



GNAC INDOOR TRACK & FIELD WOMEN'S TOP-10 LISTS

Updated February 12, 2024

60 METERS

Marie-Éloïse Leclair, SFU	7.33	2022
E'lexis Hollis, CWU	7.38	2024
Paige Johnson, CU	7.52	2020
Jamie Ashcroft, UAA	7.54	2017
Maya Hopwood, WOU	7.58	2020
Macie Allen, CU	7.58	2019
Maliyah Thompson, WOU	7.61	2023
Abbey Wood, NNU	7.62	2022
NyEma Sims, SPU	7.63	2007
Valda Kabia, SFU	7.63	2016
Katherine Lucas, SFU	7.63	2017

200 METERS

Marie-Éloïse Leclair, SFU	23.60	2024
Jamie Ashcroft, UAA	24.09	2017
Jahzelle Ambus, SPU	24.35	2016
Katherine Lucas, SFU	24.41	2017
Valda Kabia, SFU	24.41	2017
Kyra Brannan, SPU	24.51	2017
Erykah Weems, CWU	24.56	2020
Grace Bley, SPU	24.65	2020
Emma Cannan, SFU	24.68	2023
Makenna Hansen, CWU	24.77	2022

400 METERS

Marie-Éloïse Leclair, SFU	53.82	2023
Jahzelle Ambus, SPU	54.87	2016
Ali Anderson, CWU	54.98	2018
Jalen Tims, SPU	55.21	2016
Chantel Desch, SFU	55.37	2017
Terran Legard, CWU	55.54	2005
Helen Crofts, SFU	55.69	2013
Emily Lindsay, SFU	55.79	2022
Vanessa Aniteye, UAA	55.89	2017
Mary Kathleen Cross, UAA	56.06	2017

800 METERS

Alison Andrews-Paul, SFU	2:04.04	2022
Helen Crofts, SFU	2:04.94	2011
Danielle McCormick, UAA	2:06.28	2018
Lindsay Butterworth, SFU	2:06.56	2015
Vanessa Aniteye, SPU	2:06.84	2023
Lynelle Decker, SPU	2:07.52	2016
Jessica Pixler, SPU	2:07.57	2008
Ashley Puga, NNU	2:07.63	2009
Addy Townsend, SFU	2:07.74	2020
Olivia Woods, WOU	2:08.44	2019

MILE

Jessica Pixler, SPU	4:32.48	2010
Addy Townsend, SFU	4:40.40	2019
Lindsay Butterworth, SFU	4:44.80	2015
Jennifer Johnson, SFU	4:47.11	2015
Ashley Puga, NNU	4:47.37	2009
Jane Larson, SPU	4:47.39	2009
Caroline Kurgat, UAA	4:47.86	2019
Paige Nock, SFU	4:48.31	2017
Megan Roxby, SFU	4:48.70	2023
Suzie Van De Grift, WOU	4:48.95	2018

3,000 METERS

Caroline Kurgat, UAA #	9:07.05	2019
Joyce Chelimo, UAA	9:17.97	2016
Jessica Pixler, SPU	9:23.24	2009
Jennifer Johnson, SFU	9:26.82	2015
Shannon Porter, SMU	9:29.47	2017
Julia Howley, SFU	9:32.78	2018
Alexa Shindruk, CWU	9:36.71	2019
Susan Tanui, UAA	9:38.71	2013
Annika Esvelt, SPU	9:38.43	2022
Katelyn Steen, WWU	9:38.92	2015

5,000 METERS

Caroline Kurgat, UAA #	15:28.46	2019
Joyce Chelimo, UAA	16:10.32	2016
Sarah Porter, WWU	16:11.68	2011
Jessica Pixler, SPU	16:12.65	2009
Susan Tanui, UAA	16:29.48	2013
Shannon Porter, SMU	16:29.89	2017
Annika Esvelt, SPU	16:31.12	2022
Ruth Keino, UAA	16:31.87	2013
Karen Dickson, SPU	16:34.72	2005
Katelyn Steen, WWU	16:46.92	2015

60 METER HURDLES

Mariyah Vongsaveng, CWU	8.51	2017
Mailea Luquin, SPU	8.53	2016
Paige Johnson, CU	8.55	2020
Lauryn Chandler, CWU	8.57	2023
Diana Voloshin, SFU	8.61	2017
Erykah Weems, CWU	8.61	2020
Lexi Tubbs, NNU	8.63	2019
Danielle Ayers-Stamper, SPU	8.66	2005
Rosie Smith, UAA	8.66	2016
Maliyah Thompson, WOU	8.68	2023

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4x400 METER RELAY

Seattle Pacific	3:42.44	2016
Simon Fraser	3:44.08	2022
Alaska Anchorage	3:45.10	2017
Alaska Anchorage	3:46.12	2017
Simon Fraser	3:46.31	2016
Seattle Pacific	3:46.34	2013
Simon Fraser	3:46.48	2022
Seattle Pacific	3:46.40	2016
Alaska Anchorage	3:46.99	2017
Simon Fraser	3:47.00	2017

