



Top 10 All-Time Performers

Men



100m			
Wendell Gaskin, Jr.	10.21	18 May 93	Odessa, TX
Charles Smith	10.37	0.0.84	?, NV
Anthony Epps	10.58	19 Jun 87	Tucson, AZ
Eric Gregory	10.58	08 Apr 23	Washington, DC
Merrill Samuels	10.68	19 May 90	Santa Rosa, CA
Larry Rogers	10.74	24 Jul 81	Köln, GER
Vianney Boum-Yamb	10.78	12 Apr 13	Greensboro, NC
Jesse Bailey	10.84	20 Apr 87	Washington, DC
Joshua Hembrough	10.84	10 Apr 09	Athens, GA
Brian Billman	10.85	21 May 88	Devils Lake, ND
200m			
Wendell Gaskin, Jr.	20.58	07 May 93	Overland Park, KS
Eric Gregory	20.60	28 May 22	Geneva, OH
Charles Smith	21.25	21 May 83	Reno, NV
Gary Washington	21.54*	25 Jul 73	Malmö, SWE
Kenmarkis Meeks	21.73	21 Apr 18	Flowood, MS
Joshua Hembrough	21.74	15 May 09	Columbus, OH
DeWayne Esper, Jr.	21.77	02 Aug 13	Sofia, BUL
Delvin Furlough	21.80	02 Aug 13	Sofia, BUL
Merrill Samuels	21.82	0.0.90	Norwalk, CA
Taylor Koss	21.83	13 May 22	Caxias do Sul, BRA
400m			
Wendell Gaskin, Jr.	45.29	17 Jul 94	Knoxville, TN
Eric Gregory	45.93	27 May 23	Rochester, NY
Charles Fondren	47.04	0.0.86	
Leo Bond III	47.14*	24 Jul 77	Bucharest, ROU
Merrill Samuels	47.77	26 May 90	Berkeley, CA
Delvin Furlough	48.11	31 Jul 13	Sofia, BUL
Drexel Lawson	48.34*	24 Jul 77	Bucharest, ROU
Willie Cooley	48.51	29 Jul 81	Köln, GER
John Klaus	48.54*	30 Jun 72	Morganton, NC
Gary Washington	48.64*	30 Jun 72	Morganton, NC
800m			
Michael Saalfeld	1:49.11	21 Jun 08	Burnaby, CAN
Leo Bond III	1:49.7	21 Jul 77	Bucharest, ROU
Dan Huskerson	1:49.7	25 May 80	Austin, TX
Charles Fondren	1:53.44	13 Jul 85	Los Angeles, CA
Matthew Gallo	1:53.6	15 May 77	College Park, MD
Barry Wilkins	1:53.71	19 Mar 10	Los Angeles, CA
Gregory Rohlfing	1:54.5	15 May 77	College Park, MD
Thomas Henes	1:55.4	29 Jun 65	Washington, DC
Karl Nygaard	1:55.5	29 Jun 65	Washington, DC
Josiah Cheslik	1:56.07	18 May 07	Shoreline, WA
1500m			
Stephen McCalley	3:49.5	21 Apr 77	Walnut, CA
Thomas Bachtel	3:57.3	19 Jun 76	Washington, DC
Stanley Mals	3:59.4	13 Aug 69	Belgrade, SRB
Bryant Byrd	3:59.44	09 May 22	Caxias do Sul, BRA
John Dickinson	4:00.15	16 Jul 85	Los Angeles, CA
Adam Cross	4:02.91	17 Apr 04	Rochester, NY
Stephen Baldwin	4:03.1	13 Aug 69	Belgrade, SRB
Leonard Hall	4:03.2	19 Jun 76	Washington, DC
Dan Huskerson	4:03.2	19 Jun 76	Washington, DC
John Quatroche	4:03.55	14 Apr 12	Rochester, NY

5000m			
Thomas O'Neill	14:30.91	15 Apr 17	Providence, RI
Stephen McCalley	14:36.6	17 Mar 78	Santa Barbara, CA
Gregory Coughlan	14:46.92	30 May 92	Waterville, ME
Bryant Byrd	14:58.78	14 May 22	Caxias do Sul, BRA
Leonard Hall	15:00.0	16 Jun 76	Washington, DC
Thomas Bachtel	15:04.8	21 Jul 77	Bucharest, ROU
Owen Logue, III	15:09.49	26 Jul 81	Köln, GER
Robert Proctor	15:15.01	13 Jul 85	Los Angeles, CA
Ephraim Hunter, Jr.	15:16.6	24 Jul 73	Malmö, SWE
Gashaw Duhamel	15:16.58	12 Apr 18	Knoxville, TN
10000m			
Thomas O'Neill	29:57.23	01 Apr 17	San Francisco, CA
Peter Quint	30:42.79	07 Mar 87	San Diego, CA
Robert Proctor	31:20.64	28 Feb 82	Northridge, CA
Stephen McCalley	31:28.6	19 Jul 77	Bucharest, ROU
Leonard Hall	31:35.6	19 Jul 77	Bucharest, ROU
Owen Logue, III	31:36.16	24 Jul 81	Köln, GER
Gregory Warren	32:03.22	24 Jul 81	Köln, GER
Thomas Bachtel	32:07.63	29 Jun 84	Austin, TX
Gregory Coughlan	32:12.64	25 Jul 93	Sofia, BUL
Stephen Kugel	33:03.8	28 Aug 57	Milan, ITA
Marathon			
Thomas Bachtel	2:22:56	11 Oct 81	Columbus, OH
Owen Logue, III	2:26:06	20 Apr 81	Boston, MA
Gregory Warren	2:33:21	01 Dec 78	Baltimore, MD
Gregory Frink	2:37:10	14 Jul 85	Los Angeles, CA
Ryan Guldán	2:37:11	17 Apr 17	Boston, MA
Gregory Coughlan	2:37:53	31 Jul 93	Sofia, BUL
Robert Johnson	2:43:17	15 Jan 89	Christchurch, NZL
Joseph Schlogel	2:50:23	31 Jul 93	Sofia, BUL
Jerzy Smistek	2:53:26	26 Jul 97	Copenhagen, DEN
Daniel Rosenthal	2:55:23	15 Jan 89	Christchurch, NZL
3000m Steeplechase			
Peter Quint	8:58.0	16 Nov 89	Melbourne, AUS
Thomas Bachtel	9:20.53	27 Jul 81	Köln, GER
Ephraim Hunter, Jr.	9:23.6	26 Jul 73	Malmö, SWE
Russell Ormsby	9:35.98	28 Apr 01	Berea, OH
Donald Sutton	9:39.4	26 Jul 73	Malmö, SWE
Robert Proctor	9:43.94	27 Jul 81	Köln, GER
Brandon Kenny	9:46.81	12 Apr 08	Troy, NY
Gregory Frink	9:52.86	27 Jul 81	Köln, GER
Brice Pruyñ	10:04.7	24 Apr 10	Sacramento, CA
Steven Hubmer	10:32.3	04 Apr 92	Grantham, PA
110m Hurdles (42")			
Joshua Hembrough	13.87	18 Apr 09	West Lafayette, IN
Matthew Kevan	14.93	30 Apr 99	Huntington, IN
Bernard Ruberry	15.14*	09 Jul 77	Morganton, NC
Michael Haynes	15.15	16 May 13	Springfield, MA
Elijah Hathorn	15.22	27 Jul 01	Rome, ITA
Craig Saalfeld ^	15.30	03 May 10	Joplin, MO
Steven Rash	15.31	15 Jul 85	Los Angeles, CA
Gwayne Davis	15.34	27 Jul 81	Köln, GER
Ricardo Joseph	15.36	27 Jul 93	Sofia, BUL
Harry Sherrell	15.42	17 Jan 89	Christchurch, NZL



