



Top 10 Indoor All-Time Performers

Men



55m			
Wendell Gaskin, Jr.	6.20	27 Feb 93	Manhattan, KS
Patrick Deas	6.3	31 Jan 98	Hagerstown, MD
Joshua Hembrough	6.47	20 Jan 07	Allendale, MI
Charles Smith	6.54	18 Mar 84	Princeton, NJ
Shawn Morgan	6.65	31 Mar 03	Cudahy, WI
DeWayne Esper, Jr.	6.70	04 Feb 17	Kenosha, WI
Radcliffe Pryce	6.75	15 Feb 92	Carlisle, PA
Taylor Koss	6.76	06 Feb 16	Kenosha, WI
Nick Jones	6.77	19 Mar 13	Warrensburg, MO
Toraneau Varice	6.79	11 Feb 17	Carlisle, PA

60m			
Eric Gregory	6.89	10 Feb 24	Salem, VA
Joshua Hembrough	6.96	21 Feb 09	West Lafayette, IN
Wendell Gaskin, Jr.	6.97	08 Jan 00	Lawrence, KS
Vianney Boum-Yamb	6.99	22 Feb 14	Selinsgrove, PA
Gareth Ashton	7.02	08 Feb 20	Lexington, VA
Walter Douglas	7.07	04 Feb 24	Virginia Beach, VA
Jarvis Anderson	7.09	15 Feb 25	Fayetteville, AR
Taylor Koss	7.16	18 Feb 17	Milwaukee, WI
Toraneau Varice	7.18	25 Feb 18	Fairfax, VA
Craig Saalfeld ^	7.22	06 Feb 15	Lincoln, NE

200m			
Eric Gregory	20.96	09 Mar 24	Virginia Beach, VA
Wendell Gaskin, Jr.	21.32	13 Feb 93	Ames, IA
Taylor Koss	22.13	25 Feb 17	Youngstown, OH
Joshua Hembrough	22.31	20 Jan 07	Allendale, MI
Gareth Ashton	22.45	24 Feb 23	Staten Island, NY
Toraneau Varice	22.48	25 Feb 18	Fairfax, VA
Walter Douglas	22.85	04 Feb 24	Virginia Beach, VA
Kenmarkis Meeks	23.11	26 Jan 20	Birmingham, AL
Patrick Deas	23.34	14 Feb 98	Fairfax, VA
Nick Jones	23.42	18 Feb 17	Selinsgrove, PA

300m			
Eric Gregory	33.27	07 Jan 24	Virginia Beach, VA
Trey Johnson	36.69	26 Jan 24	Lexington, VA
Taylor Koss	37.20	23 Jan 16	Milwaukee, WI
Brandon Kenny	38.5	19 Jan 07	Canton, NY
Lawrence Smith	38.84	19 Jan 85	Rochester, NY
Louis Ortiz	40.21	01 Feb 25	North Bethesda, MD
Carlos Stennett	40.5	17 Feb 01	Reading, PA
Brady Painter	41.79	30 Jan 10	Anncville, PA
Nicholas Starks	42.59	17 Dec 21	Hagerstown, MD
Mepper Beshears	42.78	16 Dec 22	Hagerstown, MD

400m			
Wendell Gaskin, Jr.	46.75	03 Mar 94	Manhattan, KS
Eric Gregory	48.08	04 Feb 24	Virginia Beach, VA
Taylor Koss	49.62	04 Feb 17	Notre Dame, IN
Michael Saalfeld	50.57	16 Feb 08	Vermillion, SD
Gareth Ashton	50.74	11 Feb 23	Staten Island, NY
Craig Saalfeld	51.04	27 Jan 07	Lincoln, NE
Trey Johnson	51.96	26 Feb 24	Landover, MD
Rodd Gatewood	52.1	07 Mar 92	Carlisle, PA
Brandon Kenny	52.60	21 Feb 09	Ithaca, NY
Nick Jones	52.83	18 Feb 17	Selinsgrove, PA

500m			
Eric Roberts	1:07.5	20 Jan 89	Blacksburg, VA
Steven Hubmer	1:09.6	07 Mar 92	Carlisle, PA
Darrin Green	1:10.0	06 Mar 93	Carlisle, PA
George Mancini	1:11.1	16 Jan 83	Fredonia, NY
Adam Cross	1:11.59	03 or 04 ?	
Troy Miles	1:11.8	17 Feb 96	Carlisle, PA
Rodd Gatewood	1:12.1	17 Feb 93	Carlisle, PA
John Isaacson	1:13.86	30 Jan 16	Lynchburg, VA
Miguel Pavao	1:15.10	01 Feb 20	North Bethesda, MD
Carlos Stennett	1:16.0	17 Feb 01	Reading, PA

600m			
Taylor Koss	1:23.53	17 Jan 14	Milwaukee, WI
Brandon Kenny	1:25.36	21 Feb 09	Ithaca, NY
John Quatroche	1:26.92	16 Feb 08	Haven, CT
George Mancini	1:31.0	23 Jan 82	Rochester, NY

