

## Michigan High School Alumni - Women's Outdoor -All-time List

This is only updated occasionally in a haphazard fashion. Maybe once a year it gets a good going-over. So at any time you're bound to find omissions. When you do, please let me know! Corrections & additions always welcome: [jeffhollobaugh@gmail.com](mailto:jeffhollobaugh@gmail.com)

Updated 4/18/2023

### 50 METERS

6.27# Shayla Mahan (Det. Mumford-South Carolina) Newcastle/City Games (1.0) (150m) ..... 9/15/2012

### 100 METERS

11.17 Kyra Jefferson (Detroit Cass Tech-Florida) Gainesville/Jones Memorial (0.4) ..... 4/22/2017  
11.17 Anavia Battle (Wayne Memorial-OSU) Columbia (0.8) ..... 4/16/2022  
11.17 Battle (OSU) Minneapolis/Big 10 (h) (1.9) ..... 5/14/2022  
11.18 Battle (OSU) Jacksonville/NCAA (h) (1.4) ..... 5/27/2021  
11.19 Battle (OSU) Philadelphia/Penn Relays (0.2) ..... 4/30/2022  
11.04 Kaila Jackson (Detroit Renaissance-Georgia) Athens/Towns-Lawrence (0.1) ..... 4/ 7/2023  
11.20 Shayla Mahan (Det. Mumford-South Carolina) Columbia/Baskin (1.5) ..... 3/26/2011  
11.21 Battle (OSU) Jacksonville/NCAA (q) (-0.8) ..... 5/29/2021  
11.22 Battle (OSU) Philadelphia/Penn Relays (h) (1.1) ..... 4/29/2022  
11.25 Battle (OSU) Columbia/Gamecock Inv (1.9) ..... 4/13/2019  
11.28 Jefferson (Florida) Tuscaloosa/SEC (h) (0.5) ..... 5/13/2016  
11.28 Jefferson (Florida) Tuscaloosa/SEC (-0.2) ..... 5/14/2016  
11.31 Mahan (South Carolina) Greensboro/Peace & Freedom (1.5) ..... 4/19/2008  
11.31 Mahan (South Carolina) Greensboro/NCAA East (h) (1.1) ..... 5/27/2010  
11.32 Battle (OSU) Iowa City/Big 10 (0.3) ..... 5/12/2019  
11.34 Mahan (South Carolina) Greensboro/NCAA East (q) (1.1) ..... 5/28/2010  
11.35 Mahan (South Carolina) Myrtle Beach (1.7) ..... 3/19/2011  
11.35 Mahan (South Carolina) Gainesville (1.2) ..... 4/ 6/2012  
11.35 Mahan (South Carolina) Brazzaville (1.6) ..... 6/10/2012  
11.35 Battle (OSU) Champaign/Big 10 (0.3) ..... 5/16/2021  
11.37 Mahan (Detroit Mumford HS) Jackson/Midwest Meet (1.7) ..... 6/ 9/2007  
11.37 Ashlee Abraham (Detroit Renaissance-OSU) Jacksonville/NCAA East (h) (1.7) ..... 5/23/2013  
11.37 Battle (OSU) Gainesville/Florida Relays (-0.1) ..... 3/29/2019  
11.37 Battle (OSU) Eugene/NCAA (h) (0.9) ..... 6/18/2021  
11.38 Mahan (Detroit Mumford HS) Indianapolis/USATF Juniors (0.0) ..... 6/21/2007  
11.39 Mahan (South Carolina) Columbus (1.3) ..... 6/20/2008  
11.39 Cindy Ofili (Ann Arbor Huron-UM) NCAA/Eugene (s) (1.8) ..... 6/11/2015  
11.39 Savannah Roberson (Ypsi Lincoln-Purdue) Bloomington/Big 10 (0.6) ..... 5/13/2018  
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11.40 Patrice Verdun (Flint Central-Florida St) Austin/Run-Texas Longhorn (2.0) ..... 5/ 9/1992  
11.42 Kendall Baisden (Detroit Country Day-Nike) Eagle Rock/Oxy Inv (0.8) ..... 5/ 6/2017  
11.42 Madison Meredith (Birm Groves-Missouri St) College Station/NCAA West (h) (0.8) ..... 5/27/2021  
11.43 Patrice Beasley (Romulus-EMU) Ypsilanti/Central Collegiates (0.0) ..... 4/22/2006  
11.45 Vivian McKenzie (Detroit Chadsey-Iowa) Evanston/Big 10 (h) (1.1) ..... 5/18/1985  
11.47 Grace Stark (White Lake Lakeland HS) Greensboro/New Balance (0.8) ..... 6/16/2018  
11.49 Crystal Braddock (Ann Arbor Pioneer-Texas) Austin/SWC (h) (1.9) ..... 5/20/1993

11.52(A) Elaine Jones (Detroit Chadsey-Iowa) Colorado Springs/Olympic Fest (0.6) ..... 7/ 3/1983  
11.54 Candice Davis (Ann Arbor Pioneer-USC) Los Angeles/vs UCLA (0.0) ..... 4/28/2007  
11.58 Jordan Clark (Southfield Lathrup HS) Brixen/World Youth Ch (qf) (0.9) ..... 7/ 8/2009  
11.63 Janae Hill (Detroit Pershing-MSU) Louisville (1.2) ..... 4/16/2016  
11.64 Shuntia Lucas (Benton Harbor-Wisconsin) East Lansing/Big 10 (1.0) ..... 5/14/2006  
11.64 Ashley Hines (Benton Harbor-Morgan St) Princeton (-1.1) ..... 5/17/2008  
11.67 Sandy Harris (Flint Beecher-SWMJC) San Angelo/JUCO (h) ..... 5/20/1982  
11.67 Judi Brown (East Lansing-Athletics West) San Jose/Jenner (0.0) ..... 4/19/1986  
11.67 Bridgette Owens (Southfield-Clemson) Charlottesville/ACC (h) (0.9) ..... 4/20/2012

### Wind-aided:

11.04 Kaila Jackson (Detroit Renaissance-Georgia) Walnut/Mt SAC (2.2) ..... 4/15/2023  
11.06 Anavia Battle (Wayne Memorial-OSU) Columbus/Owens (3.3) ..... 4/23/2022  
11.10 Battle (OSU) Columbus/Owens (3.3) ..... 5/ 1/2021  
11.11 Battle (OSU) Columbus/Owens (h) (3.5) ..... 4/23/2022  
11.12 Kendall Baisden (Detroit Country Day-Texas) Austin/Longhorn Inv (3.4) ..... 5/ 2/2015  
11.13 Shayla Mahan (Detroit Mumford-unat) Miramar (3.0) ..... 6/14/2015  
11.17 Battle Jacksonville (3.2) ..... 4/ 2/2021  
11.23 Mahan (South Carolina) Greensboro/Peace-Free (h) (5.1) ..... 4/19/2008

11.23	Mahan (unat)	Miramar (h) (2.4).....	6/13/2015
11.24	Battle (OSU)	Prairie View (4.1) .....	4/17/2021
11.25	Candice Davis (Ann Arbor Pioneer-unat)	Walnut/Mt SAC Relays (4.1) .....	4/20/2008
11.28	Battle (OSU)	Jacksonville (h) (3.2).....	4/ 2/2021
11.28	Madison Meredith (Birm Groves-Missouri St)	Lawrence/Rock Chalk Classic (4.3) .....	5/ 1/2021
11.29	Mahan (Detroit Mumford HS)	Indianapolis/USA Juniors (2.8).....	6/21/2007
11.33	Baisden (Texas)	Austin/Longhorn Inv (2.8).....	5/ 3/2014
11.33	Anavia Battle (Wayne Memorial-OSU)	Los Angeles (3.5).....	3/24/2018
11.34	Crystal Braddock (Ann Arbor Pioneer-Texas)	Austin/SWC (2.5) .....	5/21/1993
11.37	Braddock (Texas)	Austin/Run-Tex Longhorn (4.3).....	5/ 7/1993
11.37	Ashlee Abraham (Detroit Renaissance-OSU)	Jacksonville/NCAA East (3.8) .....	5/24/2013
11.37	Abraham (OSU)	Eugene/NCAA (h) (2.3).....	6/11/2014
11.38	Braddock (Texas)	New Orleans/NCAA (h) (3.6).....	6/ 3/1993
11.39	Mahan (South Carolina)	Eugene/USA Ch (h) (2.4).....	6/23/2011
11.39	Mahan (unat)	Eugene/USA Ch (h) (4.5).....	6/25/2015

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11.42	Vania Nelson (Ann Arbor Pioneer-EMU)	Kent/MAC (2.7) .....	5/17/1997
11.45	Vivian McKenzie (Detroit Chadsey-Iowa)	Lawrence (5.1).....	4/20/1985
11.45	Patrice Verdun (Flint Central-Florida St)	Walnut/Mt. SAC .....	4/21/1990
11.53	Cheyenne Williamson (Essexville G-SVSU)	Allendale/Extra Weekend (3.2) .....	4/30/2021
11.59	Candice Davis (Ann Arbor Pioneer-USC)	Stanford/Pac-10 (2.1).....	5/13/2007
11.60	Shuntia Lucas (Benton Harbor-Wisconsin)	Knoxville/NCAA Mideast (h)(2.3) .....	5/26/2006
11.62	Shirley Evans (Detroit Country Day-MSU)	Champaign/Big 10 (7.3).....	5/19/1990
11.63	J.T. Thomas (Detroit Osborn-Siena Heights)	Hillsdale/Relays .....	4/24/1992
11.63	Tiffany Ofili (Ypsilanti-UM)	Champaign/Big 10 (3.0).....	5/18/2008
11.64	Nikkie Bouyer (Lansing Sexton-Clemson)	(tfn) .....	/1999
11.66	Kyra Jefferson (Detroit Cass Tech HS)	Norfolk/AAU JO (h) (2.2).....	8/ 4/2010

**Hand-timed:**

11.0	Shayla Mahan (Detroit Mumford HS)	Warren/D1 Regional .....	5/18/2007
11.2	Mahan	Detroit/PSL.....	5/25/2006
11.3	Judi Brown (East Lansing-Athletics West)	Eugene .....	4/ 5/1986
11.4	Linda Blakely (Detroit NW-Texas Southern TC) ?/Gulf.....		5/ 9/1976

**Wind-aided, hand-timed:**

10.9	Vivien McKenzie (Detroit Chadsey-Iowa)	Ames.....	5/ 4/1985
11.2	McKenzie (Iowa)	Ames(h) .....	5/ 4/1985
11.3	McKenzie (Iowa)	Ames/Iowa State Inv. ....	5/ 3/1986
11.3	Shayla Mahan (Detroit Mumford HS)	Warren/D1 Regional .....	5/20/2005

**150 METERS**

16.99	Shayla Mahan (Det. Mumford-South Carolina)	Newcastle/City Games (1.0) .....	9/15/2012
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**200 METERS**

21.95	Anavia Battle (Wayne Memorial-OSU)	Eugene/Olympic Trials (1.3).....	6/26/2021
22.02	Kyra Jefferson (Detroit Cass Tech-Florida)	Eugene/NCAA (1.1) .....	6/10/2017
22.24	Jefferson (Florida)	Eugene/NCAA (1.9) .....	6/13/2015
22.26	Jefferson (Florida)	Jacksonville/NCAA East (qf) (0.5).....	5/30/2015
22.26	Jefferson (Florida)	Eugene/NCAA (s) (1.8).....	6/11/2015
22.28	Battle (OSU)	Jacksonville/NCAA East (q) (1.9).....	5/29/2021
22.32	Battle (OSU)	Eugene/Olympic Trials (s) (1.8) .....	6/25/2021
22.34	Jefferson (Florida)	Lausanne/Athletissima (-0.5).....	7/ 6/2017
22.37	Battle (OSU)	Eugene/Olympic Trials (h) (1.2) .....	6/24/2021
22.39	Jefferson (Florida)	Starkville/SEC (0.9).....	5/16/2015
22.42	Jefferson (Florida)	Monaco/Herculis (-0.2).....	7/21/2017
22.42	Battle (OSU)	Eugene/NCAA (0.2) .....	6/12/2021
22.42	Battle (OSU)	Columbia (0.4) .....	4/16/2022
22.43	Jefferson (Florida)	Columbia/SEC (h) (1.5).....	5/11/2017
22.48	Jefferson (Nike)	Des Moines/USATF (s) (-0.2).....	6/24/2018
22.50(A)	Jefferson (Florida)	San Jose/NACAC (1.3).....	8/ 9/2015
22.50	Battle (OSU)	Eugene/NCAA (s) (0.5).....	6/10/2021
22.53	Jefferson (Florida)	Eugene/NCAA (s) (1.8).....	6/11/2015
22.53	Jefferson (Florida)	Eugene/USATF (h) (0.6).....	6/27/2015
22.54	Battle (OSU)	Gainesville/Florida Relays (-1.2).....	3/29/2019
22.54	Battle (OSU)	Champaign/Big 10 (0.1).....	5/16/2021
22.54	Battle (OSU)	Tokyo/Olympic Games (h) (-0.2).....	8/ 2/2021
22.56	Jefferson (Florida)	Eugene/USATF (0.4) .....	6/28/2015
22.56	Jefferson (Florida)	Tuscaloosa/SEC (h) (1.6).....	5/12/2016
22.57	Jefferson (Florida)	Gainesville/Jones Memorial (0.7).....	4/28/2017
22.57	Jefferson (Nike)	Eugene/Olympic Trials (h) (0.7) .....	6/24/2021
22.58	Battle (OSU)	Jacksonville/NCAA East (h) .....	5/27/2021

22.60	Jefferson (Florida)	Eugene/NCAA (s) (0.4).....	6/ 8/2017
22.61	Jefferson (Florida)	Zurich/Weltklasse (0.1).....	8/24/2017
22.62	Jefferson (Florida)	Eugene/USATF (s) (1.5).....	6/28/2015
22.63	Jefferson (Nike)	Jacksonville (1.0).....	5/31/2021
22.65	Jefferson (Florida)	Baton Rouge/LSU Inv (-0.7).....	5/ 2/2015
22.65	Battle (OSU)	Champaign/Big 10 (h) (-0.2).....	5/14/2021
22.66	Jefferson (Florida)	Lexington/NCAA East (h) (0.2).....	5/26/2017
22.68	Jefferson (Florida)	Sacramento/USATF (-2.5).....	6/25/2017
22.69	Jefferson (Florida)	Lexington/NCAA East (q) (1.2).....	5/27/2017
22.69	Jefferson (Nike)	Paris (1.1).....	6/30/2018

