



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

Updated Through 2023 Season

100 METERS

Marie-Éloïse Leclair, SFU	11.44	2023
E'lexis Hollis, CWU	11.54	2023
Jamie Ashcroft, UAA	11.64	2015
Jenna Bouyer, SPU	11.77	2022
Macie Allen, CU	11.78	2019
Katherine Lucas, SFU	11.82	2017
Renick Meyer, SPU	11.89	2018
NyEma Sims, SPU	11.90	2007
Grace Morgan, UAA	11.91	2012
Abbey Wood, NNU	11.91	2023

NOTE: Leclair ran a wind-aided 11.22 (+5.6) at 2023 NCAA Championships.

200 METERS

Marie-Éloïse Leclair, SFU	23.42	2023
NyEma Sims, SPU	23.99	2007
Jamie Ashcroft, UAA	24.07	2016
Valda Kabia, SFU	24.13	2017
Grace Morgan, UAA	24.24	2013
Peace Igbonagwam, SPU	24.33	2022
Jenna Bouyer, SPU	24.35	2022
Katherine Lucas, SFU	24.42	2017
Abbey Wood, NNU	24.42	2023
Macie Allen, CU	24.43	2019

NOTE: Leclair ran a wind aided 23.05 (+4.6) at 2023 NCAA Championships.

400 METERS

Mary Pearce, UAA	53.56	2007
Vanessa Aniteye, SPU	53.64	2022
Alison Andrews-Paul, SFU	54.07	2022
Marie-Éloïse Leclair, SFU	54.38	2023
Helen Crofts, SFU	54.46	2013
Eleanor Siler, WWU	54.59	2009
Jahzelle Ambus, SPU	54.68	2016
Terran Legard, CWU	54.86	2004
Emily Lindsay, SFU	55.01	2022
Chantel Desch, SFU	55.16	2017

800 METERS

Alison Andrews-Paul, SFU	2:01.43*	2022
Helen Crofts, SFU	2:02.10	2013
Lindsay Butterworth, SFU	2:02.88	2015
Jessica Smith, SFU	2:04.34	2011
Jessica Pixler, SPU	2:04.89	2010
Danielle McCormick, UAA	2:05.00	2019
Ashley Puga, NNU	2:05.23	2009
Olivia Woods, WOU	2:05.91	2018
McKayla Fricker, SPU	2:06.18	2014
Addy Townsend, SFU	2:06.82	2018

* - Denotes NCAA Division II record

NOTE: Townsend ran 2:03.47 in 2021 (SFU opted out of GNAC season).

1,500 METERS

Jessica Pixler, SPU	4:11.06	2010
Lindsey Butterworth, SFU	4:18.34	2015
Caroline Kurgat, UAA	4:19.48	2019
Alison Andrews-Paul, SFU	4:21.19	2022
Helen Crofts, SFU	4:20.83	2011
Addy Townsend, SFU	4:22.26	2018
Jane Larson, SPU	4:23.05	2010
Ashley Puga, NNU	4:23.17	2009
Suzie Van De Griff, WOU	4:23.87	2018
Megan Roxby, SFU	4:24.56	2023

NOTE: Townsend ran 4:15.78 during 2021 season (SFU opted out of GNAC season).

3,000 METERS

Sarah Porter, WWU	9:35.75	2011
Jessica Pixler, SPU	9:37.41	2007
Jane Larson, SPU	9:41.20	2008
Alexa Shindruk, CWU	9:43.53	2018
Ally Ginther, SFU	9:45.45	2018
Ashlee Vincent, WWU	9:53.04	2003
Alicen Maier, CWU	9:54.32	2003
Katie Hummel, CWU	9:56.24	2007
Reta Dobie, SFU	9:56.51	2018
Shannon Porter, SMU	9:57.80	2016

5,000 METERS

Caroline Kurgat, UAA	15:40.45	2019
Jessica Pixler, SPU	15:44.07	2010
Sarah Porter, WWU	15:57.02	2011
Joyce Chelimo, UAA	15:59.55	2016
Julia Howley, SFU	16:10.89	2019
Annika Esvelt, SPU	16:14.31	2022
Ruth Keino, UAA	16:20.87	2013
Jennifer Johnson, SFU	16:26.59	2015
Shannon Porter, SMU	16:32.03	2016
Katelyn Steen, WWU	16:32.03	2015

10,000 METERS

Caroline Kurgat, UAA	32:08.09*	2019
Joyce Chelimo, UAA	33:14.41	2016
Sarah Porter, WWU	33:17.39	2010
Annika Esvelt, SPU	33:51.65	2022
Karen Dickson, SPU	34:08.64	2005
Susan Tanui, UAA	34:19.08	2013
Alexa Shindruk, CWU	34:25.41	2019
Ruth Keino, UAA	34:30.53	2011
Shannon Porter, SMU	35:01.04	2015
Amy Johnston, UAA	35:01.46	2015

* - Denotes NCAA Division II record

NOTE: Porter ran 32:57.15 outside of collegiate season in 2011.