800m			
Michael Saalfeld	1:50.08	14 Feb 09	Ames, IA
Brandon Kenny	1:58.52	16 Feb 08	Canton, NY
John Quatroche	1:58.91	05 Feb 11	Clinton, NY
Alex Close	2:05.53	06 Feb 16	Selinsgrove, PA
Steven Hubmer	2:05.7	15 Feb 92	Carlisle, PA
Darrin Green	2:06.2	?	Carlisle, PA
John Isaacson	2:06.35	04 Feb 17	Newport News, VA
Gregory Huffman	2:06.6	0.0.83 ?	
Troy Holcomb	2:07.40	05 Feb 23	Virginia Beach, VA
Taylor Koss	2:08.67	11 Apr 10	Whitewater, WI

1000m			
Michael Saalfeld	2:30.42	16 Jan 09	Lincoln, NE
Brandon Kenny	2:31.92	07 Mar 08	Cambridge, MA
John Quatroche	2:33.02	05 Mar 11	New York, NY
Russell Ormsby	2:41.15	23 Feb 02	Canton, NY
Craig Saalfeld ^	2:41.90	28 Feb 09	Warrensburg, MO
Adam Cross	2:42.08	11 Dec 04	Rochester, NY
Steven Hubmer	2:47.3	07 Mar 92	Carlisle, PA
Andre McLean	2:47.74	09 Dec 09	Midlothian, VA
Darrin Green	2:49.18	08 Feb 91	Carlisle, PA
Joe Holmberg	3:03.45	06 Mar 93	Carlisle, PA

1500m			
Adam Cross	4:05.37	28 Feb 04	Canton, NY
Bryant Byrd	4:05.44	15 Mar 19	Tallinn, EST
Steven Hubmer	4:18.39	15 Feb 92	Carlisle, PA
Christopher Somnitz	4:19.01	? Feb 97	Chester, PA
Bryan Hendricks	4:20.3	17 Feb 01	Reading, PA
Ryan Guldan	4:26.92	14 Mar 19	Tallinn, EST
Darrin Green	4:32.2	08 Feb 91	Carlisle, PA
Kiombo Nsumbu	4:35.56	22 Feb 03	Newport News, VA
Robert Hall	4:47.2	15 Feb 91	Blacksburg, VA
Leopold Myasiro	4:52.33	01 Feb 03	Chester, PA



Top 10 Indoor All-Time Performers

Men



Mile			
Stephen McCalley	4:12.1	08 Feb 75	Pocatello, ID
Dan Huskerson	4:17.6	? Jan 78	Baton Rouge, LA
Thomas O'Neill	4:24.68	14 Feb 15	Boston, MA
Stephen Baldwin	4:25.5	09 Mar 68	Lexington, VA
Brandon Kenny	4:26.04	27 Feb 09	Rochester, NY
Steven Heffley	4:44.0	03 Mar 72	Baltimore, MD
Sean O'Callaghan	4:45.72	09 Feb 19	Princess Anne, MD
Troy Holcomb	4:48.89	28 Jan 23	Lexington, VA
Roberto Torres	4:51.22	03 Dec 23	Winchester, VA
Christopher Somnitz	4:52.20	?	Chester, PA

3000m			
Thomas O'Neill	8:17.24	05 Mar 17	Boston, MA
Bryant Byrd	8:36.47	16 Mar 19	Tallinn, EST
Gashaw Duhamel	8:42.21	04 Feb 17	Blacksburg, VA
Brandon Kenny	9:04.36	23 Feb 08	Ithaca, NY
Adam Cross	9:09.35	06 Dec 03	Rochester, NY
Russell Ormsby	9:12.28	18 Feb 01	Fredonia, NY
Andre McLean	9:15.49	12 Feb 11	Newport News, VA
Ryan Guldan	9:26.11	16 Mar 19	Tallinn, EST
Vicente Perez	9:39.55	20 Feb 16	Selinsgrove, PA
Roberto Torres	9:56.21	26 Jan 24	Lexington, VA

5000m			
Thomas O'Neill	14:27.02	30 Jan 16	Boston, MA
Gregory Coughlan	14:32.19	12 Mar 93	Brunswick, ME
Gashaw Duhamel	15:14.39	13 Jan 17	Nashville, TN
Adam Cross	15:46.97	03 or 04 ?	
Russell Ormsby	15:52.48	23 Feb 02	Canton, NY
Brandon Kenny	16:15.66	13 Dec 08	Canton, NY
Christopher Somnitz	16:15.66	23 Feb 97	Lexington, VA
Robert Hall	16:45.3	15 Feb 92	Carlisle, PA
Vicente Perez	17:10.66	06 Feb 16	Selinsgrove, PA
Robin Johnson	17:32.2	05 Feb 89	Newark, DE