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22.78	Kaila Jackson (Detroit Renaissance-Georgia)	Walnut/Mt SAC (1.5).....	4/15/2023
22.80	Kendall Baisden (Detroit Country Day-Texas)	Ames/Big 12 (h) (0.2).....	5/16/2015
22.91	Shayla Mahan (Det. Mumford-South Carolina)	Brazzaville (0.7).....	6/10/2012
23.00(A)	Michele Davis (Lansing Sexton-UNLV)	Air Force Academy/Mountain West (0.4)	5/18/2002
23.12	Nikkie Bouyer (Lansing Sexton-Clemson)	Lake Buena Vista/ACC (2.0).....	4/18/1998
23.17	Chloe Abbott (Northville-Purdue)	Bloomington/Big 10 (-0.5).....	5/13/2018
23.24(A)	Patrice Verdun (Flint Central-Florida St)	Boulder/Colorado Inv (0.0).....	5/ 2/1992
23.26	Savannah Roberson (Ypsi Lincoln-Purdue)	Bloomington/Big 10 (-0.5).....	5/13/2018
23.31	Crystal Braddock (Ann Arbor Pioneer-Texas)	New Orleans/NCAA (s) (1.8).....	6/ 4/1993
23.33	Sharay Hale (Detroit Renaissance-Columbia)	Princeton/ECAC (0.6).....	5/14/2011
23.36	Ashlee Abraham (Detroit Renaissance-OSU)	Jacksonville/NCAA East (0.7).....	5/31/2014
23.38	Chandra Burns (Detroit Northern-MSU)	Bloomington/NCAA (s) (0.0).....	6/ 6/1997
23.39	Anna Jefferson (Oak Park-Virginia)	Charlottesville/ACC (h) (1.7).....	5/ 9/2019
23.43	Tracey Ball (Cass Tech-SMU)	Walnut/Mt SAC (2.0).....	4/16/2000
23.43	Taylor Manson (East Lansing-Florida)	Gainesville (1.0).....	4/16/2021
23.46	Janeen Jones (Southfield-Georgia Tech)	Raleigh/ACC (1.6).....	4/23/1994
23.46	Cindy Ofili (Ann Arbor Huron-UM-GB)	Durham/Battle of the Blues (0.1).....	4/ 2/2016
23.46	Madison Meredith (Birm Groves-Missouri St)	Carbondale/Missour Valley (0.3).....	5/16/2021
23.51	Bridgette Owens (Southfield-Clemson)	Tucson/Click Classic (1.2).....	3/31/2012
23.53	Judi Brown (East Lansing-Nike)	Eugene (1.2).....	5/12/1984
23.53	Michelle Morris (Oak Park-LSU)	Baton Rouge/SEC (1.4).....	5/13/1984

**Wind-aided:**

22.65	Kyra Jefferson (Detroit Cass Tech-Florida)	Toronto/Pan-Am Games (s) (2.6).....	7/23/2015
22.79	Jefferson (Florida)	Baton Rouge/LSU Inv (2.4).....	4/30/2016
22.85	Kaila Jackson (Detroit Renaissance HS)	Las Vegas/AAU West Coast.....	7/11/2021
22.86	Chandra Burns (Detroit Northern-MSU)	Champaign/Big 10 (h) (3.5).....	5/24/1997
22.99	Kendall Baisden (Det Country Day-Texas)	Austin/Longhorn Inv (4.0).....	5/ 3/2014
23.01	Baisden (Texas)	Lubbock/Big 12 (4.3).....	5/18/2014
23.03(A)	Michele Davis (Lansing Sexton-UNLV)	Colorado Springs/WAC (2.9).....	5/22/1999
23.07	Burns (MSU)	Eugene/USA Ch (h) (2.9).....	6/26/1999
23.12	Chloe Abbott (Northville-Purdue)	Louisville/Inv (5.3).....	4/13/2018
23.12	Abbott (Kentucky)	Knoxville/Tennessee Relays (2.2).....	4/12/2019
23.25	Nikkie Bouyer (Lansing Sexton-Clemson)	Lake Buena Vista/ACC (h) (2.1).....	4/17/1998
23.27	Burns (MSU)	Knoxville (3.4).....	4/26/1998
23.29	Burns (MSU)	Fort-de-France/Perrine (2.3).....	5/ 1/1998
23.30	Burns (MSU)	University Park/Big 10(2.4).....	5/19/1996

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23.33	Vania Nelson (Ann Arbor Pioneer-EMU)	Kent/MAC.....	5/17/1997
23.33	Ashlee Abraham (Detroit Renaissance-OSU)	Baton Rouge/Battle on Bayou (2.1).....	4/ 5/2014
23.38	Shayla Mahan (Detroit Mumford HS)	Millersburg/USATF Region V (nwi).....	7/ 9/2006
23.42	Crystal Braddock (Ann Arbor Pioneer-Texas)	Austin/SWC (h) (2.1).....	5/20/1993
23.47	Carly Knazze (Southfield-UM)	Big 10 (2.2).....	5/20/2001

**Hand-timed:**

23.2	Judi Brown (East Lansing-Athletics West)	Eugene.....	4/ 5/1986
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**300 METERS**

36.39	Kendall Baisden (Detroit Country Day-adidas)	Houston/American Track League.....	7/23/2016
36.49	Kyra Jefferson (Detroit Cass Tech-Nike)	Ostrava/Golden Spike.....	6/20/2019
36.70	Anavia Battle (Wayne Memorial-OSU)	Philadelphia/Penn Relays.....	4/30/2022

**400 METERS**

50.46	Kendall Baisden (Detroit Country Day-Texas)	Lubbock/Big 12.....	5/18/2014
50.50	Baisden (Texas)	Eugene/USATF (s).....	6/26/2015
50.79	Taylor Manson (East Lansing-Florida)	Eugene/Olympic Trials.....	6/20/2021
50.98	Chloe Abbott (Northville-Kentucky)	Austin/NCAA.....	6/ 8/2019
51.04	Manson (Florida)	Eugene/NCAA (s).....	6/10/2021
51.11	Manson (Florida)	Eugene/Olympic Trials (s).....	6/19/2021
51.21	Delisa (Walton) Floyd (Det. Mackenzie-unat)	Houston.....	5/ 3/1987

51.22	Baisden (Texas)	Waco/Johnson invitational .....	4/18/2015
51.27	Baisden (Texas)	Toronto.....	7/23/2015
51.31	Baisden (Texas)	Austin/NCAA West (q) .....	5/29/2015
51.32	Baisden (Texas)	Eugene/NCAA.....	6/13/2014
51.32	Abbott (Kentucky)	Jacksonville/NCAA East (q).....	5/24/2019
51.38	Manson (Florida)	Jacksonville/NCAA East (q).....	5/29/2021
51.44	Floyd (Puma)	Walnut/Mt. SAC Relays .....	4/27/1986
51.44	Floyd (Flojo TC)	Houston/MOC .....	5/24/1990
51.44	Abbott (Kentucky)	Jacksonville/NCAA East (h).....	5/23/2019

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51.47	Janeen Jones (Southfield-Georgia Tech)	Atlanta/Griffin .....	5/21/1994
51.50	Kyra Jefferson (Detroit Cass Tech-Florida)	Gainesville/Florida Relays.....	4/ 3/2015
51.59	Alexandria Spruiel (Southfield Lathrup-NCAT)	Fayetteville/NCAA.....	6/13/2009
51.71	Chandra Burns (Detroit Northern-MSU)	Indianapolis/USA Ch.....	6/14/1997
51.88	Judi Brown (East Lansing-Athletics West)	Walnut/Mt. SAC .....	4/26/1987
52.16	Michele Davis (Lansing Sexton-UNLV)	Baton Rouge/NCAA .....	6/ 1/2002
52.29	Najah Floyd (Detroit Northern-CMU)	Oxford/MAC .....	5/12/2007
52.35	Becky Horn (Battle Creek C-WMU)	Oxford/MAC .....	5/12/2007
52.39	Anna Jefferson (Oak Park-Virginia)	Coral Gables.....	5/12/2018
52.40	Sharay Hale (Detroit Renaissance-Columbia)	New Haven/Heps .....	5/ 8/2011
52.43	Joyce Wilson (Warren Tower-UM)	Evanston/Big 10.....	5/19/1985
52.64	Michele Morris (Oak Park-LSU)	Starkville/SEC .....	5/18/1985
52.82	Jeanie Edwards (Detroit Denby-CMU)	Toledo/MAC.....	5/13/2006
52.91	Wendy Truvillion (Detroit Pershing-LSU)	Starkville/SEC .....	5/18/1985
52.99	Kari Karhoff (Durand-CMU)	Amherst/MAC.....	5/20/2000

**Relay Splits:**

50.88	Chloe Abbott (Northville-Kentucky)	Fayetteville/SEC (4x4).....	5/11/2019
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**800 METERS**

1:57.80	Delisa (Walton) Floyd (Det. Mackenzie-HTC)	Seoul/Olympic Games .....	9/26/1988
1:58.70	Floyd (Santa Monica TC)	Berlin/ISTAF.....	8/21/1987
1:58.82	Floyd (Santa Monica TC)	Hengelo, Holland .....	7/19/1987
1:58.82	Floyd (Houston TC)	Seoul/Olympic Games (s).....	9/25/1988
1:59.20	Floyd (Santa Monica TC)	San Jose/USA Ch.....	6/27/1987
1:59.20	Floyd (Houston TC)	Indianapolis/Olympic Trials .....	7/18/1988
1:59.24	Geena Gall (Grand Blanc-UM)	Eugene/Olympic Trials.....	6/25/2012
1:59.28	Kathi (Harris) Rounds (Walled Lake C-unat)	Atlanta/Olympic Trials .....	6/17/1996
1:59.35	Katie (Erdman) Waits (Cadillac-UM)	Sacramento/NCAA.....	6/ 9/2007
1:59.40	Floyd (Santa Monica TC)	Zurich/Weltklasse.....	8/19/1987
1:59.44	Floyd (Vector)	Grosseto .....	8/13/1990
1:59.46	Floyd (Vector)	Zurich/Weltklasse.....	8/15/1990
1:59.55	Floyd (Flojo TC)	London/Parcelforce GP.....	7/20/1990
1:59.66	Floyd (Santa Monica TC)	Golden Gala/Rome .....	7/22/1987
1:59.80	Floyd (Santa Monica TC)	San Jose/Jenner .....	5/30/1987
1:59.97	Rounds (unat)	Baden-Baden.....	7/12/1998
2:00.00	Floyd (Puma)	Eugene/USA Ch.....	6/21/1986

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2:00.31	Sue (Latter) Addison (Clarkston-Reebok)	Berlin/ISTAF.....	8/15/1986
2:00.60	Shannon Osika (Waterford Mott-Nike)	Nashville/Music City.....	6/ 6/2021
2:02.03	Amanda (Putt) Eccleston (Tecumseh-unat)	Concord/Martinez.....	6/ 1/2017
2:03.54	Erica Shepard (Detroit Cass Tech-Florida St)	Orlando/Florida IC.....	4/12/1997
2:03.66	Ersula Farrow (Oak Park-LSU)	Miami/Hurricane Inv .....	4/14/2018
2:03.71	Becca Addison (Grand Haven-unat)	Windsor.....	5/23/2015
2:03.73	Becky Horn (Battle Creek Central-WMU)	Des Moines/NCAA .....	6/12/2008
2:03.92	Jessica Forsyth (St Johns-NYAC)	Bloomington/National Inv .....	5/ 5/1996
2:04.04	Ashley Patten (Lake Orion-Missouri)	Manhattan/Big 12.....	5/15/2005
2:04.15	Rachael Walters (Lowell-GVSU)	Azusa/Clay Inv .....	4/19/2019
2:04.61	Angie Stanifer (Tecumseh-Georgia)	Gainesville/SEC.....	5/24/1998
2:04.65	Sarah Hamilton (Plymouth Salem-unat)	Hillsdale/Invitational .....	6/ 7/2001
2:04.6+	Francie (Kraker) Goodridge (Ann Arbor-Michi)	Los Angeles .....	7/ 4/1970

**1000 METERS**

2:42.5#	Amanda (Putt) Eccleston (Tecumseh-Brooks)	London/Diamond League (1500) .....	7/22/2016
2:44.13	Mari Chandler (Tawas-Farm Team)	Dubendorf.....	7/11/2002
2:46.18	Geena Gall (Grand Blanc-OTC)	Eugene/Oregon Preview .....	3/20/2010
2:49.1#	Eccleston (Brooks)	Eugene/Olympic Trials (1500).....	7/10/2016