DISTANCE MEDLEY RELAY

Alaska Anchorage	11:23.47	2019
Simon Fraser	11:26.80	2022
Simon Fraser	11:28.28	2015
Seattle Pacific	11:29.88	2010
Simon Fraser	11:30.49	2018
Alaska Anchorage	11:31.21	2016
Seattle Pacific	11:31.69	2018
Seattle Pacific	11:32.17	2016
Simon Fraser	11:32.35	2013
Alaska Anchorage	11:32.96	2018

HIGH JUMP

Danielle Ayers-Stamper, SPU	1.77/5-9.75	2005
Taylor Fettig, CWU	1.77/5-9.75	2014
Teona Perkins Golding, SPU	1.76/5-9.25	2008
Ali Worthen, SPU	1.74/5-8.5	2009
Miranda Osadchey, WWU	1.74/5-8.5	2015
Emy Ntekpere, CWU	1.74/5-8.5	2024
Brittany Grandy, WWU	1.73/5-8	2012
Karolin Anders, UAA	1.73/5-8	2016
Maddie Taylor, WWU	1.73/5-8	2019
Aliyah Dawkins, WWU	1.72/5-7.75	2020

POLE VAULT

Lauryn McGough, CWU	4.05/13-3.5	2024
Halle Irvine, CWU	3.93/12-10.75	2018
McKenna Emmert, CWU	3.92/12-10.25	2017
Anna Paradee, WWU	3.92/12-10.25	2017
Kinsey Yenor, NNU	3.92/12-10.25	2023
Alison Silva, NNU	3.91/12-10	2014
Karis Anderson, WWU	3.90/12-9.5	2012
Mellisa Peaslee, SPU	3.89/12-9	2008
Scout Cai, SPU	3.87/12-8.25	2019
Cheyanna Pinley, WWU	3.81/12-6	2014

LONG JUMP

Peace Igbonagwam, SPU	5.98/19-7.5	2019
Danielle Ayers-Stamper, SPU	5.93/19-5.5	2005
Emily Warman, WWU	5.86/19-2.75	2009/2012
Keshara Romain, SMU	5.85/19-2.5	2020
Tanya Bjornsson, WWU	5.82/19-1.25	2014
Renick Meyer, SPU	5.82/19-1.25	2020
Ujunwa Nwokoma, WOU	5.81/19-0.75	2024
Kyra Brannan, SPU	5.80/19-0.5	2017
Paige Johnson, CU	5.79/19-0	2020
Jasmine McMullin, WWU	5.73/18-9.75	2018

TRIPLE JUMP

Keshara Romain, SMU	12.70/41-8	2020
Jasmine McMullin, WWU	12.68/41-7.25	2018
Ashley Potter, WOU	12.40/40-8.5	2012
Emily Warman, WWU	12.17/39-11.5	2010
Emma Hill, CU	12.16/39-10.75	2018
Ella Brown, SFU	12.14/39-10	2017
Karlie Hurley, CU	12.00/39-4.5	2020
HarLee Ortega, CWU	11.98/39-3.75	2019
Chrisalyn Johnson, UAA	11.96/39-3	2019
Brooke Williams, CWU	11.96/39-3	2018

SHOT PUT

* McKenzie Warren, CU	17.62/57-9.75	2017
Melissa Ausman, CU	15.28/50-1.75	2018
Christina MacDonald, CU	15.19/49-10	2018
Krissy Tandle, CWU	14.87/48-9.5	2009
Samantha La Rue, CWU	14.63/48-0	2020
Katrina Linenko, CU	14.41/47-3.5	2018
Emmi Collier, WOU	14.38/47-2.25	2016
Becki Duhamel, CWU	14.20/46-7.25	2015
Destany Herbert, NNU	14.14/46-4.75	2024
Torrie Self, CWU	13.97/45-10	2011

WEIGHT THROW

Christina MacDonald, CU	19.52/64-0.5	2018
Kori Sprague, CU	18.67/61-3	2020
Melissa Ausman, CU	18.00/59-0.75	2018
Kristin Hepler, WOU	17.74/58-2.5	2004
Becky Duhamel, CWU	17.63/57-10.25	2015
McKenzie Warren, CU	17.35/56-11.25	2016
Meagan Smallbeck, CWU	17.33/56-10.25	2022
Caitlin Curtis, NNU	17.00/55-9.25	2015
Samantha La Rue, CWU	16.80/55-1.5	2020
Raine Westfall, WWU	16.75/54-11.5	2022

PENTATHLON

Danielle Ayers-Stamper, SPU	4,007	2005
Karolin Anders, UAA	3,822	2016
Scout Cai, SPU	3,815	2019
Ali Worthen, SPU	3,763	2012
HarLee Ortega, CWU	3,707	2018
Chelsea Bone, CU	3,624	2019
Ali Anderson, CWU	3,610	2018
Jenelle Hurley, WOU	3,585	2023
Elena Cano, UAA	3,543	2020
Katy Gross, SPU	3,505	2013

* - Denotes NCAA Division II record

- Division II all-time best (run on oversized track)