Top 10 All-Time Performers

Men



400m Hurdles (36")			
Jarvis Anderson	52.57	13 May 22	Caxias do Sul, BRA
Taylor Koss	52.60	13 May 22	Caxias do Sul, BRA
Gwayne Davis	54.11	24 Jul 81	Köln, GER
Stephen Rash	54.60	12 Jul 85	Los Angeles, CA
Kyle Winter	54.73	01 Aug 13	Sofia, BUL
James King	54.84*	27 Jun 84	Austin, TX
Charles Blackmon	54.84	30 Jul 01	Rome, ITA
Franklin Jones, Jr.	54.85	30 Jul 01	Rome, ITA
Danny Frank	54.96	27 Jul 84	Austin, TX
Matthew Kevan	55.13	01 Apr 99	Marion, IN

High Jump			
Patrick Kuehn	2.12	6-11.50	27 Jun 84 Austin, TX
Craig Saalfeld	2.11	6-11.00	12 May 07 Emporia, KS
Kenneth Anderson	2.08	6-10.25	20 May 83 Boise, ID
Tommy Montgomery	2.06	6-09.25	07 Apr 90 St. Augustine, FL
Jeffery Brown	2.05	6-08.75	27 Jun 84 Austin, TX
William Brown	2.03	6-08.00	? May 83 ?, GA
Andy Gabel	2.03	6-08.00	14 Apr 97 Pittsfield, IL
Matthew Kevan	2.03	6-08.00	30 Apr 99 Huntington, IN
Darrell Coyle	2.02	6-07.50	27 Jun 84 Austin, TX
Mark Percy	2.02	6-07.50	09 Jan 89 Christchurch, NZL

Pole Vault			
Patrick Southern	5.06	16-07.25	27 Jun 06 Lincoln, NE
Eric Klucar	4.95	16-02.75	06 Apr 13 Akron, OH
Dana Dobbs	4.72	15-06.00	0.0.87 ?
Thomas Guidon	4.50	14-09.00	04 May 13 Seattle, WA
Andrew Herman	4.47	14-08.00	23 Mar 96 Northridge, CA
Craig Saalfeld ^	4.40	14-05.25	23 Apr 16 Crete, NE
Joseph Michiline	4.33	14-02.50	09 Aug 69 White Plains, NY
Scott Stephens	4.29	14-01.00	17 Apr 76 Lemoore, CA
Michael Ritter	4.26	14-00.00	19 Jun 76 Washington, DC
Seth Keck	4.26	14-00.00	17 Apr 04 Salisbury, MD

Long Jump			
Charles Smith	8.06	26-05.50	09 Jun 84 San Jose, CA
Terrell Sumers	7.32	24-00.50	26 Apr 06 Baton Rouge, LA
Darius Flowers	7.18	23-06.75	27 Apr 13 Shippensburg, PA
Brian Billman	7.10	23-03.75	21 May 88 Devils Lake, ND
Michael Arrington	7.05	23-01.75	25 Jul 93 Sofia, BUL
Robert Milton	7.04	23-01.25	06 May 77 Rock Hill, SC
Nathaniel Riley	7.02	23-00.50	25 Jul 81 Köln, GER
Lorenzo Currie	7.02	23-00.50	08 May 22 Alfred, NY
William Ramborger	6.99	22-11.25	13 May 66 Emmitsburg, MD
Patrick Berrigan	6.98	22-10.75	07 Jun 69 Rochester, NY