**1500 METERS**

4:00.73	Shannon Osika (Waterford Mott-Nike)	Walnut/USATF Golden Games.....	5/ 9/2021
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4:00.93	Osika (Nike)	Stockholm/Bauhaus Galan.....	7/ 4/2021
4:01.16	Osika (Nike)	Eugene/Prefontaine .....	8/21/2021
4:01.80	Osika (Nike)	Chorzow/Skolimowska Memorial .....	9/14/2019
4:02.18	Osika (Nike)	Eugene/Olympic Trials .....	6/21/2021
4:03.25	Amanda (Putt) Eccleston (Tecumseh-Brooks)	London/Diamond League.....	7/22/2016
4:04.22	Osika (Nike)	Memphis .....	8/10/2019
4:04.48	Sue (Latter) Addison (Clarkston-Reebok)	Zurich/Weltklasse.....	8/19/1987
4:04.80	Osika (Nike)	Des Moines/USATF .....	7/27/2019
4:04.88	Eccleston (Brooks)	Padua .....	7/17/2016
4:04.92	Osika (Nike)	Minsk/USA vs Europe .....	9/10/2019
4:05.13	Addison (Reebok)	Hengelo/Blankers-Koen .....	6/27/1986
4:05.56	Eccleston (Brooks)	Greenville/Furman Elite .....	6/ 4/2016
4:05.73	Addison (Reebok)	Stockholm .....	7/ 1/1986
4:06.14	Osika (Nike)	Eugene/Olympic Trials (s).....	6/19/2021
4:06.17	Osika (Nike)	Greenville.....	6/ 3/2017
4:06.19	Eccleston (Brooks)	Eugene/Olympic Trials .....	7/10/2016
4:06.28	Osika (Nike)	Nashville .....	6/ 1/2019
4:06.80#	Osika (Nike)	Memphis/Murphey Mile.....	8/25/2018
4:06.84	Osika (Nike)	Des Moines/Drake Relays.....	4/24/2021
4:06.88	Osika (Nike)	Kortrijk.....	7/ 8/2017
4:06.89	Osika (Nike)	Naimette-Xhovemont .....	7/19/2017
4:06.91	Addison (Athletics West)	Los Angeles/Olympic Trials.....	6/24/1984
4:06.92	Osika (Nike)	Toronto/NACAC .....	8/12/2018
4:07.30	Addison (Reebok)	Zurich/Weltklasse.....	8/13/1986
4:07.35	Addison (Reebok)	Oslo/Bislett.....	7/ 5/1986
4:07.60	Osika (Nike)	Lapinlahti.....	7/16/2017
4:07.61	Addison (Reebok)	Cologne.....	8/17/1986
4:07.73	Osika (Nike)	Andujar .....	9/ 6/2019
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4:08.76	Sue (Frederick) Foster (AA Huron-Nike)	Indianapolis/TAC.....	6/16/1985
4:08.93	Becca Addison (Grand Haven-UM)	Greenville.....	5/30/2015
4:09.95	Geena Gall (Grand Blanc-UM)	Victoria/Classic .....	7/ 5/2013
4:11.04	Leah (O'Connor) Falland (Crowell Lex-MSU)	Columbus/Owens Classic .....	5/ 1/2015
4:11.18	Bethany Brewster (Saginaw VL-WRRT)	Sacramento/Olympic Trials (h).....	7/16/2004
4:11.48	Jamie Morrissey (Rochester Adams-UM)	Stanford/Cardinal Classic.....	4/21/2018
4:12.25	Amanda Mergaert (Utica-Utah)	Sacramento/USA Ch (h) .....	6/27/2014
4:12.46	Dillon McClintock (Owosso-MSU)	Austin/NCAA .....	6/ 6/2019
4:12.75	Francie (Kraker) Goodridge (Ann Arbor-LAC)	Munich/OG(h) .....	9/ 7/1972
4:13.36	Sarah Anderson (Forest Hills Central-MSU)	Eugene/NCAA.....	6/10/2021
4:13.83	Nicole Bush (Wyoming Kelloggsville-unat)	Oordegem.....	7/ 5/2014
4:13.88	Kelly Smith (Petoskey-Colorado)	Bloomington/NCAA .....	6/ 7/1997
4:14.25	Lisa Senakiewich (Davison-MSU)	Indianapolis/AMC .....	6/20/2009
4:14.27	Mari Chandler (Tawas-Farm Team)	Stanford/USA Ch .....	6/21/2002
4:14.35	Samantha Tran (Forest Hills Northern-UM)	Champaign/Big 10 .....	5/14/2021
4:15.04	Emily Oren (Hamilton-Hillsdale)	Phoenix.....	2/ 3/2021
4:15.21	Natalie Cizmas (MC Chippewa Hills-EMU)	Nashville .....	6/ 1/2019
4:15.22	Brook Handler (Rochester-UM)	Stanford/Jordan Inv.....	5/ 1/2016
4:15.47	Haley Meier (Grosse Pointe South-UM)	Tampa/NCAA East.....	5/26/2018
4:15.94	Katie Osika (Waterford Mott-MSU)	Raleigh/Raleigh Relays.....	3/24/2023
4:15.95	Katie Erdman (Cadillac-UM)	State College/Big 10 .....	5/13/2007
4:16.21	Kelsey Duerksen (Ann Arbor Pioneer-Indiana)	Indianapolis/AMC.....	6/15/2013
4:16.41	Rachele Schulist (Zeeland West-MSU)	Louisville/ACC-Big 10 Challenge .....	4/11/2015
4:17.14	Lauren Freeland (Kent City-MSU)	Bloomington/Indiana Invitational .....	4/22/2022
4:17.18	Annie Fuller (Manistee-MSU)	Charlottesville/Virginia Challenge .....	4/20/2019
4:17.50	Julie Lantis (Grass Lake-Illinois)	Des Moines/Drake Relays.....	4/28/1984
4:18.09	Sue Tomanek (South Lyon-EMU)	Ann Arbor/Paddock.....	5/16/1987
4:18.09	Melanie Helder (Hudsonville-MSU)	Bloomington/Indiana Invitational .....	4/22/2022
4:18.27	Andrea Bowman (Livonia Churchill-EMU)	Ann Arbor/Paddock.....	5/16/1987
4:18.37	Mandi Zemba (Menominee-GVSU)	Hillsdale .....	6/10/2007
4:18.43	Allie Ludge (GR Kenowa Hills-GVSU)	Allendale/NCAA II .....	5/27/2021
4:18.44	Hannah Meier (Grosse Pointe South HS)	Bloomington/USA Junior .....	6/17/2012
4:18.72	Victoria Heiligenthal (Milford-Wisconsin)	Champaign/Big 10 .....	5/14/2021
4:19.30	Cathy Schmidt (Grosse Pointe North-UM)	Madison/Big 10 .....	5/24/1986
4:19.33	Cally Macumber (Rochester Adams-Kentucky)	Louisville .....	4/13/2013
4:19.42	Klaudia O'Malley (McBain-GVSU)	Allendale/NCAA II .....	5/27/2021
4:19.66	Katie Hoebet (Ann Arbor Pioneer-Purdue)	Norwalk.....	4/15/2016
4:19.95	Laura Addison (Grand Haven-UM)	Stanford/Jordan Inv.....	5/ 2/2015

## MILE

4:23.93	Sue (Latter) Addison (Clarkston-Reebok)	Nice/Nikaia.....	7/15/1986
4:25.47	Shannon Osika (Waterford Mott-Nike)	Memphis/Murphey Mile.....	8/25/2018
4:25.64	Amanda (Putt) Eccleston (Tecumseh-Brooks)	Raleigh/Sir Walter Miler.....	8/ 5/2016
4:26.87	Eccleston (Brooks)	Huntington Station/Hoke One One.....	8/31/2016
4:28.45	Osika (UM)	Huntington Station/Hoke One One.....	8/31/2016
4:29.27	S. Addison (Reebok)	London.....	8/14/1987
4:29.91	Osika (Nike)	Bay Shore/Long Island Mile.....	9/ 5/2019
4:30.06	Eccleston (Brooks)	St Louis.....	6/ 3/2021
4:30.62	Osika (UM)	Raleigh.....	8/ 5/2016
4:30.72	Eccleston (Brooks)	Raleigh.....	8/ 6/2021
4:31.07	Eccleston (unat)	Concord/Martinez.....	6/ 5/2014
4:32.43	Osika (Nike)	Concord.....	6/ 7/2018
4:32.58	Eccleston (Brooks)	Bay Shore/Long Island Mile.....	9/ 4/2019
4:33.36	Sue (Frederick) Foster (AA Huron-Nike)	Villanova/Elliott Memorial.....	6/ 9/1985
4:33.67	Osika (Saucony)	Philadelphia/Penn Relays.....	4/29/2017
4:34.08	Eccleston (Brooks)	Memphis/Murphey Mile.....	8/25/2018
4:34.0	Foster (Nike)	Philadelphia/Penn Relays.....	4/27/1985
4:34.11	S. Addison (Oregon TC)	Villanova/Jumbo Elliott.....	6/12/1982
4:34.26	Becca Addison (Grand Haven-Saucony)	Philadelphia/Penn Relays.....	4/29/2017
4:34.64	Leah (O'Connor) Falland (Croswell Lex-adi)	Huntington.....	9/ 6/2017
4:34.9	Amanda Mergaert (Utica-Utah)	Concord/Martinez Classic.....	6/ 4/2015
4:35.15	S. Addison (Athletics West)	Brussels/Van Damme.....	9/11/1987
4:35.57	Eccleston (Brooks)	Raleigh.....	8/ 3/2018
4:36.09	S. Addison (Athletics West)	Westwood.....	5/18/1985
4:36.27	Nicole Bush (Wyoming Kelloggsville-unat)	Indianapolis/AMC III.....	6/16/2010
4:36.49	Eccleston (Brooks)	Falmouth.....	8/18/2018
4:36.98	Brook Handler (Rochester-UM)	Concord/Martinez Classic.....	6/ 2/2016
4:37.51	Addison (Saucony)	Memphis/Murphey Mile.....	8/25/2018
4:37.75	Cally Macumber (Rochester Adams-Kentucky)	Lexington.....	4/20/2013
4:37.99	S. Addison (Athletics West)	Westwood.....	5/13/1984
4:38.09	Eccleston (UM)	Philadelphia/Penn Relays.....	4/27/2013
4:39.23	Emily Oren (Hamilton-On)	Phoenix.....	1/23/2021
4:39.30	Victoria Heiligenthal (Milford-Wisconsin)	St Louis.....	6/ 3/2021
4:39.37	Eccleston (Brooks)	West Chester.....	8/ 9/2018
4:39.72	Osika (UM)	Philadelphia/Penn Relays.....	4/27/2013
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4:40.05	Jamie Morrissey (Rochester Adams-unat)	West Chester.....	8/ 8/2019
4:40.18	Samantha Johnson (Troy-Gazelle Elite)	Memphis.....	8/25/2018
4:40.48	Hannah Meier (Grosse Pointe South HS)	New York/adidas GP.....	5/25/2013
4:41.1+	Laura Matson (Bloomfield Hills Andover HS)	Bloomfield Hills/Oakland Co(4:39.4).....	5/24/1985
4:41.28	Mandi Zemba (Menominee-GVSU)	Hillsdale/Gina Relays.....	4/28/2007
4:41.34	Zofia Dudek (Ann Arbor Pioneer-POLAND)	Shoreham/Brooks PR.....	6/15/2019
4:42.11	Haley Meier (Grosse Pointe South HS)	New York/adidas GP.....	5/25/2013
4:42.44	Sara Barron (Pontiac Notre Dame-Vanderbilt)	Nashville/Music City.....	6/ 8/2014
4:42.5	Francie Goodridge (Ann Arbor-Liberty AC)	Berkeley/Kennedy Games.....	6/ 5/1971
4:42.74	Kelsey Duerksen (Ann Arbor Pioneer-Indiana)	Nashville.....	6/ 6/2015
4:43.34	Geena Gall (Grand Blanc-UM)	Philadelphia/Penn Relays.....	4/25/2009
4:44.72+	Megan Goethals (Rochester HS)	Fort Wayne/Midwest (4:43.05).....	6/12/2010

### 3000 METERS

8:51.23	Laura (Matson) Mykytok (BH Andover-Nike)	Nice/Nikaia.....	7/12/1995
8:51.37	Mykytok (Nike)	Eugene/Pre Classic.....	6/ 4/1995
8:52.54	Mykytok (Nike)	San Jose/Jenner GP.....	5/27/1995
8:54.32	Sharon Dickie-Thompson (Grand Blanc-Nike)	New York/Reebok.....	6/11/2005
9:00.92	Cally Macumber (Rochester Adams-Hansons)	Concord/Martinez Classic.....	6/ 1/2017
9:03.9	Sue Foster (Ann Arbor Huron-Nike)	Copenhagen.....	7/20/1985
9:04.09	Dickie-Thompson (Nike)	Carson/adidas.....	5/21/2006
9:04.33	Dickie-Thompson (Nike)	Glasgow/NU.....	6/ 5/2005
9:04.43	Foster (Nike)	Knoxville.....	5/10/1985
9:06.03	Lisa (Larsen) Weidenbach (BC Central-adi)	Burnaby, Can.....	7/ 9/1988
9:08.2	Mykytok (Asics)	Indianapolis/National Inv.....	5/ 7/1993
9:08.58	Anne Pewe (Olivet-MSU)	USOC Sports Fest.....	7/24/1982
9:09.40	Mandi Zemba (Menominee-GVSU)	Charlotte/NCAA II.....	5/26/2007
9:09.80#	Jenna Magness (Grand Ledge-MSU)	Charlottesville/Virginia Challenge (5K)...	4/22/2022
9:11.16	Pewe (Michigan St)	Knoxville/USA Ch.....	6/20/1982
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9:14.29	Jennifer Rioux (Livonia Ladywood-unat)	Knoxville/Dogwood Relays.....	4/12/1985
9:14.31	Erin Finn (West Bloomfield-UM)	Raleigh/Battle of the Blues.....	4/ 6/2018
9:14.3	Donna Donakowski (DH Riverside-EMU)	Philadelphia/Penn.....	4/28/1988

9:15.71	Nicole Bush (Wyoming Kelloggsville-unat)	Velletri.....	7/17/2010
9:15.89	Melanie Weaver (Mason County C-UM)	Knoxville//USA Ch.....	6/20/1982
9:16.48	Kelly McKillen (Dexter-Wisconsin)	Bloomington/Indiana Inv.....	5/ 3/1986
9:19.17#	Shannon Osika (Waterford Mott-Nike)	Des Moines/Drake Relays (2M).....	4/27/2018
9:20.05	Julie Lantis (Grass Lake-Illinois)	Eugene/NCAA (h).....	5/30/1984

### 3000 METER STEEPLECHASE

9:16.96	Leah (O'Connor) Falland (Crowell Lex-On)	Stockholm/Bauhaus Galan.....	7/ 4/2021
9:18.85	Falland (adidas)	Eugene/Pre Classic.....	5/28/2016
9:23.36	Falland (On)	Eugene/Olympic Trials (h).....	6/20/2021
9:24.59	Nicole Bush (Wyoming Kelloggsville-New Bal)	Heusden/KBC Nacht.....	7/19/2014
9:27.06	Falland (On)	Eugene/Olympic Trials.....	6/24/2021
9:28.72	Falland (On)	Walnut/USATF Golden Games.....	5/ 9/2021
9:32.53	Falland (On)	Des Moines/Drake Relays.....	4/24/2021
9:34.76	Bush (New Balance)	Nashville/Music City.....	6/ 8/2014
9:31.03	Falland (adidas)	Eugene/USATF.....	6/27/2015
9:33.38	Falland (MSU)	Eugene/NCAA.....	6/13/2015
9:35.33	Falland (MSU)	Jacksonville/NCAA East (h).....	5/29/2015
9:35.77	Falland (adidas)	Eugene/Olympic Trials (h).....	7/ 4/2016
9:36.43	Falland (MSU)	Eugene/NCAA.....	6/13/2014
9:36.71	Bush (New Balance)	Glasgow.....	7/12/2014
9:39.36	Bush (unat)	Ponce/GP.....	5/18/2013
9:39.38	Bush (MSU)	Stanford/Jordan Inv.....	5/ 2/2009
9:39.84	Bush (New Balance)	Portland/Track Festival.....	6/12/2016
9:40.27	Bush (unat)	Eugene/Olympic Trials.....	7/ 3/2008
9:40.49	Bush (MSU)	Fayetteville/NCAA.....	6/12/2009
9:40.49	Bush (unat)	Naimette-Xhovemont.....	7/13/2010
9:40.65	Emily Oren (Hamilton-Hillsdale)	Nashville.....	6/10/2017
9:41.16	Falland (MSU)	Eugene/USTF (h).....	6/25/2015
9:41.87	Bush (Michigan St)	Columbus/Big 10.....	5/16/2009
9:41.88	Falland (MSU)	Charlottesville/Virginia Challenge.....	4/17/2015
9:41.92	Oren (On)		
9:44.68	Bush (New Balance)	New York/adidas.....	6/13/2015
9:44.73	Falland (On)	Phoenix.....	4/ 3/2021
9:44.75	E. Oren (Hillsdale)	Des Moines/USATF.....	6/23/2018
9:46.30	Bush (New Balance)	Eugene/Olympic Trials (h).....	7/ 4/2016
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9:50.08	Betsy Graney (GP North-William & Mary)	Eugene/Olympic Trials (h).....	7/ 4/2016
9:54.19	Alice Hill (Ann Arbor Pioneer-UM)	Bloomington/Hayes Inv.....	5/ 1/2021
10:02.46	Kayla Windemuller (Holland Christian-UM)	Stanford/Invitational.....	4/ 1/2022
10:02.92	Andrea Parker (Livonia Stevenson-unat)	Stanford/Jordan Inv.....	5/ 1/2010
10:04.86	Alex Leptich (Saline-UM)	Charlottesville/Tri.....	4/ 5/2014
10:10.91	Karrigan Smith (St Johns-MSU)	Charlottesville/Virginia Challenge.....	4/20/2019
10:11.40	Molly Oren (Hamilton-Hillsdale)	Bradenton/NCAA II.....	5/26/2016
10:11.56	Megan Weschler (Wyandotte-UM)	Charlottesville/Tri.....	4/ 5/2014
10:14.51	Anne Sommerville (Iron Mountain-MSU)	Baton Rouge/NCAA (h).....	5/30/2002
10:14.53	Arianne Field (Kalamazoo Hackett-UM)	Sacramento/NCAA (h).....	6/ 6/2007