55m Hurdles (42")			
Joshua Hembrough	7.30	12 Jan 07	Allendale, MI
Matthew Kevan	7.94	13 Feb 98	?
Eric Roberts	8.03	20 Jan 89	Blacksburg, VA
Gwayne Davis	8.1	13 Feb 82	?
Brady Painter	8.33	20 Feb 10	Carlisle, PA
Gunner Hahn	8.64	11 Feb 17	Carlisle, PA
Matthew Proctor	8.9	27 Jan 90	Chester, PA
Anthony Baskin	8.98	27 Feb 05	Newport News, VA
John Isaacson	10.01	11 Feb 17	Carlisle, PA

60m Hurdles (42")			
Joshua Hembrough	7.77	07 Mar 09	South Bend, IN
Jarvis Anderson	8.35	20 Feb 24	Albuquerque, NM
Craig Saalfeld ^	8.42	01 Feb 14	Seward, NE
Michael Haynes	8.63	16 Feb 19	Selinsgrove, PA
Kenmarkis Meeks	8.63	27 Feb 22	Newport News, VA
Taylor Koss	8.65	14 Jan 17	Whitewater, WI
Gunner Hahn	8.76	25 Feb 18	Fairfax, VA
Christopher Webb	9.36	19 Jan 18	Newport News, VA
Michael Saalfeld ^	9.54	15 Dec 12	Seward, NE
Jordan Kray	9.64	01 Feb 20	Princess Anne, MD

High Jump				
Craig Saalfeld	2.12	6-11.50	01 Mar 08	Joplin, MO
Roman Drymalski	1.99	6-06.25	07 Mar 09	Medford, MA
Harold Foster	1.98	6-06.00	08 Mar 69	Baltimore, MD
Matthew Kevan	1.98	6-06.00	21 Jan 98	?
Dana Dobbs	1.95	6-04.75	25 Jan 86	Windsor, Ontario
Thomas Darden	1.93	6-04.00	18 Feb 96	Kingston, RI
Michael Saalfeld ^	1.90	6-02.75	14 Dec 12	Seward, NE
Kenmarkis Meeks	1.88	6-02.00	05 Feb 22	Virginia Beach, VA
Andrew Bibbs	1.84	6-00.50	15 Feb 25	Salem, VA
Tony Berrigan	1.82	6-00.00	25 Jan 97	Hagerstown, MD

Pole Vault				
Eric Klucar	5.10	16-08.75	08 Feb 13	Allendale, MI
Patrick Southern	5.02	16-05.50	17 Feb 06	Lincoln, NE
Liam Painter	4.58	15-00.25	02 Mar 24	Winchester, VA
Thomas Guidon	4.30	14-01.25	16 Feb 13	Nampa, ID
Craig Saalfeld ^	4.30	14-01.25	01 Feb 14	Seward, NE
Michael Saalfeld ^	3.96	12-11.75	15 Dec 12	Seward, NE
Spencer Maples	3.90	12-09.50	18 Feb 17	Selinsgrove, PA
William Evans	3.81	12-06.00	25 Feb 79	Towson, MD
Robert Scheffell	3.65	12-00.00	11 Mar 72	Lexington, VA
James Davis	3.60	11-10.00	08 Feb 06	Baton Rouge, LA

Long Jump				
Charles Smith	7.08	23-02.75	21 Jan 83	Los Angeles, CA
Dana Dobbs	6.79	22-03.50	25 Jan 86	Windsor, Ontario
Craig Saalfeld ^	6.82	22-04.50	12 Dec 14	Kearney, NE
Walter Douglas	6.68	21-11.00	15 Feb 25	Salem, VA
Michael Cross, Jr.	6.63	21-09.00	16 Feb 90	Blacksburg, VA
Jarvis Anderson	6.63	21-09.00	02 Feb 24	College Station, TX
Ken Myers, Jr.	6.50	21-04.00	21 Feb 04	Newport News, VA
Radcliffe Pryce	6.41	21-00.50	07 Mar 92	Carlisle, PA
Enow Otto	6.32	20-09.00	07 Dec 24	Collegeville, PA
Tony Berrigan	6.29	20-08.00	23 Feb 97	Lexington, VA
Trent Gobble		20-07.75	01 Dec 23	Houghton, NY

Triple Jump				
Jarvis Anderson	15.48	50-09.50	18 Jan 25	Lubbock, TX
Ken Myers, Jr.	14.44	47-04.50	22 Feb 03	Newport News, VA
Darius Flowers	14.25	46-09.00	24 Feb 13	Fairfax, VA
Terrell Summers	13.65	44-09.75	07 Jan 05	Baton Rouge, LA
Trent Gobble	13.58	44-06.75	08 Dec 23	Rochester, NY
Herman Buckman	13.31	43-08.00	10 Mar 73	Lexington, VA
Tony Berrigan	13.24	43-05.50	23 Feb 97	Lexington, VA
Matthew Kevan	13.03	42-09.00	20 Feb 99	?
Kyrell Cummings	12.40	40-08.50	01 Apr 16	St. Paul, MN
Mark Gwynn	12.40	40-08.50	24 Jan 25	Mercersburg, PA