Triple Jump			
Jarvis Anderson	15.57	51-01.00	30 Apr 22 Webster, TX
Darius Flowers	15.20	49-10.50	12 May 13 Greensboro, NC
Ken Myers, Jr.	14.88	48-10.00	19 Apr 03 Chester, PA
Robert Milton	14.39	47-02.50	14 May 76 Columbia, SC
Michael Arrington	14.35	47-01.25	03 May 91 Winter Park, FL
Michael Cross, Jr.	14.30	46-11.25	19 Jun 92 Westerville, OH
Herman Buckman	14.02	46-00.25	16 May 70 Carlisle, PA
David Webster	14.02	46-00.00	23 Jun 00 Washington, DC
Terrell Sumers	14.02	46-00.00	03 May 07 Baton Rouge, LA
Ricardo Joseph	13.89	45-07.00	19 Jun 92 Westerville, OH

Shot Put (16lbs)			
David Niemuth	16.99	55-09.00	19 May 85 Evanston, IL
Joanel Lopez	16.36	53-08.25	02 May 09 Vestal, NY
Alex Weis	16.29	53-05.50	14 May 16 Sioux Falls, SD
Daniel Fitzpatrick	15.14	49-08.25	19 Jul 77 Bucharest, ROU
Mark Myers	14.78	48-06.00	15 Jul 81 Morganton, NC
LaMonte Newburn	14.78	48-06.00	25 Jul 93 Sofia, BUL
Willie Poplar	14.76	48-05.25	22 Jul 73 Malmö, SWE
Johnny Samuels	14.73	48-04.00	24 May 69 College Park, MD
Jacob Hockman	14.70	48-02.75	31 Mar 18 Tulsa, OK
Joseph Russell	14.42	47-03.75	06 Aug 61 Helsinki, SWE

Discus Throw (2kg)			
David Niemuth	54.85	179-11	14 May 83 Madison, WI
David Conley	51.00	167-04	18 Apr 81 Emmitsburg, MD
Onyemachi Davis	50.97	167-02	30 Jun 13 Waukesha, WI
Jacob Hockman	50.50	165-08	12 May 18 Lawrence, KS
Alex Weis	50.21	164-09	23 Apr 16 Orange City, IA
Wayne Langbein	48.76	160-00	02 May 93 Salisbury, MD
Willard Moers	48.54	159-03	13 Jul 85 Los Angeles, CA
Jeffery Holcomb	46.90	153-10	21 Jul 77 Bucharest, ROU
Thomas Henes	46.86	153-09	11 Aug 69 Belgrade, SRB
Brian Sheehey	46.86	153-09	03 May 77 Frostburg, MD

Hammer Throw (16lbs)			
Wayne Langbein	56.74	186-02	07 May 97 Romeville, IL
Willard Moers	56.60	185-08	23 Jul 97 Copenhagen, DEN
Alex Weis	56.16	184-03	10 Apr 16 Sioux Falls, SD
Joanel Lopez	52.25	171-05	09 Sep 09 Taipei, TPE
Thomas Withrow	52.02	170-08	16 Jul 85 Los Angeles, CA
Jacob Hockman	51.32	168-04	05 May 18 Lincoln, NE
Anthony Strakaluse	51.13	167-09	30 Jun 72 Morganton, NC
Ethan Ettienne	48.27	158-04	29 Mar 19 Geneseo, NY
Jeffery Holcomb	45.60	149-07	22 Jul 77 Bucharest, ROU
Brian Sheehey	44.86	147-02	22 Jul 77 Bucharest, ROU

Javelin Throw (800g)**			
Kevin Davis	64.59	211-11	14 Jun 97 Sacramento, CA
Andrew Herman	62.05	203-07	23 Mar 96 Northridge, CA
Richard Jacobs	60.21	197-06	01 May 89 Salisbury, MD
Michael Worthylake	59.60	195-06	15 Jan 89 Christchurch, NZL
James McGuigan	58.42	191-08	05 May 90 Frostburg, MD
Stephen McLeod	58.05	190-05	26 Mar 88 Fredericksburg, VA
Robert Herman ^	56.46	185-03	13 Jan 89 Christchurch, NZL
Dana Dobbs ^	55.68	182-08	24 Jul 97 Copenhagen, DEN
Tony Berrigan	54.17	177-09	26 Apr 97 Salisbury, MD
Franco Korpics	52.00	170-07	23 Jun 00 Washington, DC

Javelin Throw (old implement - pre 1986)			
Craig Healy	70.76	232-02	04 May 75 Long Beach, CA
Jack Swofford	67.12	220-02	29 Jul 81 Köln, GER
Jeremiah Manning	66.90	219-06	29 Jul 81 Köln, GER
Robert Smith	63.40	208-00	29 Jul 81 Köln, GER
William Ramborger	58.95	193-05	09 Aug 68 Berkeley, CA
Richard Ramborger	57.56	188-10	20 Jun 62 San Bernardino, CA
John Och	57.45	188-06	17 May 74 Castle Rock, WA
Jeffrey Holcomb	56.06	183-11	22 Jul 77 Bucharest, ROU
Thomas Berg	54.99	180-05	01 May 43 Washington, DC
John Chudzikiewicz	54.84	179-11	21 Aug 35 London, GBR
Howard Gorrell			27 Jul 73 Malmö, SWE