### 2 MILES

9:58.10	Shannon Osika (Waterford Mott-Nike)	Des Moines/Drake Relays.....	4/27/2018
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### 5000 METERS

15:17.11	Laura (Matson) Mykytok (BH Andover-Asics)	Philadelphia/Penn.....	4/27/1995
15:26.08	Erin Finn (West Bloomfield-UM)	Stanford/Jordan Inv.....	5/ 4/2014
15:26.21	Jenna Magness (Grand Ledge-MSU)	Charlottesville/Virginia Challenge.....	4/22/2022
15:27.52	Mykytok (Nike)	Sacramento/USATF.....	6/15/1995
15:30.60	Cally Macumber (Rochester Adams-Newton)	Azusa/Sunset Tour.....	7/ 9/2019
15:31.43	Nicole Bush (Wyoming Kelloggsville-MSU)	Stanford/Jordan Inv.....	5/ 4/2014
15:32.61	Leah (O'Connor) Falland (Crowell-Lex-On)	Austin.....	2/26/2021
15:32.88	Finn (UM)	Stanford/Jordan Inv.....	5/ 2/2015
15:32.89	Zofia Dudek (AA Pioneer-Stanford)	Stanford/Invitational.....	3/31/2023
15:32.91	Magness (MSU)	Eugene/NCAA.....	6/ 9/2021
15:33.15	Finn (UM)	Stanford/Cardinal Classic.....	4/21/2018
15:33.2	Lisa (Larsen) Weidenbach (BC Central-NBal)	Seattle.....	6/27/1990
15:33.63	Megan Goethals (Rochester-Washington)	Walnut/Mt SAC Relays.....	4/19/2013
15:34.50	Finn (unat)	Portland/Track Festival.....	6/12/2016
15:36.33	Rachele Schulist (Zeeland West-MSU)	Charlottesville/Virginia Challenge.....	4/19/2015
15:37.47	Emily Oren (Hamilton-Gazelle Elite)	Stanford/Jordan Inv.....	5/ 2/2019
15:38.20	Finn (UM)	Cerritos/Mt SAC Relays.....	4/15/2016

15:38.33	Falland (adidas)	Charlottesville/Virginia Challenge .....	4/23/2016
15:38.54	Mandi Zemba (Menominee-GVSU)	Walnut/Mt SAC Relays .....	4/13/2007
15:38.82	Magness (MSU)	Champaign/Big 10 .....	5/16/2021
15:40.14	Magness (MSU)	Bloomington .....	4/16/2021
15:40.41	Falland (On)	San Juan Capistrano/The Track Meet ..	12/ 4/2020
15:41.35	Sharon Dickie-Thompson (Grand Blanc-Nike)	New York/Reebok .....	6/ 3/2006
15:41.35	Finn (UM)	Walnut/Mt SAC Relays .....	4/18/2014
15:41.80	Finn (UM)	Charlottesville/Virginia Challenge .....	4/19/2015
15:43.61	Amanda Mergaert (Troy-Brooks)	Stanford/Jordan Inv.....	5/ 2/2015
15:43.76	Shannon Osika (Waterford Mott-Nike)	Eagle Rock.....	5/16/2019
15:44.14	Amanda (Putt) Eccleston (Tecumseh-Brooks)	Portland/Track Festival .....	6/12/2016
15:44.27	Mykytok (Asics)	Philadelphia/Penn .....	4/22/1993
15:44.38	Oren (On)	San Juan Capistrano/The Track Meet ..	12/ 4/2020
15:45.2	Weidenbach (adidas)	Eugene/Pre .....	7/ 2/1988
15:45.59	Dickie (Knoxville Elite)	Waltham/High Performance 2 .....	5/29/2004
15:46.29	Oren (On)	Austin.....	2/26/2021
15:46.82	Goethals (Washington)	Austin/NCAA West.....	5/26/2012
15:48.62	Zemba (GVSU)	Stanford/Cardinal Inv .....	4/30/2006
15:48.90	Finn (UM)	West Lafayette/Big 10.....	5/18/2014
15:48.95	Mykytok (Nike)	Goteborg/World Champs (h).....	8/10/1995

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15:52.65	Samantha Tran (Forest Hills Northern-UM)	Stanford/Invitational .....	3/31/2023
15:53.58	Ali Wiersma (Allendale-MSU)	Charlottesville/Virginia Challenge .....	4/23/2016
15:54.27	Ericka VanderLende (Rockford-UM)	Big 10 Inv.....	4/16/2021
15:54.35	Rachel Patterson (Rochester Adams-GVSU)	Stanford/Invitational .....	4/ 6/2012
15:54.52	Erin Webster (Dear. Divine Child-UM)	Stanford/Invitational .....	3/31/2007
15:54.98	Adelyn Ackley-Fairley (Hart-Liberty)	Stanford/Invitational .....	4/ 1/2022
15:55.56	Gina Valgoi (Harper Woods Regina-Loyola)	Walnut/Mt SAC Relays .....	4/19/2013
15:56.68	Betsy Graney (Grosse Pointe North-GVSU)	Stanford/Invitational .....	4/ 6/2012
15:58.05	Jordann McDermitt (Davison-EMU)	Torrance/Mt SAC Relays .....	4/14/2017
15:59.09	Bethany Brewster (Saginaw VL-WRRT)	Stanford/Stanford Inv .....	3/26/2004
15:59.37	Erin McDonald (Midland Dow-MSU)	Raleigh/Relays.....	3/30/2019
16:01.3	Chris Cooper (Richland Gull Lake-CMU)	Philadelphia/Penn .....	4/23/1987
16:04.99	Brook Handler (Rochester-UM)	Walnut/Mt SAC Relays .....	4/18/2014
16:05.18	Rebecca Walter (Beverly Hills Groves-UM)	East Lansing/Big 10 .....	5/14/2006
16:05.75	Julia Otwell (Traverse City Central-MSU)	Charlottesville/Virginia Challenge .....	4/19/2015
16:07.20	Haley Meier (Grosse Pointe South-UM)	Stanford/Cardinal Classic.....	4/21/2018
16:07.37	Rachel DaDamio (Birm Seaholm-Notre Dame)	Charlottesville/ACC.....	5/11/2019
16:08.08	Lindsay Clark (Walled Lake Western-MSU)	Charlottesville/Virginia Challenge .....	4/19/2015
16:08.67	Jamie Krzyminski (Corunna-MSU)	Walnut/Mt SAC Relays .....	4/16/2004
16:08.78	Jessi Larson (Saline-Michigan)	Big 10 Inv.....	4/16/2021

### 10,000 METERS

31:51.84	Erin Finn (West Bloomfield-unat)	Stanford/Jordan Inv.....	5/ 1/2016
32:15.88	Lisa Weidenbach (BC Central-adidas)	Indianapolis/Oly Trials.....	7/22/1988
32:41.65	Finn (UM)	West Lafayette/Big 10 .....	5/16/2014
32:45.51	Finn (UM)	Bloomington/Big 10 .....	5/11/2018
32:50.14	Finn (UM)	Eugene/NCAA.....	6/12/2014
32:52.78	Megan Goethals (Rochester-Washington)	Stanford/Stanford Inv .....	3/92/2013
32:52.81	Jamie Krzyminski (Corunna-MSU)	Stanford/Stanford Inv .....	3/26/2004
32:52.87	Krzyminski (MSU)	Sacramento/NCAA.....	6/12/2003
32:57.32	Sharon Dickie (Grand Blanc-Knoxville Elite)	Stanford/Cardinal Inv .....	4/30/2004
33:05.77	Goethals (Washington)	Stanford/Inv.....	4/ 4/2014
33:06.70	Melanie Weaver (Mason County Central-UM)	Houston/NCAA.....	6/ 1/1983
33:07.80	Gina Valgoi (HW Regina-Loyola)	Stanford/Invitational .....	3/29/2013
33:08.3	Weidenbach (adidas)	Seattle.....	6/ 8/1988

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33:09.61	Rebecca Walter (Beverly Hills Groves-UM)	Stanford/Stanford Inv .....	4/ 1/2006
33:21.12	Audrey DaDamio (Birm Seaholm-Stanford)	Stanford/Inv.....	3/31/2023
33:21.42	Rachel Patterson (Rochester Adams-unat)	Stanford/Jordan Inv.....	4/28/2013
33:24.97	Rachele Schulist (Zeeland West-MSU)	Eugene/NCAA.....	6/ 9/2016
33:30.8	Mary Peruski (Dearborn Edsel F-Dominos)	Dedham/Metrowest 2 .....	5/30/1992
33:35.56	Makayla Perez (Southgate-WMU)	Raleigh/Raleigh Relays.....	3/23/2023
33:37.17	Jenna Magness (Grand Ledge-MSU)	Minneapolis/Big 10 .....	5/13/2022
33:37.37	Jordann McDermitt (Davison-EMU)	Stanford/Invitational .....	3/31/2017
33:39.92	Jessi Larson (Saline-UM)	Champaign/Big 10 .....	5/14/2021
33:48.22	Rachel Walny (Mt. Clemens CV-Bowling G)	Torrance/Mt SAC Relays .....	4/19/2018
33:49.00	Adelyn Ackley-Fairley (Hart-Liberty)	Charlottesville/Virginia Challenge .....	4/22/2022
33:49.21	Ali Wiersma (Allendale-Michigan St)	Eugene/NCAA.....	6/ 9/2016



33:50.22	Ericka VanderLende (Rockford-UM)	Champaign/Big 10 .....	5/14/2021
33:51.94	Erin Webster (Dear Divine Child-UM)	Stanford/Cardinal Inv .....	4/29/2007
33:52.32	Rachel McCardell (B Seaholm-Northwestern)	Raleigh/Raleigh Relays.....	3/23/2023
33:53.49	Melanie Brender (SH Stevenson-MSU)	Raleigh/Relays.....	3/27/2015
33:54.70	Amber Way (Charlevoix-MSU)	Raleigh/Relays.....	3/24/2017
33:58.69	Jennifer Rioux (Liv Ladywood-Wake Forest)	Durham/ACC.....	4/22/1988
33:58.80	Jen Denkins (Flushing-MSU)	Stanford/Stanford Inv .....	3/24/2000

### HALF-MARATHON

1:10:08	Lisa (Larsen) Weidenbach (BC Central-NBAl)	Seattle.....	11/24/1990
1:11:44a	Weidenbach	Las Vegas.....	2/ 6/1993
1:12:15	Weidenbach	Kyoto/City.....	3/20/1994
1:12:19	Cally Macumber (Rochester Adams- Hansons)	Houston.....	1/19/2020
1:12:35	Weidenbach	Orlando/Citrus Bowl .....	12/ 7/1991
1:12:47	Ann Boyd (Port Huron)	Chicago.....	10/ 3/1993
1:12:54	Weidenbach	Sapporo .....	7/ 8/1990
1:13:14	Weidenbach	Kyoto/City.....	3/19/1995
1:13:22	Weidenbach	Vancouver/PRR First Half.....	2/13/1994
1:13:27	Jeannette (Seckinger) Faber (Gull L-Brooks)	Duluth .....	6/16/2012
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1:14:34	Gabby Anzalone (Grand Blanc)	Houston.....	1/20/2019
1:14:38	Cheri Sly (Dexter)	Orlando/Citrus Bowl .....	12/10/1988
1:14:40	Rachel McFarlane (Livonia Churchill)	Detroit/Free Press.....	10/19/2014
1:14:49	Rachel Walny (Clinton Twp Chippewa Valley)	Indianapolis.....	11/ 9/2019
1:15:07	Kelli Smith (NorthPointe Christian)	Hardeeville .....	12/ 5/2021
1:16:08	Megan O'Neil (Remus Chippewa Hills)	Hardeeville .....	12/ 6/2020
1:16:10	Cristina McKnight (Forest Hills Northern)	Indianapolis.....	11/ 9/2019
1:16:12	Sharon (Dickie) Thompson (Grand Blanc)	Nashville .....	4/24/2010
1:16:25	Megan Goethals (Rochester-Hansons)	Orlando/Disney .....	1/10/2015
1:16:39	Danae Dracht (Hudsonville Freedom Christ)	Carlsbad.....	1/19/2020
1:17:23	Michele Suszek Yates (Alpena)	Columbus/Spirit of Columbus.....	8/30/2009
1:17:24	Lori Stich-Zimmerman (Morley Stanwood)	Austin .....	2/16/2003
1:17:32	Ashley Carroll (Flint Powers)	Weott/Humboldt Redwoods .....	10/21/2012
1:17:36	Alyssa (Penning) McElheny (GR Christian)	Grand Rapids.....	10/17/2021
1:17:46	Jessie Vickers (Dexter)	Las Vegas .....	11/17/2019
1:17:53	Jennifer Pope (Pinckney)	Dallas.....	12/12/2021

### MARATHON (a=aided course)

2:28:15	Lisa Weidenbach (BC Central-New Balance)	London/World Cup .....	4/22/1990
2:28:15	Weidenbach	Chicago/Old Style .....	10/29/1989
2:29:17	Weidenbach	Chicago/Old Style .....	10/30/1988
2:31:06	Weidenbach	Pittsburgh/Olympic Trials .....	5/ 1/1988
2:31:23	Cristina McKnight (Forest Hills Northern)	Chandler/Marathon Project.....	12/20/2020
2:31:29a	Weidenbach	Hokkaido.....	8/26/1990
2:31:31	Weidenbach	Chicago.....	10/21/1984
2:32:37	Jeannette Faber (Richland Gull Lake-Brooks)	Minneapolis/Twin Cities .....	10/ 7/2012
2:32:44	Weidenbach	Osaka/International.....	1/27/1991
2:33:10	Weidenbach	Olympia/Olympic Trials .....	5/12/1984
2:33:32	Weidenbach	Houston/Olympic Trials.....	1/26/1992
2:33:33	Weidenbach	Sapporo .....	8/ 4/1991
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2:33:46	Laura Portis (Richland Gull Lake)	Minneapolis/Twin Cities .....	10/ 6/2013
2:34:09	Kelli Smith (NorthPointe Christian)	Houston.....	1/16/2022
2:35:15a	Ann Boyd (Stewart) (Port Huron-New Balance)	Duluth/Grandma's .....	10/19/1993
2:38:22	Ella Willis (Detroit Pershing)	Detroit .....	10/15/1989
2:38:37	Michele Suszek (Alpena)	Seattle/Rock n Roll .....	6/27/2009
2:38:44	Lori Stich-Zimmerman (Morley Stanwood)	St Louis/Olympic Trials .....	4/ 3/2004
2:39:49a	Cindy (Barber) Keeler (Lincoln Park)	Boston.....	4/20/1998
2:40:24	Sharon (Dickie) Thompson (Grand Blanc)	Atlanta/Olympic Trials .....	2/29/2020
2:41:31	Brittini Hutton (Milford)	Duluth/Grandma's .....	6/16/2018
2:41:32	Danielle Miller (Fraser-Hansons)	Houston.....	1/18/2015
2:41:35	Gabby Anzalone (Grand Blanc)	St Paul/Grandma's.....	10/ 6/2019
2:41:37a	Caitlin (Smith) Robinson (Traverse City West)	Boston.....	4/18/2011
2:42:05	Cheri Sly (Dexter)	Puteaux/Haute de Seine .....	9/16/1990
2:42:09	Jessie Vickers (Dexter)	Atlanta/Olympic Trials .....	2/29/2020
2:42:37	Danae Dracht (Hudsonville Freedom Christ)	Duluth/Grandma's .....	6/21/2019
2:42:47	Kameron Burmeister (Menominee)	Duluth/Grandma's .....	6/21/2019
2:43:00	Karen (Blackford) Hubbard (Wyoming Park)	Detroit/Free Press.....	10/14/1984
2:43:12	Sarah Hinkley (Reading)	Detroit/Free Press.....	10/19/2008

