200m

1	24.60	La'tazah Coleman	2014
2	24.89	Dylan Giloley	2025
3	25.02	Hailey Palmer	2024
4	25.12	Taylor Johnson	2025
5	25.21	Valencia Gosser	2025
6	25.24	Tierra Taylor	2017
7	25.26	Mia Riley	2012
8	25.27	Tamara Rawles	2025
9	25.31	Carla Wynter	2005
10	25.31	Cleopatra Morrison	2015

400m

1	56.41	Sheree Duval	1999
2	56.66	Hailey Palmer	2024
2	56.66	Tamara Rawles	2025
4	56.83	Sophia Castronovo	2019
5	56.92	Mary Ilelaboye	2020
6	57.19	Jennifer Gramata	2004
7	57.21	Amari Pinkett	2025
8	57.69	Morgan Jean	2025
9	57.72	La'tazah Coleman	2014
10	57.83	Ashley Edwards	2014

500m

1	1:13.17	Sheree Duval	2000
2	1:14.67	Pam White	2004
3	1:15.09	Jennifer Gramata	2004
4	1:16.34	Ashley Hunter	2012
5	1:16.43	Lydia Wallace	2023
6	1:17.32	Diana Hilser	1997
7	1:17.74	Jessica Reid	2004
8	1:18.25	Nancy Marchese	1994
9	1:18.40	Savannah Knox	2006
10	1:18.43	Nicole Berry	2019

800m

1	2:02.59	Teagan Schein-Becker	2023
2	2:11.67	Lydia Wallace	2023
3	2:12.71	Tori Brewer	2018
4	2:13.90	Kristin Siegle	2020
5	2:13.99	Paris Boucher	2020
6	2:14.44	Emily Ritter	2015
7	2:14.64	Maddie Hummel	2013
8	2:16.49	Nicole Berry	2019
9	2:16.71	Krisantha Spencer	2024
10	2:17.39	Kristen Perrine	2011

1000m

1	2:54.04	Krisantha Spencer	2025
2	2:55.17	Oliva de la Torre Coca	2022
3	2:55.40	Heather Giovagnoli	2012
4	2:57.00	Kristen Perrine	2011
5	2:58.08	Tori Brewer	2018
6	2:59.47	Emily Ritter	2013
7	2:59.75	Chelsea Callan	2010
8	3:01.21	Paris Boucher	2020
9	3:03.64	Janine Minehan	1996
10	3:04.17	Lydia Wallace	2024

Mile

1	4:34.63	Teagan Schein-Becker	2023
2	4:44.33	Emily Ritter	2015
3	4:51.52	Mackenzie Greenfield	2022
4	4:52.04	Jordan O'Neill	2025
5	4:55.34	Kristin Siegle	2020
6	4:57.81	Steph Welte	2016
7	4:58.16	Heather Giovagnoli	2010
8	4:59.13	Sarah Eskew	2023
9	5:00.58	Chelsea Callan	2011
10	5:02.15	Keira Mansure	2025

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3000m

1	9:37.03	Jordan O'Neill	2024
2	9:45.08	Grace Medei	2025
3	9:46.96	Emily Ritter	2015
4	9:51.38	Meg McGarrity	2017
5	9:53.92	Meg Elgin	2013
6	9:54.06	Sarah Eskew	2023
7	9:54.48	Keira Mansure	2024
8	9:57.89	Teagan Schein-Becker	2020
9	10:07.83	Peri Pavicic	2020
10	10:07.86	Mackenzie Greenfield	2022

Triple Jump

1	12.11m	Mariah Stephens	2023
2	11.92m	Sammy Jones	2025
3	11.88m	Destiny Kearney	2017
4	11.79m	Tabatha Haskins	2009
5	11.74m	Lauryn Strebeck	2014
6	11.64m	Asia Young	2018
7	11.63m	Olivia Rosenberger	2016
8	11.58m	Yohanny Rodriguez	2018
8	11.58m	Sam Butler	2022
10	11.55m	Jennifer Billups	1996