Top 10 All-Time Performers

Men



4x100m Relay				4x400m Relay			
<u>National Team</u> John Milford Gary Namba Curtis Garner Michael Farnady	41.24*	24 Jul 77	Bucharest, ROU	<u>National Team</u> Stuart Soboleski Patrick Deas Wendell Gaskin, Jr. Carlos Stennett	3:14.19	31 Jul 01	Rome, ITA
<u>National Team</u> Patrick Deas Carlos Stennett Ronald Wyatt Wendell Gaskin, Jr.	41.54*	25 Jul 97	Copenhagen, DEN	<u>National Team</u> Delvin Furlough Michael Saalfeld Craig Saalfeld Joshua Hembrough	3:15.25	13 Sep 09	Taipei, TPE
<u>National Team</u> DeWayne Esper, Jr. Delvin Furlough Taylor Koss Joshua Hembrough	41.59	03 Aug 13	Sofia, BUL	<u>National Team</u> Wade Scott Willie Cooley James King Charles Fondren	3:15.30	17 Jul 85	Los Angeles, CA
<u>National Team</u> Dana Dobbs Patrick Harris Jesse Bailey Wendell Gaskin, Jr.	41.71	31 Jul 93	Sofia, BUL	<u>National Team</u> Charles Blackmon Darrin Green Andrew Herman Wendell Gaskin, Jr.	3:15.80	31 Jul 93	Sofia, BUL
<u>National Team</u> Jarvis Anderson Gareth Ashton Taylor Koss DeWayne Esper, Jr.	41.71	12 May 22	Caxias do Sul, BRA	<u>National Team</u> Patrick Deas James Barnum Carlos Stennett Wendell Gaskin, Jr.	3:16.7	25 Jul 97	Copenhagen, DEN
<u>National Team</u> Gary Namba John Oliver Robert Cline, Jr. Larry Rodgers	41.88	29 Jan 81	Köln, GER	<u>National Team</u> John Klaus Anthony Spiecker Leo Bond III Gary Washington	3:17.1	28 Jul 73	Malmö, SWE
<u>National Team</u> Willie Cooley Lefty Lincoln Kelvin Woolfork Charles Smith	41.91	17 Jul 85	Los Angeles, CA	<u>National Team</u> Kenneth Pedersen Carl Cerniglia Thomas Carson Harold Foster	3:17.6	13 Aug 69	Belgrade, SRB
<u>National Team</u> Wendell Gaskin, Jr. Carlos Stennett Patrick Deas D'Mayne Hemphill	42.05	31 Jul 01	Rome, ITA	<u>National Team</u> Gary Namba Earl Davis Gwayne Davis Willie Cooley	3:17.94	29 Jul 81	Köln, GER
<u>National Team</u> Harry Sherrell John Covell DeShane Roberts Anthony Epps	42.31	17 Jan 89	Christchurch, NZL	<u>National Team</u> Leo Bond III Drexel Lawson Michael Farnady Gregory Rohlfing	3:18.0	25 Jul 77	Bucharest, ROU
<u>National Team</u> Anthony Spiecker Leo Bond III John Klaus Gary Washington	42.34*	27 Jul 73	Malmö, SWE	<u>National Team</u> DeWayne Esper, Jr. Taylor Koss Delvin Furlough Joshua Hembrough	3:18.68	03 Aug 13	Sofia, BUL

^ - Denotes athlete's individual performance made in Decathlon event.

* - Denotes Hand Timed results which has been converted to electronic times.

Conversion Factor

100m, 200m, & 110m Hurdles (add .24 seconds)
400m, 400m hurdles, & 4x100m Relay (add .14 seconds)

New performance held less than a year
 Missing information

** - Effective 1986, the men's javelin (800 grams) was redesigned. Therefore all list started fresh.



Top 10 All-Time Performers Men



Decathlon				Day 1	Day 2
Craig Saalfeld	7,055	23 Apr 16	Crete, NE	100m: 11.48 LJ: 6.44 (21-01.50) SP: 12.95 (42-06.00) HJ: 2.03 (6-08.00) 400m: 51.86	110m H: 15.39 DT: 40.59 (133-02) PV: 4.40 (14-05.25) JT: 44.22 (145-01) 1500m: 4:41.12
Andrew Herman	7,007	31 Jul 93	Sofia, BUL	100m: 11.75 LJ: 6.46 (21-02.50) SP: 13.28 (43-07.00) HJ: 1.89 (6-02.25) 400m: 52.37	110m H: 16.05 DT: 39.86 (130-09) PV: 4.40 (14-05.25) JT: 56.80 (186-04) 1500m: 4:35.34
Dana Dobbs	6,798	10 May 85	East Stroudsburg, PA	100m: ? LJ: ? () SP: ? () HJ: ? () 400m: ?	110m H: ? DT: ? () PV: ? () JT: ? () 1500m: ?
Terrence Dixon	6,500	28 Jul 81	Köln, GER	100m: 11.89 LJ: 6.48 (21-03.25) SP: 11.05 (36-03.00) HJ: 1.86 (6-01.25) 400m: 52.77	110m H: 16.60 DT: 35.46 (116-04) PV: 3.80 (12-05.50) JT: 49.66 (162-11) 1500m: 4:34.30
Richard Jacobs	6,468	24 May 90	Naperville, IL	100m: 11.58 LJ: 6.50 (21-04.00) SP: 13.50 (44-03.50) HJ: 1.84 (6-00.50) 400m: 53.93	110m H: 16.55 DT: 37.10 (121-08) PV: 3.34 (10-11.50) JT: 57.12 (187-05) 1500m: 4:49.73
Lyle Grate	6,237	23 Jul 77	Bucharest, ROU	100m: 11.1 LJ: 6.34 (20-09.75) SP: 10.68 (35-00.50) HJ: 1.80 (5-10.75) 400m: 50.0	110m H: 18.7 DT: 31.76 (104-02) PV: 3.60 (11-09.75) JT: 42.10 (138-01) 1500m: 4:41.7
Darrell Coyle	5,884	15 Jul 85	Los Angeles, CA	100m: 12.13 LJ: 6.52 (21-04.75) SP: 9.59 (31-05.75) HJ: 1.96 (6-05) 400m: 52.66	110m H: 16.11 DT: 25.74 (84-05.00) PV: 2.83 (9-03.25) JT: 41.04 (134-07) 1500m: 4:28.13
Richard Carrus	5,779	23 Jul 77	Bucharest, ROU	100m: 11.7 LJ: 6.12 (20-01.00) SP: 11.29 (37-00.50) HJ: 1.70 (5-07.00) 400m: 54.5	110m H: 17.6 DT: 33.08 (108-06) PV: 3.60 (11-09.75) JT: 44.50 (146-00) 1500m: 4:43.6
Wallace Hughes, Jr.	5,760	23 Jul 77	Bucharest, ROU	100m: 11.5 LJ: 6.09 (19-11.75) SP: 12.00 (39-04.50) HJ: 1.65 (5-05.00) 400m: 54.9	110m H: 17.4 DT: 32.94 (108-01) PV: 3.30 (10-10.00) JT: 39.56 (129-09) 1500m: 4:55.1
Robert Herman	5,569	13 Jan 89	Christchurch, NZL	100m: 12.33 LJ: 6.52 (21-04.75) SP: 9.92 (32-06.50) HJ: 1.70 (5-07.00) 400m: 54.87	110m H: 18.19 DT: 29.60 (97-01.00) PV: 3.50 (11-05.75) JT: 56.46 (185-03) 1500m: 5:07.10