2:43.28	Jennifer Pope (Pinckney)	Houston.....	1/16/2022
2:43.34	Jamie Krzymynski (Corunna)	Chicago/La Salle Bank.....	10/22/2006
2:43.40	Libby (Carpenter) Bigelow (Whitehall)	Duluth/Grandma's .....	6/21/2019
2:43.45	Andi Ripley (Rockford)	Chicago.....	10/13/2019
2:43:55a	Erin O'Mara (Goodrich)	Sacramento/Cal International.....	12/ 4/2011
2:43:56	Megan O'Neil (Remus Chippewa Hills)	Chicago.....	10/10/2021
2:44:02	Seana Larson (Ann Arbor Pioneer)	St Louis/Olympic Trials .....	4/ 3/2004
2:44:06a	Ashley Carroll (Flint Powers)	Sacramento/Cal International.....	12/ 4/2011
2:44:27	Courtney (Brewis) Peterson (Dearborn DC)	Indianapolis.....	11/ 4/2017
2:45:01	Katie (Clifford) Jazwinski (GR West Catholic)	Grand Rapids.....	10/17/2010
2:45:23	Angela Moll (Ewen Trout Creek)	Duluth/Grandma's .....	6/21/2019
2:45:39	Susie Rivard (Brighton)	Chicago.....	10/13/2019
2:46:27	Sarah Plaxton (Midland Bullock Creek)	Philadelphia .....	11/24/2002
2:46:45	Melanie Schultz Peters (Davison)	Tampa/Gasparilla Classic .....	2/10/2008
2:46:56a	Sue Parks (Ypsilanti)	Metairie/Mardi Gras .....	2/18/1979
2:47:21	Brooke (Eilers) Slayman (Holland Christian)	Columbus.....	10/21/2018
2:47:40	Rachel DaDamio ((Birmingham Seaholm)	Chicago.....	10/10/2021
2:48:24	Marybeth Reader (Armada-Front Line)	Houston/Chevron .....	1/13/2008
2:48:40a	Karen McKeachie (Dexter)	Metairie/Mardi Gras .....	2/18/1979
2:49:04a	Laura Bell (Otisville Lakeville)	Duluth/Grandma's .....	6/19/1999
2:49:12	Kathy (Kubicki) Rink (Rochester Adams)	Detroit/Free Press.....	10/18/1998
2:49:26	Nora Colligan (Rockford)	Chicago.....	10/12/2014
2:49:29	Kelli Lusk (Battle Creek Lakeview)	St Paul .....	10/ 3/1999
2:49:36	Katy Hollbacher (Petoskey)	Long Beach.....	11/14/1999

### 50-METER HURDLES

6.92	Tiffany (Ofili) Porter (Ypsilanti-GB)	Manchester (-1.9).....	5/25/2013
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### 100 METER HURDLES

12.51	Tiffany (Ofili) Porter (Ypsilanti-GB)	Marrakech/Continental Cup (0.7) .....	9/14/2014
12.54	Anna Cockrell (Detroit Country Day MS-USC)	Eugene/NCAA (s) (1.1) .....	6/10/2021
12.55	Porter (GB)	Moscow/World Champs (-0.6).....	8/17/2013
12.56	Porter (GB)	Daegu/World Ch (s) (0.7).....	9/ 3/2011
12.56	Porter (GB)	Clermont (1.8).....	4/18/2015
12.58	Cockrell (USC)	Eugene/Olympic Trials (0.8).....	6/20/2021
12.58	Cockrell (USC)	Eugene/NCAA (0.4) .....	6/12/2021
12.59	Cockrell (USC)	Eugene/Olympic Trials (s) (1.3) .....	6/20/2021
12.60	Porter (GB)	Monaco/Herculis (0.9).....	7/22/2011
12.60	Cindy Ofili (Ann Arbor Huron-UM)	Eugene/NCAA (1.7) .....	6/13/2015
12.63	Porter (GB)	Daegu/World Ch (1.1) .....	9/ 3/2011
12.63	Porter (GB)	Moscow/World Champs (s) (-0.6) .....	8/17/2015
12.63	Porter (GB)	Zurich/Euro Champs (s) (-0.1) .....	8/12/2014
12.63	Cockrell (USC)	Eugene/Olympic Trials (h) (1.0) .....	6/19/2021
12.65	Porter (GB)	Kingston/Jamaica Inv (1.5).....	5/ 5/2012
12.65	Porter (GB)	Ostrava/Golden Spike (1.6).....	5/25/2012
12.65	Porter (GB)	Lausanne/Athletissima (1.2).....	7/ 4/2013
12.65	Porter (GB)	Manchester/City Games (1.7) .....	5/17/2014
12.65	Porter (GB)	Doha/Diamond League (0.9).....	5/15/2015
12.64	Porter (GB)	Berlin/ISTAF (0.0) .....	8/31/2014
12.65	Porter (GB)	Birmingham/Sainsbury's (1.5).....	6/ 7/2015
12.66	Ofili (UM)	Cerritos/Mt SAC Relays (2.0).....	4/16/2016
12.67	Porter (GB)	Clermont (h) (1.9).....	4/18/2015
12.69	Porter (GB)	Zurich/Euro Champs (h) (-2.0) .....	8/12/2014
12.69	Porter (GB)	Rome/Golden Gala (1.0).....	6/ 4/2015
12.69	Cockrell (USC)	Austin/NCAA (2.0).....	6/ 9/2019
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12.71	Candice (Davis) Price (AA Pioneer-unat)	Portland/adidas Classic (0.6).....	5/18/2008
12.71	Bridgette Owens (Southfield-Clemson)	Des Moines/NCAA (h) (1.7) .....	6/ 7/2012
12.73	Grace Stark (White Lake Lakeland-Florida)	Eugene/NCAA (s) .....	6/10/2021
12.77	Kim (Turner) McKenzie (Det Mumford-Mazda)	Walnut/Mt. SAC (1.5).....	4/18/1992
12.86	Deby LaPlante (Taylor Center-San Diego St)	Walnut/USA Ch (1.5) .....	6/16/1979
12.93	Raven Clay (Detroit Cody-unat)	Miami/Hurricane Alumni Invitational (2.0) 4/ 9/2016	
13.06	Asia Laurencin (Oak Park-UM)	Bloomington/NCAA East (h) (0.5) .....	5/26/2022
13.16	Savannah Roberson (Ypsi Lincoln-Purdue)	Bloomington/Big 10 (-0.2) .....	5/13/2018
13.18	Landria Buckley (Romulus-Howard)	Greensboro/NCAA East (h) (2.0) .....	5/28/2010
13.19	Asia Laurencin (Oak Park-Texas)	Manhattan/Big 12 (h) (1.2) .....	5/15/2021
13.28	Nikkie Bouyer (Lansing Sexton-Tucson Elite)	Tucson .....	4/22/2000
13.28	Alexis Franklin (Allen Park MS-Ohio St)	Jacksonville/NCAA East (s) (0.6) .....	5/31/2016
13.30	Tamera Thomas (Lansing Everett-CMU)	Stanford/Stanford Inv (-0.5).....	3/31/2007

13.34	Lela Nelson (Detroit Mumford-EMU)	Athens/MAC (-0.4) .....	5/14/2005
13.35	Tonya Lowe (Flint Northern-Kentucky)	Baton Rouge/SEC (1.8) .....	5/13/1984
13.40	Britten Bowen (Ann Arbor Pioneer HS)	Kentwood/D1 State (-0.2).....	6/ 3/2017
13.41	Kalena Franklin (Ogemaw Heights-GVSU)	Walnut/Mt SAC Relays (-0.2).....	4/18/2014
13.41	Sami Michell (Reed City-Michigan)	Lincoln/Big 10 (h) (2.0).....	5/14/2016
13.43	Candice Wheat (Pontiac Northern-GVSU)	San Angelo/NCAA II (h) (1.6).....	5/22/2009
13.46	Leslie Aririguzo (West Bloomfield-Virginia T)	Bloomington (1.0).....	5/28/2011
13.58	Laticia Sims (Farmington HH-South Florida)	Tampa (1.3) .....	4/11/2015
13.59	Cheyenne Williamson (Essexville G-SVSU)	Allendale/NCAA II (1.1).....	5/27/2021
13.60	Judi Brown (East Lansing-Athletics West)	Eugene (1.8) .....	5/23/1985
13.60	Shayla France (L'Anse Creuse-Indiana Tech)	Gulf Shores/NAIA (0.9) .....	5/24/2014

**Wind-aided:**

12.47	Tiffany (Ofili) Porter (Ypsilanti-GB)	Gainesville/Jones .....	4/21/2012
12.57	Porter (UM)	Eugene/USA Ch (h) (2.4).....	6/27/2009
12.62	Bridgette Owens (Southfield-Florida)	Eugene/NCAA (2.8) .....	6/14/2014
12.66	Candice Davis (Ann Arbor Pioneer-unat)	Eugene/Olympic Trials (3.8).....	7/ 6/2008
12.66	Porter (UM)	Eugene/USA Ch (h) (2.2).....	6/28/2009
12.71	Porter (GB)	Kingston/IWC (2.9).....	5/ 7/2016
12.75	Owens (Florida)	Tallahassee/Florida Relays (2.1) .....	4/ 3/2015
12.79	Anna Cockrell (Detroit Country Day MS-USC)	Stanford/Pac-12 (h) (2.4) .....	5/12/2018
12.81	Porter (UM)	Des Moines/Drake Relays (4.5) .....	4/26/2008
12.81	Cindy Ofili (Ann Arbor Huron-UM)	Eugene/NCAA (s) (3.7) .....	6/11/2015
12.82	Porter (UM)	Des Moines/Drake Relays (3.1) .....	4/25/2009

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12.87	Raven Clay (Detroit Cody-unat)	Clermont/Spring Inv (3.8).....	4/15/2017
12.88	Kim McKenzie (Detroit Mumford-Mazda)	Norwalk/TAC (h) (5.7) .....	6/14/1990
12.90	Deby LaPlante (Taylor Center-San Diego St)	San Juan/Pan-Am Games (3.9).....	7/13/1979
13.14	Aasia Laurencin (Oak Park-Texas)	College Station/NCAA West (h) (2.4).....	5/27/2021
13.17(A)	Nikkie Bouyer (Lansing Sexton-Tucson Elite)	El Paso/UTEP Inv (4.6).....	4/15/2000
13.26	Tamera Thomas (Lansing Everett-CMU)	Knoxville/NCAA Mideast (h) (2.8) .....	5/26/2006
13.42	Robin Landfair (Okemos-UM)	Minneapolis/Big 10 (2.8) .....	5/18/2003
13.50	Kim Willis (Southgate Aquinas-OSU)	Austin/AIAW (2.4) .....	5/28/1981

**400 METER HURDLES**

53.70	Anna Cockrell (Detroit Country Day MS-USC)	Eugene/Olympic Trials .....	6/27/2021
54.17	Cockrell (USC)	Tokyo/Olympic Games (s).....	8/ 2/2021
54.23	Judi Brown (East Lansing-Athletics West)	Indianapolis/Pan-Am Games .....	8/12/1987
54.38	Brown (Athletics West)	Rome/Grand Prix .....	9/ 7/1985
54.45	Brown (Athletics West)	San Jose/USA Ch .....	6/27/1987
54.66	Brown (Athletics West)	Brussels/Van Damme Memorial.....	8/30/1985
54.68	Cockrell (USC)	Eugene/NCAA.....	6/12/2021
54.73	Brown (Athletics West)	Berlin/ISTAF .....	8/23/1985
54.77	Cockrell (USC)	Los Angeles/Pac-12.....	5/16/2021
54.85	Brown (Athletics West)	San Jose/Jenner .....	5/30/1987
54.88	Brown (Athletics West)	Budapest.....	7/ 6/1987
54.92	Brown (Athletics West)	London/Talbot Games .....	7/19/1985
54.93	Brown (Nike)	Los Angeles/Olympic Trials.....	6/21/1984
54.99	Brown (Nike)	San Jose/USA Ch .....	6/ 9/1984

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55.28	Alexis Franklin (Allen Park MS-OSU)	Jacksonville/NCAA East (h) .....	5/27/2016
55.86	Nikkie Bouyer (Lansing Sexton-Tucson Elite)	Raleigh/Pontiac Grand Prix.....	6/17/2000
56.15	Landria Buckley (Romulus-unat)	Kazan/WUG (h).....	7/ 8/2013
56.71	Marief Bruxvoort (GR South Christian-Iowa)	Gainesville/Jones Memorial .....	4/14/2023
56.77	Erin Dowd (Brighton-Iowa)	Minneapolis/Big 10 (h) .....	5/13/2022
57.12	Danielle Brown (Kalamazoo Central-WMU)	Louisville/NCAA Mideast.....	5/30/2009
57.44	Amber Hay (Detroit Renaissance-UM)	Fayetteville/NCAA .....	6/12/2009
57.74	Lauren Huebner (Saginaw Swan Val-SVSU)	Allendale/NCAA II .....	5/27/2021
57.78	Katie LaValley (Forest Hills Central-UM)	Fayetteville/NCAA Mideast (h).....	5/30/2008
58.09	Iris Campbell (Yale-WMU)	Jacksonville/NCAA East (h) .....	5/25/2012
58.10	Nonah Waldron (Oak Park HS)	Humble/AAU J) .....	8/ 2/2021
58.18	Jennifer Sabra (Taylor Kennedy-WMU)	Des Moines/NCAA (s).....	6/12/2008
58.24	Megan Yanik (Livonia Ladywood-Notre Dame)	Jacksonville/NCAA East (h) .....	5/25/2012
58.28	Devron Kennedy (FH Harrison-WMU)	Mt Pleasant/MAC .....	5/17/2003
58.29	Maria Shoup (Mason County E-WMU)	Ypsilanti/MAC .....	5/19/1984
58.34	Kari Karhoff (Durand-CMU)	Amherst/MAC.....	5/20/2000
58.39	Andrea Mosher (Ann Arbor Pioneer-Illinois St)	Baton Rouge/NCAA Mideast.....	5/29/2004
58.40	Wendy Truvillion (Detroit Pershing-LSU)	Houston/Texas Southern Last C .....	5/23/1987
58.46	Sami Michell (Reed City-UM)	East Lansing/Big 10 .....	5/17/2016
58.48	Chloe Foster (Ann Arbor Skyline-UM)	Jacksonville/NCAA East .....	5/23/2019