Shot Put (16lbs)				
David Niemuth	17.12	56-02.00	06 Dec 86	Madison, WI
Joanel Lopez	16.37	53-08.50	31 Jan 09	State College, PA
Alex Weis	16.34	53-07.50	28 Jan 17	Mankato, MN
Jacob Hockman	14.82	48-07.50	24 Feb 18	Nampa, ID
Wayne Langbein	14.43	47-04.25	15 Feb 91	Blacksburg, VA
John McRae	14.32	47-00.00	27 Jan 90	Chester, PA
Richard Jacobs	13.78	45-02.50	16 Feb 90	Blacksburg, VA
Navar Harris	13.64	44-09.00	07 Dec 24	Collegeville, PA
Craig Saalfeld ^	13.45	44-01.50	12 Dec 14	Kearney, NE
Johnny Samuels	13.36	43-10.00	11 Mar 72	Lexington, VA



Top 10 Indoor All-Time Performers

Men



Weight Throw (35lbs)				
Joanel Lopez	17.65	57-11.00	13 Feb 09	Vestal, NY
Alex Weis	17.44	57-02.75	26 Feb 16	Mankato, MN
Wayne Langbein	17.04	55-11.00	20 Mar 99	Romeoville, IL
Ethan Ettienne	16.46	54-00.00	12 Jan 19	Rochester, NY
Jacob Hockman	16.13	52-11.00	02 Feb 18	Wichita, KS
Thomas Withrow	11.99	39-04.00	24 Feb 01	Landover, MD
Johnny Mazurkiewicz	11.20	36-09.00	24 Feb 01	Landover, MD
Andrew Suarez	11.09	36-04.75	08 Feb 25	Collegeville, PA
Ryan Kelly	10.68	35-00.75	22 Feb 03	Newport News, VA
Jimmy Litchfield	7.52	24-08.25	24 Feb 01	Landover, MD

Keywords	
^ - Denotes athlete's individual performance made in Pent/Hep event.	
	New performance held less than a year
	Missing information

Pentathlon				
Craig Saalfeld	3,404	07 Dec 07	Manhattan, KS	60m H: 9.00 LJ: 6.12m (20-01.00) SP: 9.45m (31-00.00) HJ: 2.06m (6-09.00) 1000m: 2:53.18

Heptathlon				Day 1	Day 2
Craig Saalfeld	5,283	13 Dec 14	Kearney, NE	60m: 7.26 LJ: 6.82m (22-04.50) SP: 13.45m (44-01.50) HJ: 2.00m (6-06.75)	60m H: 8.65 PV: 4.14m (13-07.00) 1000m: 2:52.39
Michael Saalfeld	4,608	15 Dec 12	Seward, NE	60m: 7.31 LJ: 6.23m (20-05.25) SP: 10.60m (34-09.50) HJ: 1.90m (6-02.75)	60m H: 9.54 PV: 3.96m (12-11.75) 1000m: 2:54.08



Top 10 Indoor All-Time Performers

Men



4x200m Relay			
<u>Gallaudet University</u> Eric Gregory Omar Harvey Michael Haynes Toraneau Varice	1:34.54	08 Feb 19	Princess Anne, MD
<u>Gallaudet University</u> Nick Jones Montray Roberts Kai Christenberry Toraneau Varice	1:36.08	18 Feb 17	Selinsgrove, PA
<u>Gallaudet University</u> Montray Roberts Alex Close Toraneau Varice Jordan Manges	1:36.43	12 Feb 16	Selinsgrove, PA
<u>Gallaudet University</u> Michael Haynes Alex Close Darius Flowers Vianney Boum-Yamb	1:36.79	09 Feb 13	Selinsgrove, PA
<u>Gallaudet University</u> Toraneau Varice Gunner Hahn Michael Haynes Christopher Webb	1:37.59	19 Jan 18	Newport News, VA
<u>Gallaudet University</u> Rodd Gatewood Darrin Green Radcliffe Pryce Scott Kendziorski	1:39.30	15 Feb 92	Carlisle, PA

4x800m Relay			
<u>Gallaudet University</u> Gregory Huffman Kenneth Hartman Daniel Frank Michael Chappell	8:47.8	0.0.83 ?	
<u>Gallaudet University</u> Darrin Green Robert Hall Alexander Jones Steven Hubmer	9:30.7	15 Feb 92	Carlisle, PA
<u>Gallaudet University</u> Marc Jette Don Pettithomme Asad Majeed Christopher Somnitz	10:06.0	23 Feb 97	Lexington, VA
<u>Maryland School for the Deaf</u> Keene Shank Alder Gonzalez-Velasquez Louis Ortiz Nicholas Starks	10:12.95	15 Dec 23	Hagerstown, MD
<u>Minnesota State Academy for the Deaf</u> Dalton Starr Samuel Bondhus Adam Schneider William Bondhus	10:16.2	29 Mar 18	Mankato, MN
<u>Minnesota State Academy for the Deaf</u> Juan Salgado-Rodriguez Samuel Bondhus William Bondhus John Fletcher	10:38.77	01 Apr 16	St. Paul, MN