Top 10 All-Time Performers Women



100m			
Oceana Brown	11.99	06 May 23	Mount Dora, FL
Sherrie Jackson	12.04	11 Jul 85	Los Angeles, CA
MaKenzie Hageman	12.14	12 Apr 14	Sioux City, IA
Shanieka Coleman	12.33	03 May 14	Jefferson City, MO
Chetara Watkins	12.39	17 May 08	Jefferson City, MO
Xylinda Collins	12.54	21 Apr 10	Alpharetta, GA
Marvice Pack	12.55	13 May 88	Columbia, SC
Jaida Scott	12.58	27 Apr 18	Webster, TX
Della Apple Stephens	12.59	14 May 81	Columbia, SC
Saria Webb	12.61	30 Jul 13	Sofia, BUL
200m			
Sherrie Jackson	24.86	14 Jul 85	Los Angeles, CA
Oceana Brown	24.92	13 May 22	Caxias do Sul, BRA
MaKenzie Hageman	25.25	09 May 14	Winona, MN
Chetara Watkins	25.78	17 May 08	Jefferson City, MO
Sherry Barnett	25.84*	22 Jul 77	Bucharest, ROU
Lisa Pearson	25.84	14 Jul 85	Los Angeles, CA
Shanieka Coleman	25.86	02 Aug 13	Sofia, BUL
Marvice Pack	25.88	13 May 88	Columbia, SC
Roberta Downing	25.91	27 Jul 81	Köln, GER
Renonia Fowler	25.94*	26 Jul 73	Malmö, SWE
400m			
Louise Hudson	57.24*	20 Jul 77	Bucharest, ROU
Hannah Maenius	58.53	19 Apr 08	Austin, TX
Shana Lehmann	58.84	27 Jul 01	Rome, ITA
Nancy Jordan	59.07	25 Jul 81	Köln, GER
Shellane McKitty	59.11	26 Jul 17	Samsun, TUR
Della Apple Stephens	59.14	14 May 81	Columbia, SC
JoyLisa Davis	59.21	31 May 08	Zeeland, MI
Sabrina Young	59.42	25 May 85	Jefferson City, MO
Tiffany Hargrove	59.48	26 Jul 01	Rome, ITA
Roberta Tasby	59.63	12 Jul 85	Los Angeles, CA
800m			
Hannah Maenius	2:11.48	24 Apr 08	Houston, TX
Betsy Bachtel	2:18.4	23 Jul 77	Bucharest, ROU
Glenna Stephens	2:20.2	26 Jul 73	Malmö, SWE
Emily Wilson	2:22.11	24 Apr 21	Fort Collins, CO
Mary Bachtel	2:23.20	07 Jul 90	Washington, DC
JoyLisa Davis	2:23.70	21 May 10	Bloomfield Hills, MI
Laura Zuniga	2:24.86	11 Apr 92	Washington, DC
Susan Bange	2:25.0	13 Aug 69	Belgrade, SRB
Mary Edwards	2:25.38	26 Jul 81	Köln, GER
Elena Gee	2:25.55	16 Jan 89	Christchurch, NZL
1500m			
Betsy Bachtel	4:34.48	29 Jul 81	Köln, GER
Emily Wilson	4:43.78	17 Apr 21	Norman, OK
Elizabeth Weber	4:44.46	29 Jul 81	Köln, GER
Mary Bachtel	4:52.10	06 Jul 90	Washington, DC
Glenna Stephens	4:54.1	28 Jul 73	Malmö, SWE
Elizabeth Cordy	4:54.65	16 Jul 85	Los Angeles, CA
Elena Gee	4:54.86	17 Jan 89	Christchurch, NZL
Cheryl Pivorunas	5:01.1	28 Jul 73	Malmö, SWE
Karen Sanfacon	5:01.22	16 Jul 85	Los Angeles, CA
Erin LaFave	5:02.13	20 Apr 13	Poughkeepsie, NY