58.49	Jamillah Bowman (AA Pioneer-Georgetown)	Eagle Rock.....	6/ 8/2003
58.53	Kyana Evans (Wyandotte-Alabama St)	Tampa/NCAA East.....	5/24/2018
58.93	Sheila Papatriantafyllou (Fraser-EMU)	Columbus/Owens.....	5/12/1990
58.98	Shayna Sangster (Lansing Sexton-WMU)	Oxford/MAC .....	5/12/2007

## HIGH JUMP

1.95	6-4.75	Gwen Wentland (Grand Blanc-Nike)	Stanford/Oracle.....	6/ 7/2003
1.94	6-4.25	Wentland (Kansas St)	New York/NY Games GP .....	5/21/1995
1.93	6-4	Wentland (Kansas St)	College Station/Relays(hept) ...	3/17/1995
1.93	6-4	Wentland (Kansas St)	Austin/Texas Relays .....	4/ 7/1995
1.93	6-4	Wentland (Nike)	Eugene/Prefontaine Classic ...	5/30/1999
1.93	6-4	Wentland (Nike)	Stanford/USA Ch .....	6/21/2002
1.92	6-3.5	Wentland (Kansas St)	New Orleans/NCAA .....	6/ 5/1993
1.92	6-3.5	Wentland (Kansas St)	New York/NY Games GP (!) ...	5/21/1995
1.92	6-3.5	Wentland (Nike)	Sacramento/USA Ch .....	6/17/1995
1.90	6-2.75	Wentland (Kansas St)	Austin/Texas Relays (!).....	4/ 7/1995
1.90	6-2.75	Wentland (Kansas St)	Sao Paulo/GP .....	5/14/1995
1.90	6-2.75	Wentland (Kansas St)	Knoxville/NCAA .....	6/ 3/1995
1.90	6-2.75	Wentland (Nike)	Eugene/USA Ch .....	6/27/1999
1.90	6-2.75	Wentland (Nike)	Tempe/Castillo Inv .....	3/24/2001
1.90	6-2.75	Wentland (Nike)	Walnut/Mt SAC Relays .....	4/21/2002
1.90	6-2.75	Wentland (Nike)	Manhattan/Haylett Inv.....	5/ 3/2008
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1.86	6-1.25	Linda McCurdy-Cameron (L Everett-CAN)	El Paso/Safeway Olympian .....	4/20/1986
1.85	6-0.75	Jenny Engelhardt (BC Lakeview-Notre Dame)	Walnut/Mt SAC Relays .....	4/18/1999
1.84	6-0.5	Bettie Wade (Farmington-UM)	Chula Vista .....	8/13/2011
1.84	6-0.5	Jailah Mason (SH Stevenson-Morgan St)	Philadelphia/Penn Relays.....	4/23/2015
1.83	6-0.25	Angie Hafner (Flushing-UM)	Toledo.....	5/12/1984
1.83	6-0	Kate Wolanin (Oxford-EMU)	Columbus/Owens Classic.....	5/ 2/2015
1.82	5-11.5	Lela Nelson (Detroit Mumford-Nike)	Berhausen/Thorpe Cup (hept) .	8/19/2007
1.81	5-11.25	Ellie Hayden (Capac HS)	Grand Rapids/C State.....	5/31/1980
1.81	5-11.25	Terresha DeRossett (LakeVille-Kansas St)	Manhattan.....	5/ 6/2000
1.80	5-10.75	Suzy Bozin (Romeo-CMU)	West Lafayette/Purdue Open ..	3/31/2001
1.80	5-10.75	Erika Schroll (Three Rivers-CMU)	Des Moines/USA Ch.....	6/26/2010
1.79	5-10.5	Barb Mahnke (Saline-EMU)	.....	/1984
1.79	5-10.5	Debbie Hartline (Cassopolis-MSU)	Columbus/Jesse Owens .....	5/ 5/1985
1.79	5-10.5	Sara Jane Baker (Mattawan HS)	Delton/D2 Regional.....	5/17/2002
1.79	5-10.5	Stephanie Linz (Okemos-UM)	Minneapolis/Big 10 .....	5/18/2003

## POLE VAULT

4.65	15-3	Kristen (Hixson) Leland (Remus CH-unat)	Chula Vista .....	6/18/2016
4.65	15-3	Leland (unat)	Rochester/Last Chance .....	5/12/2022
4.65	15-3	Leland (unat)	Marietta/Stars & Stripes.....	7/ 2/2022
4.61	15-1.5	Gabriela Leon (East Kentwood-Louisville)	Louisville/Wood Inv .....	4/30/2022
4.60	15-1	Leland (unat)	Torrance/Mt SAC .....	4/21/2018
4.60	15-1	Leon (Louisville)	Eugene/NCAA .....	6/ 9/2022
4.60	15-1	Leland (unat)	Chula Vista/Max Velocity .....	6/11/2022
4.60	15-1	Leon (Louisville)	Eugene/USATF.....	6/24/2022
4.58	15-0.25	Leland (unat)	Lawrence/Kansas Relays .....	4/20/2017
4.57	15-0	Leon (Louisville)	Bloomington/Indiana Inv .....	4/23/2022
4.55	14-11.25	Leland (unat)	Allendale.....	5/13/2016
4.55	14-11.25	Leland (unat)	Chula Vista (!).....	6/18/2016
4.55	14-11.25	Leland (unat)	Coral Gables.....	3/27/2021
4.55	14-11.25	Leon (Louisville)	Austin/Texas Relays .....	3/24/2022
4.55	14-11.25	Leland (unat)	Ann Arbor/Paddock Inv .....	5/ 7/2022
4.55	14-11.25	Leon (Louisville)	Eugene/NCAA (!).....	6/ 9/2022
4.55	14-11.25	Leland (unat)	Marietta/Stars & Stripes (!) .....	7/ 2/2022
4.55	14-11.25	Leland (unat)	Walnut/Mt SAC .....	4/15/2023
4.52	14-10	Leland (unat)	East Lansing/Spartan Inv.....	4/ 2/2022
4.51	14-9.5	Leon (Louisville)	Louisville/Wood Inv (!) .....	4/30/2022
4.50	14-9	Leland (Grand Valley)	Allendale/NCAA II.....	5/22/2014
4.50	14-9	Leland (unat)	Atlanta/Yellow Jacket Inv .....	3/26/2016
4.50	14-9	Leland (unat)	Torrance/Mt SAC (!).....	4/21/2018
4.50	14-9	Leland (unat)	Des Moines/Drake Relays .....	4/28/2018
4.50	14-9	Leland (unat)	Allendale .....	5/ 1/2021
4.50	14-9	Leon (Louisville)	Durham/ACC .....	5/12/2022
4.50	14-9	Leon (Louisville)	Eugene/NCAA (!).....	6/ 9/2022
4.50	14-9	Leland (unat)	Chula Vista/Max Velocity .....	6/11/2022
4.50	14-9	Leon (Louisville)	Eugene/USATF (!) .....	6/24/2022

4.50	14-9	Leland (unat)	Eugene/USATF.....	6/24/2022
4.47	14-8	Leland (unat)	Tampa .....	3/19/2021
4.47	14-8	Lauren Chorny (Stevensville Lakeshore-unat)	Jonesboro.....	4/26/2021
4.47	14-8	Leon (Louisville)	Bloomington/Indiana Inv (!).....	4/23/2022
4.47	14-8	Leland (unat)	Allendale/Owens Classic .....	4/23/2022
4.46	14-7.5	Leland (unat)	Bowling Green.....	4/ 8/2016
4.45	14-7.25	Leland (unat)	Tampa/Bulls Inv .....	3/17/2016
4.45	14-7.25	Leland (unat)	Allendale (!) .....	5/13/2016
4.45	14-7.25	Leland (unat)	Chula Vista (!).....	6/18/2016
4.45	14-7.25	Leland (unat)	Lawrence/Kansas Relays .....	4/19/2018
4.45	14-7.25	Leon (Louisville)	Austin/Texas Relays (!).....	3/24/2022
4.45	14-7.25	Leland (unat)	Allendale/Last Chance.....	5/10/2022
4.45	14-7.25	Leland (unat)	Nashville/Music City.....	6/ 4/2022
4.45	14-7.25	Leland (unat)	Marietta/Stars & Stripes (!) .....	7/ 2/2022

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4.41	14-5.5	Mackenzie Shell (Port Huron-Oklahoma)	Norman/Jacobs Inv.....	4/23/2016
4.40	14-5.25	Breanna Eveland (E Kentwood-Kansas St)	Baylor/Big 12 .....	5/13/2006
4.37	14-4	Sophia Franklin (Okemos-MSU)	East Lansing/Spartan Inv.....	4/ 6/2019
4.30	14-1.25	Landon Kemp (Greenville-South Dakota)	Sioux City .....	4/13/2019
4.28	14-0.5	Gabriela Leon (East Kentwood-Louisville)	Louisville.....	4/23/2021
4.27	14-0	Amanda Haines (Adrian-Siena Heights)	Chagrin Falls .....	6/15/2005
4.25	13-11.25	Kiley Tobel (Walled Lake Western-UM)	Eugene/NCAA .....	6/ 7/2013
4.25	13-11.25	Jessica Mercier (Waterford Kettering-UM)	Champaign/Big 10 .....	5/16/2021
4.20	13-9.25	Hannah Sailer (Lansing Catholic-MSU)	Louisville/Inv .....	4/15/2017
4.18	13-8.5	Sarah Birkmeier (Rockford-MSU)	Jacksonville/NCAA East .....	5/28/2015
4.17	13-8.25	Janina Pollatz (GR Christian-EMU)	Columbus/Owens .....	4/21/2018
4.12	13-6.25	Michelle Rzepka (Novi-McNeese St)	Walnut/Mt SAC Relays .....	4/14/2006
4.12	13-6.25	Kassie Powell (Durand-MSU)	East Lansing/Big 10 .....	5/15/2015
4.07	13-4.25	Jamie Roberts (Kingsford-GVSU)	Hillsdale/Gina Relays.....	4/30/2016
4.07	13-4.25	Kasey Staley (Clare-CMU)	Jacksonville/NCAA East .....	5/26/2021
4.06	13-3.75	Amanda Storck (Reeths Puffer-CMU)	Bloomington/NCAA Mideast ....	5/27/2005
4.05	13-3.5	Carly Livingston (Imlay City-GVSU)	Grand Rapids/GLIAC.....	5/ 5/2021
4.05	13-3.5	Sophia Mettes (Dexter-MSU)	East Lansing/Spartan Inv.....	3/31/2023
4.04	13-3	Jeannette Martus (Liv Churchill-Wash St)	Berkeley/Pac-10 .....	5/20/2001
4.04	13-3	Val Gorter (GR South Christian-ACU)	Abilene/Jackson Open.....	3/30/2004
4.03	13-2.5	Jennifer Schornak (Macomb Dakota-GVSU)	Bowling Green/Hilltopper .....	4/12/2014
4.02	13-2.25	Kellie Kern (Garden City-EMU)	Columbus/NCAA Mideast .....	5/30/2003
4.02	13-2.25	Amanda Impellizzeri (East Kentwood-MSU)	East Lansing/Spartan Inv.....	4/ 6/2013

### LONG JUMP

6.78	22-3	Lela Nelson (Detroit Mumford-Nike)	Bernhausen/Thorpe Cup (0.0) .	8/19/2007
6.59	21-7.5	Nelson (Nike)	Indianapolis/USA (hept) (3.6) ..	6/24/2006
6.52	21-4.75	Trinette Johnson (Det Cass T-Florida St)	Tallahassee (2.0).....	4/10/1993
6.50	21-4	Brandi Bentley (Marion-UM)	West Lafayette/Big 10.....	5/22/1999
6.50	21-4	Nelson (Nike)	Manhattan/US-Ger (hept) .....	8/ 3/2008
6.49	21-3.5	Nelson (EMU)	Sacramento/NCAA (0.8) .....	6/ 9/2005
6.48	21-3.25	Tiffany (Ofili) Porter (Ypsilanti-UM)	Columbus/Big 10 (-2.7).....	5/16/2009
6.45	21-2	Johnson (Florida St)	Tallahassee/Tri (0.4).....	4/11/1992
6.45	21-2	Nelson (EMU)	Sacramento/NCAA (hept) (1.1)	6/11/2005
6.45	21-2	Nelson (Nike)	Santa Domingo/PAC (h) (0.5)...	6/ 1/2008
6.41	21-0.5	Johnson (Florida St)	Tallahassee/ACC (0.8) .....	4/17/1992
6.40	21-0	Johnson (Florida St)	Tallahassee/Seminole (1.3).....	5/24/1990

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6.38	20-11.25	Tori Carroll (Detroit Cass Tech-DePaul)	Storrs/Big East (0.8) .....	5/14/2022
6.33	20-9.25	Bettie Wade (Farmington-UM)	Fayetteville/NCAA (hept) (0.4) .	6/12/2009
6.31	20-8.5	Lindsay Sicilia (Calvin Christian-unat)	Hillsdale/Gina Relays.....	4/24/2004
6.22	20-5	Ashley Hunault (Alpena-WMU)	Knoxville/SeaRay (1.8) .....	4/10/2010
6.20	20-4.25	Cheyenne Williamson (Essexville G-SVSU)	Allendale/NCAA II (!) (0.9) .....	5/27/2021
6.15	20-2.25	Sherita Williams (Detroit King-GBTC)	East Lansing .....	5/ 1/2004
6.14	20-1.75	Gabriela Leon (East Kentwood-Louisville)	Charlottesville/ACC (0.0) .....	5/ 9/2019
6.13	20-1.5	Ann Meachum (Traverse City-EMU)	Des Moines/Drake .....	4/25/1981
6.08	19-11.5	Anita Lee (Detroit Cass Tech-MSU)	USTFF .....	5/28/1977
6.04	19-9.75	Kennedy Jackson (Walled Lake Western HS)	Greensboro/AAU JO (1.1) .....	7/29/2019
6.03	19-9.5	Chris Boehmer Swan (Lapeer West HS)	(meet?) .....	/1982
6.02	19-9	Rita Reifsnnyder (Lansing Catholic-CMU)	(meet?) .....	/1985
5.99	19-7.75	Katrina Jones (Lansing Eastern-Odessa)	Abilene/Wildcat Relays .....	4/23/1992
5.98	19-7.5	Tanisha Williams (Ypsilanti HS)	Ypsilanti/Kiwanis Inv .....	5/ 1/1998