4x400m Relay			
<u>Gallaudet University</u> Gareth Ashton Trey Johnson Eric Gregory Walter Douglas	3:21.99	04 Feb 24	Virginia Beach, VA
<u>National Team</u> Michael Singleton, Jr. Brady Perry Bryant Byrd Taylor Koss	3:29.40	16 Mar 19	Tallinn, EST
<u>Gallaudet University</u> Troy Holcomb Walter Douglas Gareth Ashton Eric Gregory	3:31.13	05 Feb 23	Virginia Beach, VA
<u>Gallaudet University</u> Steven Hubmer Darrin Green Radcliffe Pryce Rodd Gatewood	3:36.6	15 Feb 92	Carlisle, PA
<u>Gallaudet University</u> Alex Close Michael Haynes Vianney Boum-Yamb Darius Flowers	3:36.75	24 Feb 13	Fairfax, VA
<u>Gallaudet University</u> John Isaacson Jack Gray Kai Christenberry Nick Jones	3:37.77	18 Feb 17	Selinsgrove, PA



Top 10 Indoor All-Time Performers

Women



55m			
MaKenzie Hageman	7.32	17 Jan 15	Aberdeen, SD
Chetara Watkins	7.36	18 Mar 08	Warrensburg, MO
Marvice Pack	7.62	16 Feb 90	Blacksburg, VA
Jennifer White	7.81	23 Feb 97	Lexington, VA
Fatimah Aziz	7.99	22 Feb 03	Newport News, VA
Emmanuela Debrah	7.99	15 Feb 25	Mercersburg, PA
Shellane McKitty	8.08	11 Feb 17	Carlisle, PA
Lori Eldred	8.20	07 Apr 12	Whitewater, WI
Kori Koss	8.29	06 Apr 13	Whitewater, WI
Milana Bielucke	8.34	15 Feb 19	North Bethesda, MD
60m			
Oceana Brown	7.79	26 Feb 24	Landover, MD
MaKenzie Hageman	7.80	07 Feb 15	Fargo, ND
Janna Vander Meulen	8.22	12 Feb 17	Seattle, WA
Amber Nash	8.30	21 Jan 06	Pullman, WA
JoyLisa Davis	8.37	27 Mar 09	Ypsilanti, MI
Shellane McKitty	8.62	20 Feb 16	Selinsgrove, PA
Kourtney Dolliole	8.70	04 Mar 23	Winchester, VA
Simone James	8.73	10 Dec 15	Rochester, NY
Saria Webb	8.73	20 Feb 16	Selinsgrove, PA
Fatimah Aziz	8.75	25 Jan 03	Landover, MD
200m			
Oceana Brown	25.57	02 Mar 24	Winchester, VA
MaKenzie Hageman	25.73	27 Feb 15	Mankato, MN
Janna Vander Meulen	26.72	22 Jan 16	Portland, OR
Hannah Wetzel	26.84	26 Feb 24	Landover, MD
Amber Nash	27.01	19 Feb 05	Moscow, ID
Marvice Pack	27.87	16 Feb 90	Blacksburg, VA
Jennifer White	27.92	23 Feb 97	Lexington, VA
Shellane McKitty	28.38	20 Feb 16	Selinsgrove, PA
Mariah Ransom	28.76	09 Feb 13	Selinsgrove, PA
Fatimah Aziz	29.08	24 Feb 01	Landover, MD
300m			
MaKenzie Hageman	42.33	06 Dec 14	Brookings, SD
Nancy Jordan	44.8	0.0.83 ?	
Eva De Porcel	45.2	06 Mar 93	Carlisle, PA
Leticia Detrow	48.53	01 Feb 25	North Bethesda, MD
Kayla Hardaway	51.50	30 Jan 10	Anncville, PA
Chelsea Iyere	53.60	21 Feb 20	North Bethesda, MD
Milana Bielucke	54.07	01 Feb 20	North Bethesda, MD
Yireh Sanchez	54.87	02 Feb 19	North Bethesda, MD
Alina Williamson	57.50	02 Feb 19	North Bethesda, MD
Carine Nagorngor	57.65	16 Dec 22	Hagerstown, MD
400m			
Hannah Maenius	1:01.95	16 Jan 09	Houston, TX
Fatimah Aziz	1:02.99	22 Feb 03	Newport News, VA
Jennifer White	1:03.1	23 Feb 97	Lexington, VA
JoyLisa Davis	1:03.33	18 Jan 10	East Lansing, MI
Amber Nash	1:03.39	18 Feb 06	Moscow, ID
Shellane McKitty	1:03.51	20 Feb 16	Selinsgrove, PA
Nancy Jordan	1:03.66	0.0.83 ?	
Janna Vander Meulen	1:04.26	14 Mar 19	Tallinn, EST
LaQuita Carroll	1:06.08	20 Feb 16	Selinsgrove, PA
Lindsey Corthell	1:06.43	09 Feb 13	Selinsgrove, PA