5000m			
Betsy Bachtel	17:18.49	24 May 86	La Crosse, WI
Elizabeth Weber	17:48.8	0.0.1983	?
Erin LaFave	18:09.32	19 Jun 08	Greensboro, NC
Calla Strange	20:03.3	23 Jun 00	Washington, DC
Natalie Ludwig	20:13.80	26 Apr 03	Fredericksburg, VA
Diana Dick	20:36.46	30 Mar 13	Cedarville, OH
Sandy Sloat	21:08.76	06 Apr 02	Newport News, VA
Lisa Kluth	21:17.0	27 Mar 92	Fredericksburg, VA
Kari Olney	21:28.90	28 Mar 09	Fredericksburg, VA
Laura Zuniga	21:37.0	21 Mar 92	Rockville, MD
10000m			
Elizabeth Weber	36:24.40	0.0.83	?
Elaine Coughlan	43:52.03	25 Jul 01	Rome, ITA
Rachel Young	45:10.02	25 Apr 15	Shippensburg, PA
Lisa Kluth	46:33.8	11 Apr 92	Washington, DC
Bridgette Bocanegra	47:08.9	23 Jun 00	Washington, DC
Carol Ann Broderson	48:20.8	24 Mar 89	Fredericksburg, VA
Susan Simmons	53:09.06	14 Mar 98	Lexington, VA
Monica Caimano	53:57.6	23 Jun 00	Washington, DC
Marathon			
Elizabeth Weber	2:57:10	0.0.81	?
Calla Kevan	3:32:28	21 Feb 10	Jacksonville, FL
Elizabeth Barbiers	3:35:06	29 Jul 17	Samsun, TUR
Elaine Coughlan	3:59:18	01 Aug 01	Rome, ITA
Sandy Sloat	4:14:13	14 Jan 05	Melbourne, AUS
Rachel Young	4:52:33	12 Jan 20	Orlando, FL
3000m Steeplechase			
Erin LaFave	11:00.74	17 May 12	Troy, NY
Emily Wilson	11:32.17	12 May 22	Caxias do Sul, BRA
Calla Strange	11:50.80	04 May 01	Minneapolis, MN
Natalie Ludwig	12:29.53	03 May 03	Newport News, VA
Kari Olney	12:47.50	28 Mar 09	Fredericksburg, VA
Sandy Sloat	13:08.10	17 Apr 04	Salisbury, MD
100m Hurdles (33")			
Janna Vander Meulen	14.21	02 Aug 13	Sofia, BUL
Jennifer Body	14.75	15 Jul 85	Los Angeles, CA
Amber Nash	14.76	12 Sep 09	Taipei, TPE
Mariah Ransom	14.93	07 Apr 12	Towson, MD
Donna Barker	14.94*	27 Jul 73	Malmö, SWE
Connie Johnston ^	15.16	03 May 86	Provo, UT
Ann Reifel	15.24*	30 Jun 72	Morganton, NC
Kristen Kam	15.51	29 Jul 01	Rome, ITA
Teresa Niccum	16.25	21 Jun 80	Fulton, MO
Wanda Esquibel	16.31	21 Jun 80	Fulton, MO



Top 10 All-Time Performers

Women



400m Hurdles (30")			
Janna Vander Meulen	1:01.35	24 Jul 17	Samsun, TUR
Kristen Kam	1:02.77	29 Apr 01	Fresno, CA
Amber Nash	1:03.65	09 Sep 09	Taipei, TPE
Mariah Ransom	1:06.46	06 May 12	Gwynedd Valley, PA
Kristina Burke	1:07.17	30 Jul 01	Rome, ITA
Kori Koss	1:09.91	01 Aug 13	Sofia, BUL
Destiny McCarter	1:11.84*	07 May 11	Landrum, SC
Elissa Letendre	1:12.12	26 May 12	Fitchburg, MA
Patricia Duncan	1:12.14*	15 Apr 80	Washington, DC
Kayla Hardaway	1:12.40	15 Mar 08	San Antonio, TX

High Jump			
Connie Johnston	1.83	6-00.00	01 Apr 86 Ogden, UT
Carly Timpson	1.73	5-08.00	06 May 18 Lawrenceville, NJ
Shannon Kidder	1.72	5-08.00	30 Apr 88 Cave Creek, AZ
Shannon Ellis	1.67	5-06.00	? May 95 Chattanooga, TN
Ashley Griffith	1.67	5-06.00	? May 06 Berkeley, CA
Joyce Cook	1.66	5-05.50	20 Jun 80 Fulton, MO
Hannah Wetzel	1.65	5-05.00	19 May 18 Santa Rosa, CA
Annie Taylor	1.62	5-03.75	19 Jul 77 Bucharest, ROU
Ann Reifel			0.0.76 Elsah, IL
Michele Malcolm ^	1.60	5-03.00	12 Jul 85 Los Angeles, CA
Lisa McBee			01 May 99 Olathe, KS

Pole Vault			
Danielle Schwartzberger	3.51	11-06.25	05 May 01 Bozeman, MT
Sabina Shysh	2.55	8-04.25	27 Apr 19 Shippensburg, PA
Krista Kachnik	2.54	8-04.00	09 Apr 22 Washington, DC
Paige Darus	2.31	7-07.00	27 Apr 09 Landrum, SC
Emmalee Turnage	2.28	7-06.00	12 May 07 Centralia, MO
Victoria Ward	2.28	7-06.00	? Apr 09 ?
Micah Boudreaux	2.13	7-00.00	0.0.01 ?
Chelsey Scott	2.13	7-00.00	23 Apr 16 Covington, LA
Sadie Snyder	2.03	6-08.00	? Apr 09 ?
Joy Fraychineaud	1.98	6-06.00	01 May 08 Baton Rouge, LA

Long Jump			
Renonia Greer	5.87	19-03.25	0.0.76 ?
JoyLisa Davis	5.60	18-04.50	11 Jun 11 Ft. Wayne, IN
Sherrie Jackson	5.59	18-04.25	14 May 83 Jackson, MS
Shannon Ellis	5.53	18-02.00	0.0.95 ?, TN
Connie Johnston	5.49	18-00.25	? May 86 Kaysville, UT
Mary Ann Edwards	5.42	17-09.50	05 May 78 Winter Park, FL
Daijhuanae Williams	5.39	17-08.50	20 May 17 Santa Rosa, CA
Aimee Osborne	5.35	17-06.75	23 May 87 Springfield, OR
Ashley Griffith	5.32	17-05.75	0.0.05 Berkeley, CA
Joyce Houghton	5.31	17-05.25	0.0.82 Washington, DC