### Wind-aided:

6.65	21-9.75	Lela Nelson (Detroit Mumford-Nike)	Manhattan/Thorpe (h) (2.8).....	8/ 3/2008
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6.61	21-8.25	Nelson (Nike)	Indianapolis/USA (hept) (3.6) .. 6/24/2006
6.56	21-6.25	Brandi Bentley (Birm Marian-UM)	Ann Arbor/Paddock Inv (3.1) ... 5/13/2000
6.41	21-0.5	Gabriela Leon (East Kentwood-Louisville)	Oxford/Bulldog Inv (4.5)..... 3/30/2019
6.38	20-11.25	Tiffany (Ofili) Porter (Ypsilanti-UM)	Champaign/Big 10 (3.2)..... 5/17/2008
6.32	20-9	Ashley Hunault (Alpena-WMU)	Greensboro/NCAA East (2.1) .. 5/27/2010
6.29	20-7.75	Sherita Williams (Detroit King-MSU)	Baton Rouge/NCAA ME (2.8) .. 5/28/2004
6.24	20-5.75	Cheyenne Williamson (Essexville G-SVSVU)	Allendale/NCAA II (4.2)..... 5/27/2021
6.07	19-11	Chris Boehmer Swan (Lapeer W-STC)	Modesto/S&W Relays..... 5/ 8/1993
6.06	19-10.75	Gwen Wentland (Grand Blanc-Nike)	Lawrence ..... 4/21/2000
6.03	19-9.5	Alaina Diaz (Hudsonville HS)	Kentwood/D1 State (7.5) ..... 6/ 5/20213
6.00	19-8.25	Maria Derezhinski (Musk Oakridge-CMU)	Central Collegiates (5.3)..... 5/ 5/2001

**TRIPLE JUMP**

13.52	44-4.25	Sherita Williams (Detroit King-GBTC)	Eugene/Oly Trials (q) (2.0) ..... 6/27/2008
13.42	44-0.25	Williams (GBTC)	Swarthmore (0.0)..... 5/13/2008
13.37	43-10.5	Williams (GBTC)	Colts Neck/NJ International .... 6/10/2006
13.29	43-7.25	Williams (GBTC)	Eugene/Oly Trials (1.8)..... 6/29/2008
13.28	43-6.75	Williams (GBTC)	Waltham/New England (1.5).... 6/15/2008
13.20	43-3.75	Williams (GBTC)	Providence/Spring Inv (1.5) .... 4/30/2006
13.19	43-3.25	Williams (GBTC)	New York/Club Ch (0.7)..... 7/11/2009
13.14	43-1.5	Williams (MSU)	Grand Rapids (0.2) ..... 6/19/2004
13.07	42-10.5	Williams (GBTC)	Princeton/Elite ..... 5/ 3/2008
13.02	42-8.5	Williams (GBTC)	Eugene/Oly Trials (!) (1.6) ..... 6/29/2008
12.96	42-6.25	Williams (MSU)	Madison/Big 10 ..... 5/19/2002
12.94	42-5.5	Williams (GBTC)	New York/New Balance (0.0)... 5/10/2008
12.91	42-4.25	Williams (GBTC)	Providence/Brown Inv (-1.9) .... 4/12/2008
12.90	42-4	Williams (GBTC)	Ann Arbor/Paddock..... 5/10/2002
12.90	42-4	Williams (GBTC)	West Long Branch/NJ Inv ..... 6/ 7/2008
12.87	42-2.75	Williams (GBTC)	Uniondale/Island Games ..... 6/10/2007
12.83	42-1.25	Williams (GBTC)	Hillsdale/Gina Relays..... 4/28/2001
12.82	42-0.75	Williams (GBTC)	Dedham/Solomon Inv ..... 4/15/2006
12.82	42-0.75	Williams (GBTC)	Indianapolis/USA Ch (0.1) ..... 6/23/2006

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12.38	40-7.5	Shelby Allen (Berkley-MSU)	Bloomington/Big 10..... 5/13/2018
12.30	40-4.25	Ndu Okwumabua (Plymouth Canton-UM)	..... 5/ 3/1998
12.30	40-4.25	Joanna Grandas (Dearborn Edsel F-UDM)	Lewisburg/Bison Open (-0.5)... 4/15/2005
12.29	40-4	Edyth Childress (Flint Northern-E Kentucky)	..... /1985
12.23	40-1.5	Whitney Rogers (Flint Hamady-UDM)	Youngstown/Horizon (1.9) ..... 5/ 4/2014
12.06	39-6.75	Tanisha Maze (GR Christian-WMU)	Kalamazoo/Bronco Invite..... 5/14/1994
11.93	39-1.75	Brandi Bentley (Marion-UM)	West Lafayette/Big 10 (1.4) .... 5/23/1999
11.91(A)	39-1	Gwen Wentland (Grand Blanc-Kansas St)	Boulder/Big 8 (0.0)..... 5/18/1993
11.90	39-0.5	Nancy Nowak (Bay City Western-EMU)	Ypsilanti/MAC ..... 5/20/1989
11.85	38-10.5	Maria Derezhinski (Musk Oakridge-CMU)	Ypsilanti/MAC (1.7)..... 5/18/2002
11.77	38-7.5	Chris Swan (Lapeer West-Vermont)	Dedham ..... 6/13/1987
11.73	38-6	Marla Benford (Detroit King-EMU)	..... 3/29/1997
11.70	38-4.75	Jenni Picucci (Brighton-Ashland)	Tempe/Cliff Bar Inv (0.0)..... 3/24/2007

**Wind-aided:**

13.44	44-1.25	Sherita Williams (Detroit King-GBTC)	Raleigh/Raleigh Relays (2.1) ... 3/25/2006
13.33	43-8.75	Williams (GBTC)	Eugene/Oly Trials (q) (2.5) (!) .. 6/27/2008
13.33	43-8.75	Williams (GBTC)	Eugene/USA Ch (3.8)..... 6/26/2009
13.30	43-7.75	Williams (MSU)	Austin/NCAA (q) (2.4)..... 6/11/2004
13.23	43-5	Williams (MSU)	Baton Rouge/NCAA ME (3.2).. 5/29/2004
13.18	43-3	Williams (MSU)	Austin/NCAA (3.9) ..... 6/12/2004
13.18	43-3	Williams (MSU)	New York/Reebok (3.5) ..... 6/11/2005
13.16	43-2.25	Williams (GBTC)	Indianapolis/USA Ch (2.5) ..... 6/21/2007
13.16	43-2.25	Williams (GBTC)	Indianapolis/USA Ch (2.3) ..... 6/21/2007
13.14	43-1.5	Williams (MSU)	Baton Rouge/NCAA ME (3.2) .. 5/29/2005
13.07	42-10.75	Williams (MSU)	Madison/Big 10 (2.2)..... 5/19/2002
12.95	42-6	Williams (MSU)	Denton/USA Junior Ch (4.7) .... 6/24/2000
12.40	40-8.25	Shelby Allen (Berkley-MSU)	Louisville/Cardinal Inv (3.1) .... 4/13/2019
11.71	38-5	Tanisha Johnson (BH Lahser-CMU)	Ann Arbor/Paddock (2.3) ..... 5/ 8/2010

**SHOT**

19.73	64-8.75	Tia Brooks (East Kentwood-Nike)	Birmingham/DL..... 6/ 5/2016
19.52	64-0.5	Brooks (Nike)	Birmingham/DL (!)..... 6/ 5/2016
19.48	63-11	Brooks (Nike)	Doha/DL ..... 5/ 6/2016
19.45	63-9.75	Brooks (Nike)	Doha/DL (!)..... 5/ 6/2016
19.37	63-6.75	Brooks (Nike)	Chula Vista ..... 4/21/2016
19.37	63-6.75	Brooks (Nike)	Des Moines/Drake Relays ..... 4/29/2016

19.37	63-6.75	Brooks (Nike)	Birmingham/DL (!).....	6/ 5/2016
19.25	63-2	Brooks (Nike)	Birmingham/DL (!).....	6/ 5/2016
19.21	63-0.25	Brooks (Nike)	Chula Vista (!).....	4/21/2016
19.13	62-9.25	Brooks (Nike)	Monaco/Diamond League.....	7/15/2016
19.03	62-5.25	Brooks (Nike)	Chula Vista (!).....	4/21/2016
18.96	62-2.5	Brooks (Oklahoma)	Austin/NCAA West.....	5/25/2013
18.95	62-2.25	Brooks (Oklahoma)	Austin/NCAA West (!).....	5/25/2013
18.93	62-1.25	Brooks (Nike)	Eugene/USATF.....	6/25/2015
18.92	62-1	Brooks (Nike)	Westwood/Johnson-JJK.....	4/ 9/2016
18.91	62-0.5	Brooks (Oklahoma)	Eugene/NCAA.....	6/ 8/2013
18.86	61-10.5	Brooks (Nike)	Doha/DL (!).....	5/ 6/2016
18.84	61-9.75	Brooks (Nike)	San Diego/Triton.....	4/23/2016
18.83	61-9.5	Brooks (Oklahoma)	Des Moines/USA Ch.....	6/22/2013
18.83	61-9.5	Brooks (Nike)	Sacramento/USA Ch.....	6/25/2014
18.78	61-7.5	Brooks (Nike)	Chula Vista/USATF Throws.....	7/31/2014
18.76	61-6.75	Brooks (Nike)	Monaco/Diamond League (!) ...	7/15/2016
18.74	61-5.75	Brooks (Nike)	Chula Vista/USATF Throws (!)	7/31/2014
18.73	61-5.5	Brooks (Oklahoma)	Tempe.....	4/ 9/2013
18.72	61-5	Brooks (Nike)	San Diego/Triton Open.....	4/25/2015
18.69	61-4	Brooks (Oklahoma)	Austin/NCAA West (!).....	5/25/2013
18.69	61-4	Brooks (Nike)	Chula Vista/OTC Elite.....	4/23/2015
18.67	61-3	Brooks (Nike)	Birmingham/Sainsbury's.....	6/ 7/2015
18.66	61-2.75	Brooks (Nike)	Shanghai/Diamond League.....	5/17/2015
18.65	61-2.25	Brooks (Nike)	Eagle Rock/Oxy Inv.....	5/ 9/2015
18.64	61-2	Brooks (Oklahoma)	Tempe (!).....	4/ 9/2013
18.63	61-1.5	Brooks (Nike)	London/Anniversary Games....	7/20/2014
18.62	61-1.25	Brooks (Nike)	Westwood/Johnson-JJK (!).....	4/ 9/2016
18.61	61-0.75	Brooks (Nike)	Chula Vista/USATF Throws (!)	7/31/2014
18.59	61-0	Brooks (Oklahoma)	Tempe (!).....	4/ 9/2013

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18.46	60-6.75	Becky Breisch (Edwardsburg-HP)	Lincoln.....	4/15/2006
17.67	57-11.75	Nia Henderson (Livonia Churchill-Kent)	Ashland.....	6/17/2016
17.49	57-4.75	Brittany Mann (Detroit Country Day-Oregon)	Eugene/NCAA.....	6/ 9/2016
17.03	55-10.5	Kayli Johnson (Grosse Pointe S-MSU)	Austin/Texas Relays.....	3/27/2021
16.90	55-5.5	Annette Bohach (North Muskegon-WMTC)	Ypsilanti.....	5/ 9/1987
16.80	55-1.5	Sam Lockhart (East Lansing-GVSU)	Ashland/GLIAC.....	5/ 3/2013
16.69	54-9.25	Breann Smith (Ann Arbor Pioneer-Kent St)	Akron/Campbell-Wright.....	5/ 7/2005
16.57	54-4.5	Corinne Jemison (East Kentwood-UM)	Walnut/Mt SAC.....	4/15/2023
16.43	53-11	April Phillips (Fraser-UM)	Des Moines/Drake Relays.....	4/26/2003
16.38	53-9	Malin Smith (Lansing Waverly-Texas Tech)	Waco/Johnson Inv.....	4/23/2022
16.31	53-6.25	Mary Angell (Byron Center-Kentucky)	Athens/SEC.....	5/15/2011
16.31	53-6.25	Erin Howard (Lansing Sexton-CMU)	Jacksonville/NCAA East.....	5/25/2019
16.28	53-5	Vivian Fisher (Pontiac C-Texas Southern)	Houston/SWAC.....	5/ 9/1986
15.94	52-3.75	Mindy Ramsey (LakeVille-unat)	Indianapolis.....	6/ 9/2001
15.82	51-11	Lauren Buresh (Morley Stan-GVSU)	Allendale.....	5/ 4/2012
15.82	51-11	Sarah Marvin (Byron HS)	Collegeville/Throws U Last Ch.	6/10/2021
15.80	51-10	Allison Liske (Zeeland E-UM)	Jacksonville/Spring Break.....	3/ 3/2012
15.73	51-7.25	Kristalyn Mauch (Sag Heritage-WMU)	Columbia/NCAA Mideast Reg. 5	5/26/2007
15.71	51-6.5	Sonya Payne (Ann Arbor Huron-UM)	Austin/Texas Relays.....	4/ 7/1989
15.69	51-5.75	Amanda Schaare (Clinton-UM)	Ann Arbor.....	5/ 8/2021
15.50	50-10.25	Kayla Deering (Elkton Pigeon Bay Port-UM)	East Lansing/Big 10.....	5/17/2015
15.29	50-2	Ashley Lawrence (Gr Blanc-MSU)	Terre Haute.....	4/16/2010
15.24	50-0	Sarah Adelaine (Harbor Springs-MSU)	Raleigh/Raleigh Relays.....	3/26/2004
15.20	49-10.5	Irene Cooper (BH Lahser-WMU)	Amherst/MAC.....	5/14/2010
15.13	49-7.75	Melissa Brousseau (Alpena-unat)	Hillsdale.....	4/28/2001

## DISCUS

67.37	221-0	Becky Breisch (Edwardsburg-HP)	Wailuku/Big Wind II.....	4/14/2007
66.64	218-8	Breisch (HP)	Hartnell/Shaw II.....	5/17/2007
66.52	218-3	Breisch (HP)	Chula Vista.....	7/23/2010
66.40	217-10	Breisch (HP)	Wailuku/Big Wind II (!).....	4/14/2007
66.06	216-8	Breisch (HP)	Wailuku/Big Wind I.....	4/14/2007
65.78	215-10	Breisch (HP)	Wailuku/Big Wind III.....	4/14/2007
65.53	215-0	Breisch (HP)	Wailuku/Big Wind II (!).....	4/14/2007
65.46	214-9	Breisch (HP)	Wailuku/Big Wind III (!).....	4/14/2007
64.95	213-1	Breisch (HP)	Modesto/Relays.....	5/ 5/2007
64.90	212-11	Breisch (HP)	Wailuku/Big Wind III (!).....	4/14/2007
64.88	212-10	Breisch (HP)	Wailuku/Big Wind II (!).....	4/14/2007
64.55	211-9	Breisch (HP)	Wailuku/Big Wind III (!).....	4/14/2007