500m			
Laura Zuniga	1:23.8	06 Mar 93	Carlisle, PA
Tiffany Williams	1:26.2	29 Jan 85	Baltimore, MD
Margaret Evans	1:39.0	05 Feb 89	Newark, DE
Elzbieta Kaminski	1:41.3	08 Feb 91	Carlisle, PA
Christina Hamilton	1:43.6	08 Feb 91	Carlisle, PA
Carine Nagorngor	1:52.81	04 Feb 23	North Bethesda, MD
Antoinette Dromo	1:55.25	04 Feb 23	North Bethesda, MD
Enza Roberts	1:55.4	06 Mar 93	Carlisle, PA
Zhenemei Dubbs	2:32.60	17 Dec 21	Hagerstown, MD
600m			
Nancy Jordan	1:49.5	0.0.83 ?	
800m			
Hannah Maenius	2:14.67	21 Feb 09	Houston, TX
JoyLisa Davis	2:26.53	20 Feb 10	Allendale, MI
Connie Johnston ^	2:29.99	16 Mar 86	New Haven, CT
Emily Wilson	2:30.26	23 Jan 21	Colorado Springs, CO
Laura Zuniga	2:34.2	15 Feb 92	Carlisle, PA
Jessica Whitney	2:38.00	23 Feb 96	Chester, PA
Julianne Young	2:46.91	21 Jan 23	Brockport, NY
Sandy Sloat	2:47.28	24 Feb 01	Landover, MD
Leticia Detrow	2:50.55	11 Jan 25	Mercersburg, PA
Amber Nash ^	2:51.39	13 Jan 06	Cheney, WA
1000m			
Erin LaFave	3:09.52	17 Feb 12	Rochester, NY
Laura Zuniga	3:17.1	07 Mar 92	Carlisle, PA
Elzbieta Kaminski	3:45.5	08 Feb 91	Carlisle, PA
Christina Hamilton	4:15.7	08 Feb 91	Carlisle, PA
Majorie Windsor	4:16.9	06 Mar 93	Carlisle, PA
Kevlasha Humphrey	4:33.88	30 Jan 16	Lynchburg, VA
Yireh Sanchez	4:45.56	01 Feb 20	North Bethesda, MD
Jaleah Nutter	5:21.04	01 Feb 20	North Bethesda, MD
1500m			
Natalie Ludwig	5:19.13	22 Feb 03	Newport News, VA
Sandy Sloat	5:20.00	? ?	Newport News, VA
Elzbieta Kaminski	5:38.80	08 Feb 91	Carlisle, PA
Melissa Berman	6:25.01	17 Feb 96	Carlisle, PA
Monica Caimano	6:29.70	17 Feb 01	Reading, PA
Majorie Windsor	6:37.30	06 Mar 93	Carlisle, PA



Top 10 Indoor All-Time Performers

Women



Mile			
Erin LaFave	5:19.57	11 Feb 12	Canton, NY
Emily Wilson	5:33.04	22 Jan 22	Lincoln, NE
Julianne Young	5:46.88	26 Feb 22	Ithaca, NY
Kari Olney	5:58.11	17 Jan 09	Annapolis, MD
Natalie Ludwig	6:05.14	24 Feb 01	Landover, MD
Sandy Sloat	6:05.76	24 Feb 01	Landover, MD
Nicole Musey	6:54.89	21 Jan 17	Selinsgrove, PA
Monica Caimano	7:09.76	24 Feb 01	Landover, MD
Taylor Nguyen	7:12.16	27 Jan 18	Lynchburg, VA
Jessalyn Wortham	7:52.38	27 Jan 18	Lynchburg, VA

3000m			
Erin LaFave	10:25.91	03 Mar 12	New York, NY
Karen Sanfacon	10:54.0	22 Feb 88	Fairfax, VA
Emily Wilson	11:34.26	08 Jan 22	West Lafayette, IN
Laura Zuniga	11:43.4	07 Mar 92	Carlisle, PA
Kari Olney	11:56.91	17 Jan 09	Annapolis, MD
Julianne Young	12:02.57	10 Dec 21	Rochester, NY
Lindsey Corthell	12:09.30	12 Feb 16	Selinsgrove, PA
Natalie Ludwig	12:11.16	01 Feb 03	Chester, PA
Carol Ann Broderson	12:43.36	05 Feb 89	Newark, DE
Sandy Sloat	12:53.00	?	Chester, PA