5000m

1	16:41.95	Grace Medei	2024
2	16:56.62	Keira Mansure	2024
3	16:59.97	Jordan O'Neill	2023
4	17:02.64	Meg McGarrity	2017
5	17:03.44	Niky Mateescu	2015
6	17:04.31	Peri Pavicic	2020
7	17:19.24	Teagan Schein-Becker	2022
8	17:41.70	Meg Elgin	2012
9	17:45.09	Maddie Dischert	2024
10	17:59.25	Nicole Tassello	2013

Pole Vault

1	3.88m	Gabby Vetere	2025
2	3.85m	Allie Riches	2022
3	3.80m	Kianna Tucker	2025
4	3.60m	Miranda Roberts	2016
5	3.50m	Daniella Izzo	2019
6	3.30m	Rebecca Clatch	2008
7	3.20m	Alyson Angelo	2007
7	3.20m	Jen Riley	2002
7	3.20m	Carolan Frisina	2015
7	3.20m	Lexi Barrall	2019

High Jump

1	1.75m	Kelly Kajunski	2007
2	1.73m	Natalie Cowan	2016
2	1.73m	Sara Gardner	2018
4	1.70m	Katie O'Connor	2005
4	1.70m	La'tazah Coleman	2013
4	1.70m	Daria Chadwick	2017
4	1.70m	Quinn Bithell	2020
4	1.70m	Savanna Marcantonio	2023
9	1.68m	Brooke Murray	1997
9	1.68m	Taylor Harmon	2015

Shot Put

1	14.80m	Jazmine Fenlator	2007
2	14.65m	Natya Glasco	2024
3	14.18m	Fidele Jules	2019
4	14.12m	Ronetta Hunter	2020
5	13.78m	Ashley Berry	2016
6	13.77m	Alicia Price	2010
7	13.50m	Chika Efobi	2024
8	13.47m	Steph Lombardo	2015
9	13.26m	Alexis Wood	2004
10	13.20m	Sydonie Harris	2000

Long Jump

1	6.05m	Mariah Stephens	2025
2	6.01m	Asia Young	2018
3	5.82m	Raisa Thunig	2023
4	5.75m	Dashana Ransome	2013
5	5.59m	Ashley Miller	2006
5	5.59m	Lindsay Bauer	2018
7	5.57m	Karissa Watson	2023
8	5.52m	Mechea Medine	2003
9	5.51m	Christine Charles	2014
9	5.51m	Olivia Smith	2024

Weight Throw

1	18.34m	Karoline Sandvig	2018
2	18.31m	Fidele Jules	2017
3	18.22m	Rhea Phipps	2014
4	17.92m	Natya Glasco	2024
5	17.77m	Ashley Berry	2019
6	17.67m	Jazmine Fenlator	2006
7	17.42m	Krystle Daniels	2005
8	17.35m	Treasure Burke	2013
9	17.28m	Sam Kamara	2023
10	16.61m	Alicia Price	2010

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4x400

1	3:44.74	Palmer, Rawles, Pinkett, Giloley	2025
2	3:49.91	Jean, Pinkett, Rawles, Palmer	2025
3	3:51.50	Ilelaboye, Miller, Castronovo, Bithell	2020
4	3:52.94	Rawles, Pinkett, Wallace, Williams	2024
5	3:54.02	Reid, White, Wynter, Gramata	2004

4x800

1	9:05.75	de la Torre Coca, Siegle, Berry, Boucher	2020
2	9:06.47	de la Torre Coca, Siegle, Berry, Ward	2020
3	9:06.93	Berry, Siegle, Benites, Boucher	2019
4	9:06.95	Yameogo, de la Torre Coca, Spencer, Jackson	2023
5	9:08.04	Spencer, Wallace, de la Torre Coca, Schein-Becker	2023

DMR

1	11:28.96	O'Neill, Palmer, Wallace, Schein-Becker	2023
2	11:37.57	Yameogo, Palmer, Wallace, Schein-Becker	2023
3	11:38.08	Greenfield, Bigelow, Wallace, Schein-Becker	2022
4	11:44.12	Spencer, Palmer, Wallace, O'Neill	2024
5	11:45.56	Schein-Becker, Ilelaboye, Boucher, Siegle	2020