64.53	211-8	Breisch (HP)	Lausanne/Athletissima .....	7/ 8/2010
64.38	211-3	Breisch (HP)	Des Moines/Drake .....	4/24/2010
64.26	210-10	Breisch (HP)	Sacramento/Cal Relays .....	5/29/2010
64.10	210-4	Breisch (HP)	Chula Vista .....	6/14/2008
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61.36	201-4	Penny Neer (North Adams-unat)	Berkeley.....	6/22/1985
60.39	198-1	Beth Rohl (New Buffalo-CVE)	Tempe/Sun Angel.....	4/12/2014
58.87	193-1	Sam Lockhart (Lansing Sexton-GVSU)	Ashland/GLIAC.....	5/ 3/2013
57.84	189-9	Malin Smith (Lansing Waverly-Texas Tech)	Tucson/Click Shootout.....	4/ 7/2023
57.22	187-9	Katie Corner (GR Catholic Central-unat)	Marietta.....	5/25/2008
56.94	186-10	Mary Angell (Byron Center-unat)	Allendale.....	5/11/2012
55.41	181-9	Corinne Jemison (East Kentwood-UM)	Walnut/Mt SAC .....	4/15/2023
55.22	181-2	Makiba Batten (Det Renaissance-Florida St)	FAMU Relays .....	3/ 7/2003
54.96	180-4	Kayli Johnson (Grosse Pointe S-Texas Tech)	Lubbock .....	4/ 9/2021
54.91	180-2	Aniya Davis (GR Ottawa Hills-WMU)	Allendale/Extra Weekend .....	4/30/2021
54.39	178-5	Emily Fox (Rockford-GVSU)	Grand Rapids/Twilight .....	5/ 9/2007
53.90	176-10	Astin Steward (Okemos-Purdue)	State College/Big 10 .....	5/13/2007
53.55	175-8	Breann Smith (Ann Arbor Pioneer-Kent St)	Bloomington/NCAA Mideast ...	5/28/2005
53.06	174-1	Mindy Ramsey (Otisville Lakeville-unat)	Mt Pleasant/CCC.....	5/ 3/2002
52.96	173-9	Jaevyn Wortham (L'Anse Creuse-Troy)	Jacksonville/NCAA East .....	5/21/2016
52.92	173-7	Erin Howard (Lansing Sexton-CMU)	Muncie/MAC .....	5/11/2019

### HAMMER

69.72	228-9	Brooke Pleger (Saline-Bowling Green)	Muncie/MAC .....	5/14/2015
69.49	228-0	Pleger (Bowling Green)	Columbus/Owens Classic.....	5/ 2/2015
68.98	226-4	Pleger (Bowling Green)	Muncie/MAC (!).....	5/14/2015
68.91	226-1	Pleger (Bowling Green)	Columbus/Owens Classic (!) ...	5/ 2/2015
68.90	226-0	Pleger (Bowling Green)	Columbus/Owens Classic (!) ...	5/ 2/2015
68.86	225-11	Pleger (Bowling Green)	Ashland/Alumni.....	4/25/2015
68.86	225-11	Pleger (Bowling Green)	Columbus/Owens Classic (!) ...	5/ 2/2015
68.66	225-3	Pleger (Bowling Green)	Naperville/Chicagoland.....	7/11/2015
68.55	224-11	Pleger (Bowling Green)	Columbus/Owens Classic (!) ...	5/ 2/2015
68.02	223-2	Pleger (ENELL)	Columbus/Owens Classic.....	4/23/2016
67.78	222-4	Pleger (ENELL)	Ashland.....	4/30/2016
67.78	222-4	Pleger (Bowling Green)	Muncie/MAC (!).....	5/14/2015
67.77	222-4	Pleger (Bowling Green)	Toledo/dual.....	4/ 3/2015
67.76	222-4	Pleger (Bowling Green)	Toledo/dual (!) .....	4/ 3/2015
67.73	222-2	Pleger (Bowling Green)	Jacksonville/NCAA East .....	5/30/2015
67.60	221-9	Pleger (ENELL)	Toledo/Inv.....	5/ 5/2016
67.54	221-7	Pleger (Bowling Green)	Toledo/dual (!) .....	4/ 3/2015
67.78	222-4	Pleger (Bowling Green)	Muncie/MAC (!).....	5/14/2015
67.42	221-2	Pleger (Bowling Green)	Toledo/dual (!) .....	4/ 3/2015
67.27	220-8	Pleger (Bowling Green)	Eugene/USATF.....	6/27/2015
67.03	219-11	Pleger (Bowling Green)	Eugene/NCAA .....	6/11/2015
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64.90	212-11	Quiara Wheeler (Grand Blanc-CMU)	Jacksonville/NCAA East .....	5/27/2021
63.63	208-9	Rebecca Mammel (Tecumseh-MSU)	Champaign/Big 10 .....	5/14/2021
62.87	206-3	Beth Rohl (New Buffalo-MSU)	Madison/Big 10 .....	5/11/2012
61.90	203-1	Bailey Baker (Eaton Rapids-UM)	Ann Arbor/Paddock Open.....	5/ 3/2019
61.79	202-8	Astin Steward (Okemos-Purdue)	Columbia/NCAA Mideast Reg .	5/26/2007
61.73	202-6	April Phillips (Fraser-Run-N-Fun)	Ithaca/Big Red .....	4/29/2007
61.30	201-1	Brittany Horne (Okemos-UDM)	Lisle/Horizon League .....	5/ 2/2010
60.56	198-8	Marissa Dunn (Novi-CMU)	Kalamazoo.....	4/ 5/2019
60.29	197-10	Liz Murphy (Romeo-GVSU)	Big Rapids/GLIAC.....	5/ 5/2010
59.98	196-9	Laura Schroeder (Sanford-Meridian-GVSU)	Allendale/Al Owens.....	4/17/2015
59.30	194-6	Irene Cooper (BH Lahser-WMU)	Kalamazoo/Shaw Inv .....	5/ 3/2008
59.18	194-2	Kylee Dobbelaere (Marlette-CMU)	Columbus/Owens Inv.....	4/22/2017
59.15	194-0	Kristin Cameron (Algonac-Northwood)	Midland .....	4/12/2014
58.95	193-5	Brittany Mann (Detroit Country Day-USC)	Los Angeles/vs UCLA.....	4/29/2017
58.92	193-4	Maya Bennett (Lansing Waverly-CMU)	Oxford/MAC .....	5/ 7/2021
58.88	193-2	Kayla Deering (Elkton Pigeon BP-UM)	Iowa City/Big 10.....	5/10/2019
58.39	191-7	Sarah Adelaine (Harbor Springs-MSU)	East Lansing.....	5/ 1/2004

### JAVELIN (new implement 1999)

47.59	156-1	Melinda Buckmaster (Mayville-MSU)	Des Moines/Drake Relays .....	4/27/2007
47.20	154-10	Breann Smith (Ann Arbor Pioneer-Kent St)	Athens/MAC .....	5/13/2005
46.45	152-4	Buckmaster (MSU)	East Lansing/Spartan Inv.....	4/15/2007
46.22	151-7	Jade Madison (New Buffalo-MSU)	Columbus/Owens Classic.....	4/21/2017
46.14	151-4	Buckmaster (MSU)	East Lansing/Spartan Inv.....	4/ 8/2005



46.10	151-3	Buckmaster (MSU)	Des Moines/Drake Relays .....	4/29/2005
45.81	150-3	Buckmaster (MSU)	Des Moines/Drake Relays (!)...	4/27/2007
45.79	150-2	Madison (MSU)	Louisville.....	4/15/2017
45.56	149-6	Buckmaster (MSU)	Des Moines/Drake Relays (!)...	4/27/2007
45.48	149-2	Buckmaster (MSU)	State College/Big 10.....	5/12/2007
45.47	149-2	Allison (Jakubowski) Hendrickson (AB-CMU)	Myrtle Beach/USATF SCM.....	6/26/2010
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44.00	144-4	Mary Bogner (Tri-County-GVSU)	Saginaw/GLIAC .....	5/ 2/2008
43.00	141-0	Kristin Donovan (WL Lakeland-Hillsdale)	Saginaw/GLIAC .....	5/ 2/2008
41.86	137-3	Lela Nelson (Detroit Mumford-Nike)	Manhattan/Thorpe (hept).....	8/ 2/2008
40.96	134-4	Lauren Forrest (Laingsburg-Alma)	Midland/Northwood.....	4/18/2009
40.90	134-2	Dawn Burrows (Lowell-CMU)	MAC.....	5/21/1999
40.54	133-0	Sara Jane Baker (Mattawan-Nebraska)	Tucson/Click (hept).....	3/24/2006

#### OLD JAVELIN (pre-1999)

54.50	178-10	Louise Gerrish (Liv Franklin-Michgammes)	Dayton .....	6/ 3/1968
51.86	170-2	Julie Ravary (Erie Mason-CMU)	Knoxville/Dogwood Relays .....	4/12/85
51.34	168-5	Frances Davenport (Detroit-US Army)	Wissen.....	9/ 8/1963
49.96	163-11	Ravary (Toledo TC)	.....	/1986
49.94	163-10	Gerrish (Livonia Franklin HS)	.....	/1966
49.92	163-9	Ravary (CMU)	Kalamazoo/MAC.....	5/17/1985
49.54	162-6	Ravary (Toledo TC)	Gainesville/Florida Relays .....	3/28/1987
49.46	162-3	Gerrish (Michigammes)	MI AAU .....	/1967
49.32	161-10	Ravary (CMU)	.....	/1983
49.28	161-8	Gerrish (Michigammes)	Aurora, Co/AAU.....	8/17/1968
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45.70	149-11	Donna Wright (Parchment-WMU)	MAC.....	5/22/1987
45.26	148-6	Katja Pettinen (Lans Eastern-Clemson-FIN)	Mikkeli, Finland .....	7/11/1995
44.84	147-1	Chris Christian (Quincy-WMU)	Athens/MAC .....	5/20/1994
43.18	141-8	Ellen Kline (Millington-SVSU)	.....	/1985
42.78	140-4	Ellen Rubach (Ionia-WMU)	.....	/1980
42.40	139-1	Beth Almberg (Livonia Bentley-GVSU)	.....	/1985
42.30	138-9	Marcia Karwas (Waterford Mott-WMU)	.....	/1977
42.12	138-2	?Laura Burke (EMU)	.....	/1982
42.06	138-0	Sue Breternitz (Hemlock-SVSU)	Hillsdale/Relays .....	4/28/1990

#### DECATHLON

7064	Breanna Eveland (East Kentwood-Kansas St)	Columbia/Walton Combined Events .....	4/14/2006
	(13.05 (1.5), 40.37, 4.30, 36.72, 1:02.85; 15.04 (0.5), 5.30 (0.7), 11.66, 1.50, 5:36.66)		
6821	Eveland (Kansas St)	Columbia/Walton Combined Events .....	4/15/2005
	(12.98 (1.6), 39.03, 4.10, 37.22, 61.56, 15.15 (2.4), 5.01 (1.6), 11.19, 1.45, 5:39.35)		

#### HEPTATHLON

6029	Lela Nelson (Detroit Mumford-Nike)	Manhattan/Thorpe Cup .....	8/ 3/2008
	(13.46 (1.5), 1.70, 11.71, 24.16w/ (2.2), 6.65w (2.8), 41.86, 2:25.41)		
6022	Nelson (Nike)	Bernhausen/Thorpe Cup.....	8/19/2007
	(13.74 (0.5), 1.82, 11.56, 24.36 (0.0), 6.78 (0.0), 35.27, 2:25.49)		
6000	Bettie Wade (Farmington-Michigan)	Gotzis/Hypo .....	5/30/2010
	(14.00 (-1.3), 1.82, 13.62, 25.07 (1.7), 6.29 (-0.7), 37.62, 2:21.17)		
5944	Nelson (Nike)	Santo Domingo/Pan Am Cup.....	6/ 1/2008
	(13.65w (2.5), 1.76, 12.22, 24.47 (1.1), 6.45 (0.5), 36.58, 2:23.02)		
5925	Nelson (Nike)	Woerden .....	8/26/2007
	(13.84 (0.8), 1.82, 11.89, 24.35 (1.9), 6.38 (0.9), 36.89, 2:26.03)		
5908	Wade (Michigan)	Eugene/USA Ch.....	6/28/2009
	(14.05 (-0.1), 1.72, 13.98, 24.76w (3.1), 6.41w (3.7), 33.64, 2:19.37)		
5903	Nelson (Nike)	Indianapolis/USA Ch.....	6/24/2006
	(13.45 (1.1), 1.66, 12.43, 23.90 (-0.9), 6.61 (3.7), 33.98, 2:24.49)		
5898	Nelson (Nike)	Winston-Salem/Deacon .....	5/13/2009
	(13.61 (1.6), 1.79, 11.79, 24.16 (1.0), 6.00 (1.6), 38.54, 2:22.00)		
5897	Nelson (Nike)	Eugene/USA Ch.....	6/28/2009
	(13.60 (0.5), 1.72, 11.80, 24.34w (2.1), 6.36 (1.4), 36.63, 2:20.15)		
5878	Nelson (Eastern Michigan)	Sacramento/NCAA.....	6/11/2005
	(13.49 (1.0), 1.66, 12.15, 23.78 (0.6), 6.45 (1.1), 34.87, 2:22.71)		
5876	Wade (Michigan)	Fayetteville/NCAA.....	6/12/2009
	(13.84 (1.0), 1.78, 13.57, 25.05 (0.2), 6.33 (0.4), 32.49, 2:21.90)		
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5757	Cheyenne Williamson (Essexville G-SVSU)	Allendale/NCAA II .....	5/27/2022
	(13.62 [1.9], 1.75, 11.58, 23.70 [0.9], 5.65 [-1.7], 34.48, 2:17.40)		
5541	Aaron Howell (Farmington-Michigan)	Azusa/Clay Inv .....	4/20/2018

	(14.32 [1.8], 1.75, 13.44, 26.53 [1.0], 5.43 [-0.1], 42.39, 2:22.46)	
5507	Sara Jane Baker (Mattawan-Nebraska) Sacramento/NCAA.....	6/10/2006
	(14.81 (0.9), 1.75, 11.36, 26.05 (-1.9), 5.73w (2.5) 37.88, 2:13.28)	
5384*	Melody Middleton (Stevensville Lakeshore-UM).....	/1984
5321	Katja Pettinen (Lans Eastern-Clemson-FIN) Gainesville/Florida Relays.....	3/23/1995
	(14.44(-0.8), 1.73, 12.62, 25.84(1.2), 5.27(?), 40.08, 2:29.66)	
5286w	Susie Frodge (Midland Dow-Toledo) Oxford/MAC .....	5/18/1990
	(14.12W, 1.77, 10.28, 25.80, 5.80, 36.86, 2:35.53)	
5268	Maria Derezinski (Musk Oakridge-C Mich) Ypsilanti/MAC .....	5/17/2002
	(14.38 (-0.6), 1.76, 10.69, 26.15 (0.7), 5.88w (2.6), 33.52, 2:29.45)	
5226	Kary Tomaw (Central Michigan) Kalamazoo/MAC .....	5/19/1995
	(14.42(3.4), 1.64, 10.93, 25.41, 5.42(1.1), 34.88, 2:19.10)	
5171	Lauren Huebner (Saginaw Swan Valley-SVSU)Tiffin/Thomas Classic.....	4/16/2021
	(14.67 [0.5], 1.56, 10.60, 24.68 [0.4], 5.35 [0.9], 34.77, 2:15.39)	
5063	Gwen Wentland (Grand Blanc-Kansas St) College Station/Relays.....	3/18/1995
	(15.93, 1.93, 10.82, 27.71, 5.65, 29.60, 2:25.90)	

\*=old table, breakdown unknown