5000m			
Erin LaFave	18:09.80	15 Mar 08	Landover, MD
Natalie Ludwig	21:01.62	22 Feb 03	Newport News, VA
Sandy Sloat	22:06.00	?	Newport News, VA
Melissa Berman	23:27.86	25 Feb 96	Lexington, VA
Rachel Young	24:50.12	22 Feb 14	Selinsgrove, PA
Monica Caimano	25:41.60	17 Feb 01	Reading, PA
Susan Simmons	25:57.00	14 Feb 98	Carlisle, PA

55m Hurdles (33")			
Connie Johnston ^	8.40	10 Feb 89	Pocatello, ID
Amber Nash ^	9.22	13 Jan 06	Cheney, WA
Kori Koss	9.82	06 Apr 13	Whitewater, WI
Kayla Hardaway	9.83	21 Feb 09	Lubbock, TX
Debbie Anderson	9.84c	29 Jan 85	Baltimore, MD
Alina Williamson	10.44	18 Jan 19	Mercersburg, PA
Lori Eldred	10.71	07 Apr 12	Whitewater, WI
Emmanuela Debrah	11.19	11 Jan 25	Mercersburg, PA
Dawn Clark	11.41	19 Mar 02	Warrensburg, MO
Emmalee Turnage	11.46	20 Mar 07	Warrensburg, MO

60m Hurdles (33")			
Connie Johnston ^	8.94	16 Mar 86	New Haven, CT
Janna Vander Meulen	8.94	15 Mar 19	Tallinn, EST
Amber Nash	9.21	17 Feb 06	Moscow, ID
Mariah Ransom	9.54	24 Feb 13	Fairfax, VA
Emelia Beldon	10.77	10 Apr 15	St. Paul, MN
Eliza Lindaedt	10.82	10 Apr 15	St. Paul, MN
Alina Williamson	11.86	08 Feb 19	Mercersburg, PA
Andi Parana	11.87	27 Feb 22	Newport News, VA
Tiffany Bridgett	11.92	08 Dec 11	Rochester, NY
Karina Mitchell	13.11	18 Feb 17	Selinsgrove, PA

High Jump			
Connie Johnston	1.77	5-10.00	28 Jan 89 Pocatello, ID
Carly Timpson	1.74	5-08.50	03 Feb 18 Roxbury, MA
Hannah Wetzel	1.70	5-07.00	02 Mar 24 Winchester, VA
Ashley Griffith	1.64	5-04.50	27 Feb 10 Seattle, WA
Lisa McBee	1.57	5-02.00	22 Mar 99 Warrensburg, MO
Debbie Anderson	1.47	4-10.00	29 Jan 85 Baltimore, MD
Amber Nash ^	1.42	4-07.75	13 Jan 06 Cheney, WA
JoyLisa Davis	1.37	4-06.00	17 Jan 11 East Lansing, MI
Eliza Lindaedt	1.32	4-04.00	10 Apr 15 St. Paul, MN
Emelia Beldon	1.27	4-02.00	10 Apr 15 St. Paul, MN

Pole Vault			
Danielle Schwartzberger	3.40	11-01.75	16 Feb 01 Bozeman, MT
Lilian Nelson	2.30	7-06.50	26 Feb 24 Landover, MD
Krista Kachnik	2.15	7-00.50	06 Feb 22 Virginia Beach, VA

Long Jump			
JoyLisa Davis	5.43	17-10.00	17 Feb 10 University Center, MI
Hannah Wetzel	5.36	17-07.00	26 Jan 24 Lexington, VA
Renonia Fowler	5.23	17-02.25	14 Feb 76 Knoxville, TN
Connie Johnston ^	5.16	16-11.25	10 Feb 89 Pocatello, ID
Kristen Rice	4.79	15-08.75	06 Feb 98 Rochester, NY
Elizabeth Harrison	4.54	14-11.00	25 Mar 14 Warrensburg, MO
Lori Eldred	4.47	14-08.00	09 Apr 11 Whitewater, WI
Amber Nash ^	4.31	14-01.75	13 Jan 06 Cheney, WA
Lia Chapman	4.16	13-08.00	18 Mar 08 Milwaukee, WI
Kori Koss	4.11	13-06.00	05 Apr 12 Bay Port, WI

Triple Jump			
Hannah Wetzel	11.50	37-08.75	26 Feb 24 Landover, MD
Tiffany Hargrove	10.70	35-01.50	27 Feb 99 Baton Rouge, LA
Ana Shelton	9.51	31-02.50	08 Feb 06 Baton Rouge, LA
Emelia Beldon	8.99	29-06.00	10 Apr 15 St. Paul, MN
Amanda Feliciano	8.98	29-05.75	09 Apr 11 Whitewater, WI
Makayla Moeller	8.28	27-02.00	29 Mar 18 Mankato, MN
Eliza Lindaedt	8.07	26-06.00	10 Apr 15 St. Paul, MN