Triple Jump			
Tiffany Hargrove	11.87	38-11.50	11 Apr 03 Thibodaux, LA
Daijhuanae Williams	11.37	37-03.75	20 May 17 Santa Rosa, CA
Hannah Wetzel	11.27	36-11.75	29 Apr 23 Washington, DC
Sherrie Caldwell	11.11	36-05.75	11 May 84 Columbia, SC
Shana Lehmann	10.78	35-04.25	21 May 05 Buffalo, NY
Citrine Lummer	10.61	34-10.00	06 May 19 Greencastle, PA
Millie Williams	10.44	34-03.25	04 May 89 Clinton, SC
Jakkisha Smith	10.44	34-03.00	20 Apr 19 Washington, DC
Eva De Porcel	10.34	33-11.25	20 Jun 92 Westerville, OH
Cantrece Simmons	10.31	33-10.25	25 Apr 87 Reisterstown, MD

Shot Put (4kg)				
Haley Hudson	15.14	49-08.25	25 May 19	Gulf Shores, AL
Brenda Bessner	13.84	45-05.00	0.0.89 ?	
Midajah Davis	13.40	43-11.75	15 Apr 22	Baltimore, MD
Jasmine Simmons	12.40	40-08.25	06 Apr 13	Akron, OH
Bre'Asia McDade	12.39	40-08.00	03 Mar 22	Smithville, TX
Gwendolyn Jones	12.25	40-02.25	0.0.73 ?	
Ann Reifel	12.24	40-02.00	20 Jul 77	Bucharest, ROU
Jessica Israel	12.22	40-01.25	06 May 12	Gwynedd Valley, PA
Elizabeth Fields	12.18	39-11.75	05 May 78	Winter Park, FL
Carley Lords	12.17	39-11.25	16 Apr 05	Towson, MD

Discus Throw (1kg)				
Jasmine Simmons	42.25	138-07	03 Aug 13	Sofia, BUL
Heather Lightfoot	40.90	134-02	23 Jun 00	Washington, DC
Dorothy Adamietz	40.54	133-00	0.0.69 ?	
Bonnie Bodnar	38.34	125-09	27 Jul 81	Köln, GER
Du'Wycia Wilson	38.22	125-05	02 May 98	Indianapolis, IN
Honesty Powell	37.87	124-03	14 Apr 12	Wichita, KS
Gwendolyn Jones	37.82	124-01	25 Jul 73	Malmö, SWE
Tammy Hill	37.38	122-07	0.0.82	Emmitsburg, MD
Hope Tyler	36.47	119-08	12 May 94	Columbia, SC
Deborah Sampson	36.14	118-07	29 Jun 84	Austin, TX

Hammer Throw (4kg)				
Carly Timpson	54.28	178-01	12 May 17	Williamstown, MA
Heather Lightfoot	45.43	149-00	26 Jul 01	Rome, ITA
Haley Hudson	42.29	138-09	16 Apr 16	Adrian, MI
Julia Dameron	41.38	135-09	20 Apr 02	Towson, MD
Carley Lords	37.84	124-02	16 Apr 05	Towson, MD
Michelle Hamilton	37.41	122-09	05 May 01	Newport News, VA
Honesty Powell	35.03	114-11	26 Jul 01	Rome, ITA
Midajah Davis	34.20	112-02	07 May 22	Alfred, NY
Jennifer Raim	32.13	105-05	06 Apr 02	Newport News, VA
Amelia Palmer	30.98	101-08	22 Apr 06	Fredericksburg, VA

Javelin Throw (600g)**				
Leslye Kang	43.98	144-03	14 Apr 12	Grantham, PA
Nicole O'Bryan	37.88	124-03	23 Jun 00	Washington, DC
Heather Lightfoot	36.55	119-11	18 Aug 99	Havana, CUB
Haley Hudson	36.37	119-04	22 Apr 16	Westerville, OH
Honesty Powell	34.43	112-11	29 Jul 01	Rome, ITA
Carley Lords	33.99	111-06	16 Apr 05	Towson, MD
Cassidy Perry	33.04	108-05	04 May 17	Mercersburg, PA
Linda Sellers	33.00	108-03	23 Jun 00	Washington, DC
Candace Frank	32.53	106-09	0.0.05 ?	
Kristina Burke ^	31.06	101-11	27 Jul 01	Rome, ITA

Javelin Throw (old implement - pre 1999)				
Brenda Bessner	54.26	178-00	12 May 89	?, OR
Connie Johnston ^	44.20	145-00	11 Jan 89	Christchurch, NZL
Julie Olney	43.30	142-00	18 Jun 73	Washington, DC
Linda Sellers	40.10	131-06	11 Jan 89	Christchurch, NZL
Karen Tellinghuisen	39.38	129-02	26 Jul 81	Köln, GER
Nicole O'Bryan ^	39.16	128-05	21 Jul 97	Copenhagen, DEN
Stacia Barron	38.78	127-03	18 Apr 81	Emmitsburg, MD
Valerie Dively	38.36	125-10	19 Apr 80	Towson, MD
Deborah Sampson	36.42	119-06	30 Jun 84	Austin, TX
Heather Lightfoot	36.39	119-05	02 May 98	Newport News, VA



Top 10 All-Time Performers

Women



4x100m Relay				4x400m Relay			
<u>National Team</u> MaKenzie Hageman Janna Vander Meulen Saria Webb Shanieka Coleman	47.70	03 Aug 13	Sofia, BUL	<u>National Team</u> Nancy Jordan Lorrey Smith Sandra Phillips Della Apple Stephens	3:53.51	29 Jul 81	Köln, GER
<u>National Team</u> Sherrie Jackson Jennifer Body Paula Smith Lisa Pearson	47.93	17 Jul 85	Los Angeles, CA	<u>National Team</u> Tiffany Hargrove Kristen Kam Fatimah Aziz Shana Lehmann	3:57.75	31 Jul 01	Rome, ITA
<u>National Team</u> Sherrie Jackson Jennifer Body Roberta Downing Nancy Jordan	48.70	29 Jul 81	Köln, GER	<u>National Team</u> JoyLisa Davis Amber Nash Mariah Ransom Hannah Maenius	3:58.19	13 Sep 09	Taipei, TPE
<u>National Team</u> MaKenzie Hageman Janna Vander Meulen Shellane McKitty Jaida Scott	48.93	28 Jul 17	Samsun, TUR	<u>National Team</u> Louise Hudson Sandra Phillips Sharon Banks Betsy Bachtel	3:59.0	25 Jul 77	Bucharest, ROU
<u>National Team</u> Barbara Smith Renonia Greer Gloria Moton Sherry Barnett	49.44*	25 Jul 77	Bucharest, ROU	<u>National Team</u> Roberta Tasby Deborah Cole Tiffany Williams Connie Johnston	4:01.10	17 Jul 85	Los Angeles, CA
<u>National Team</u> Tiffany Hargrove Kristen Kam Fatimah Aziz Shana Lehmann	49.54	31 Jul 01	Rome, ITA	<u>National Team</u> TaWanda Barkley Pamela Green Millie Williams Connie Johnston	4:03.54	17 Jan 89	Chirstchurch, NZL
<u>National Team</u> Dorothy Rosemon Renonia Fowler Ophelia Henry Donna Barker	49.74*	28 Jul 73	Malmö, SWE	<u>National Team</u> Jaida Scott Janna Vander Meulen Nicola Stein Shellane McKitty	4:04.56	29 Jul 17	Samsun, TUR
<u>National Team</u> Xylonda Collins Janna Vander Meulen Saria Webb Mariah Jackson	49.81	21 Jul 12	Toronto, CAN	<u>National Team</u> MaKenzie Hageman Kori Koss Saria Webb Janna Vander Meulen	4:07.71	03 Aug 13	Sofia, BUL
<u>National Team</u> Shaquana McDonough Amber Nash Ana Shelton JoyLisa Davis	49.91	13 Sep 09	Taipei, TPE	<u>National Team</u> Janna Vander Meulen Xylinda Collins Erin LaFave JoyLisa Davis	4:08.12	21 Jul 12	Toronto, CAN
<u>National Team</u> Oceana Brown Kourtney Dolliole Dorgianny Flores Justina Miles	50.25	13 May 22	Caxias do Sul, BRA	<u>National Team</u> Jenny Locy Cheri-lee Segal Cantrece Simmons Jennifer White	4:08.7	25 Jul 97	Copenhagen, DEN

^ - Denotes athlete's individual performance made in Heptathlon event.

* - Denotes Hand Timed results which has been converted to electronic times.

Conversion Factor

100m, 200m, & 100m Hurdles (add .24 seconds)
400m, 400m hurdles, & 4x100m Relay (add .14 seconds)

New performance held less than a year
 Missing information

** - Effective 1999, the women's javelin (600 grams) was redesigned. Therefore all list started fresh.



Top 10 All-Time Performers

Women



Heptathlon				Day 1	Day 2
Connie Johnston	4,945	04 May 86	Provo, UT	100m H: 15.16 HJ: 1.76 (5-09.25) SP: 10.48 (34-04.50) 200m: 26.54	LJ: 5.13 (16-10.00) JT: 37.99 (124-07.50) 800m: 2:29.74
Joyce Houghton	4,204	21 Apr 84	Emmitsburg, MD	100m H: 18.6 HJ: 1.46m (4-09.50) SP: 9.82m (32-02.75) 200m: 27.1	LJ: 5.06m (16-07.25) JT: 28.84m (94-07.00) 800m: 2:32.8
Amber Nash	4,081	02 May 06	Eugene, OR	100m H: 15.26 HJ: 1.51m (4-11.50) SP: 7.88m (25-10.25) 200m: 26.87	LJ: 4.91m (16-01.50) JT: 20.70m (67-11.00) 800m: 2:30.34
Michele Malcolm	4,034	13 Jul 85	Los Angeles, CA	100m H: 17.14 HJ: 1.60 (5-03.00) SP: 9.75 (32-00.00) 200m: 28.25	LJ: 4.82 (15-09.75) JT: 28.06 (92-00.00) 800m: 2:31.64
Kristina Burke	3,779	27 Jul 01	Rome, ITA	100m H: 17.03 HJ: 1.44 (4-08.75) SP: 7.83 (25-08.25) 200m: 27.75	LJ: 4.72 (15-06.00) JT: 31.06 (101-11) 800m: 2:36.84
Eva De Porcel	3,502	27 Jul 93	Sofia, BUL	100m H: 17.77 HJ: 1.45 (4-09.00) SP: 8.07 (26-05.75) 200m: 28.36	LJ: 4.58 (15-00.50) JT: 26.64 (87-05.00) 800m: 2:41.45
Tiffany Williams	3,621	29 Jun 84	Austin, TX	100m H: 18.36 HJ: 1.32 (4-04.00) SP: 7.95 (26-01.00) 200m: 28.10	LJ: 4.64 (15-02.75) JT: 17.67 (58-00.00) 800m: 2:29.5
Deborah Sampson	3,478	21 Apr 84	Emmitsburg, MD	100m H: 20.0 HJ: 1.28m (4-02.25) SP: 8.77m (28-09.25) 200m: 29.0	LJ: 4.23m (13-10.50) JT: 34.34m (112-08) 800m: 2:51.0
Cantrece Simmons	3,456	21 Jul 97	Copenhagen, DEN	100m H: 17.84 HJ: 1.33 (4-04.25) SP: 8.90 (29-02.50) 200m: 28.22	LJ: 4.35 (14-03.25) JT: 27.24 (89-04.00) 800m: 2:35.58
Nicole O'Bryan	3,412	21 Jul 97	Copenhagen, DEN	100m H: 18.53 HJ: 1.36 (4-05.50) SP: 9.86 (32-04.25) 200m: 30.69	LJ: 4.63 (15-02.25) JT: 39.16 (128-05) 800m: 2:52.31