Shot Put (4kg)			
Haley Hudson	14.65	48-00.75	08 Dec 18 Saginaw, MI
Midajah Davis	13.49	44-03.25	05 Feb 23 Virginia Beach, VA
Carley Lords	11.72	38-05.75	27 Feb 05 Newport News, VA
Jasmine Simmons	11.67	38-03.50	15 Feb 13 Akron, OH
Connie Johnston ^	11.15	36-07.00	10 Feb 89 Pocatello, ID
Michelle Hamilton	11.04	36-02.75	27 Jan 01 Landover, MD
Tracy Stein	10.71	35-01.75	21 Feb 04 Newport News, VA
Amelia Palmer	10.71	35-01.75	19 Feb 06 Newport News, VA
Malakia Gowan	10.71	35-01.75	14 Jan 17 Rochester, NY
Jessica Israel	10.50	34-05.50	30 Jan 10 Annsville, PA



Top 10 Indoor All-Time Performers Women



Weight Throw (20lbs)				
Carly Timpson	16.96	55-07.75	04 Mar 17	Boston, MA
Haley Hudson	13.32	43-08.50	20 Feb 16	Grand Rapids, MI
Heather Lightfoot	13.16	43-02.25	24 Feb 01	Landover, MD
Carley Lords	12.23	40-01.50	27 Feb 05	Newport News, VA
Michelle Hamilton	11.39	37-04.50	24 Feb 01	Landover, MD
Amelia Palmer	11.06	36-03.50	19 Feb 06	Newport News, VA
Julia Dameron	11.03	36-02.25	22 Feb 03	Newport News, VA
Erika De La Puente	9.84	32-03.50	08 Dec 11	Rochester, NY
Donnell Finnaman	8.91	29-03.00	17 Feb 01	Reading, PA
Tracy Stein	8.64	28-04.25	22 Feb 03	Newport News, VA

Keywords	
^ - Denotes athlete's individual performance made in Pentathlon event.	
	New performance held less than a year
	Missing information

Pentathlon				
Connie Johnston	3,521	10 Feb 89	Pocatello, ID	55m H: 8.40 HJ: 1.74m (5-08.50) SP: 11.15m (36-07.00) LJ: 5.16m (16-11.25) 800m: 2:45.97
Amber Nash	2,482	13 Jan 06	Cheney, WA	55m H: 9.22 HJ: 1.42m (4-07.75) SP: 7.59m (24-11.00) LJ: 4.31m (14-01.75) 800m: 2:51.39



Top 10 Indoor All-Time Performers Women



4x200m Relay				4x400m Relay			
Gallaudet University LaQuita Carroll Shellane McKitty Lindsey Corthell Saria Webb	1:53.75	20 Feb 16	Selinsgrove, PA	Gallaudet University Amrit Sandhu Jennifer White Wachema Cruz ? LaShawn	4:21.05	07 Dec 96	Swarthmore, PA
Maryland School for the Deaf Rajena Guettler Cassidy Perry Sierra Herzig-Wilcox Milana Bielucke	1:58.20	02 Feb 19	North Bethesda, MD	Maryland School for the Deaf Tiffany Williams Debbie Anderson Julie Bartee Elena Gee	4:35.5	29 Jan 85	Baltimore, MD
Maryland School for the Deaf Tiffany Williams Paula Smith Elena Gee Debbie Anderson	2:00.8	15 Jan 85	Baltimore, MD	Gallaudet University LaQuita Carroll Lindsey Corthell Kristin Williams Shellane McKitty	4:36.63	12 Feb 16	Selinsgrove, PA
Gallaudet University Courtney Langford Anyia Brown Saria Webb Shellane McKitty	2:04.94	11 Feb 17	Carlisle, PA	Gallaudet University Amrit Sandhu Jessica Whitney Heather Lightfoot Dawn Moncrieffe	4:41.2	23 Feb 97	Lexington, VA
Gallaudet University Jarita Bustamante Anyia Brown Demi Bingham Cassie Friday	2:05.75	08 Feb 19	Princess Anne, MD	Gallaudet University ? ? ? ?	4:46.47	25 Feb 96	Lexington, VA
Missouri School for the Deaf ? ? ? ?	2:16.20	22 Mar 05	Warrensburg, MO	Gallaudet University Eva De Porcel Laura Zuniga Enza Roberts Majorie Windsor	4:49.90	06 Mar 93	Carlisle, PA
4x800m Relay							
Maryland School for the Deaf Daria Milner Julie Bartee Elena Gee Tiffany Williams	10:46.9	08 Feb 85	Baltimore, MD				
Gallaudet University April Lindbergh Rennele Mathieu Mari Jo Pfeffer Laura Zuniga	12:41.6	15 Feb 92	Carlisle, PA				