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100 METER HURDLES

Mariah Vongsaveng, CWU	13.64	2018
Danielle Ayers-Stamper, SPU	13.70	2005
Lauryn Chandler, CWU	13.90	2023
Mailea Luquin, SPU	13.97	2016
Renick Meyer, SPU	13.97	2021
Sidney Trinidad, CWU	14.01	2019
Diana Voloshin, SFU	14.03	2017
Erykah Weems, CWU	14.08	2019
Elena Cano, UAA	14.10	2022
Lexi Tubbs, NNU	14.11	2016
Ali Worthen, SPU	14.12	2013

400 METER HURDLES

Sidney Trinidad, CWU	58.22	2019
Erykah Weems, CWU	59.08	2019
Haleigh Lloyd, UAA	59.17	2015
Jalen Tims, SPU	1:00.06	2016
Elena Cano, UAA	1:00.16	2022
Ali Anderson, CWU	1:00.22	2018
Heidi Dimmitt, WWU	1:00.31	2009
Emily Bland, CWU	1:00.58	2017
Jawea Harder, SPU	1:01.24	2002
McCall DeChenne, CWU	1:01.59	2022

2,000 METER STEEPLECHASE

Julia Howley, SFU	6:40.34	2019
Olivia Willett, SFU	6:55.13	2019
Katelyn Steen, WWU	6:56.78	2014
Chelsea Ribeiro, SFU	7:04.78	2019
Suzie Stricker, SPU	7:14.96	2008
Karin Rohde, SPU	7:17.12	2007
Haley O'Connor, WWU	7:22.87	2013
Emma Chadsey, SFU	7:30.00	2016
Robin Zeidler, SPU	7:30.38	2012
Dana Townsend, SFU	7:36.18	2016

3,000 METER STEEPLECHASE

Julia Howley, SFU	10:02.45	2019
Katelyn Steen, WWU	10:13.01	2014
Susan Tanui, UAA	10:13.33	2012
Ila Davis, WWU	10:21.10	2023
Dani Eggleston, CWU	10:23.58	2016
Della Lyle, MSUB	10:26.88	2016
Reta Dobie, SFU	10:27.35	2018
Hallidie Witt, UAA	10:31.30	2012
Ila Davis, WWU	10:31.55	2022
Brittany Grant, WWU	10:32.60	2017

4x100 METER RELAY

Seattle Pacific	45.88	2022
Simon Fraser	46.19	2017
Seattle Pacific	46.23	2019
Seattle Pacific	46.33	2018
Alaska Anchorage	46.37	2017
Simon Fraser	46.41	2023
Seattle Pacific	46.43	2022
Simon Fraser	46.46	2017
Simon Fraser	46.51	2022
Seattle Pacific	46.54	2021

4x400 METER RELAY

Western Oregon	3:41.80	2018
Simon Fraser	3:41.17	2022
Alaska Anchorage	3:41.93	2017
Simon Fraser	3:42.05	2011
Simon Fraser	3:42.35	2022
Simon Fraser	3:42.53	2013
Alaska Anchorage	3:43.01	2018
Seattle Pacific	3:43.44	2013
Seattle Pacific	3:43.76	2016
Simon Fraser	3:43.92	2018

HIGH JUMP

Teona Perkins, SPU	1.78/5-10	2007
Taylor Fettig, CWU	1.77/5-9.75	2016
Danielle Ayers-Stamper, SPU	1.75/5-8.75	2005
Karolin Anders, UAA	1.75/5-8.75	2017
Monica Smith, WOU	1.74/5-8.5	2005
Maddie Taylor, WWU	1.74/5-8.5	2019
Aliyah Dawkins, WWU	1.73/5-8	2021
Ali Worthen, SPU	1.72/5-7.75	2012/2013
Clara Cook, WWU	1.71/5-7.25	2009
Miranda Osadchey, WWU	1.71/5-7.25	2016
Geneva Lehnert, SPU	1.71/5-7.25	2016
Elena Cano, UAA	1.71/5-7.25	2022

POLE VAULT

Scout Cai, SPU	4.04/13-3	2021
Anna Paradee, WWU	4.01/13-1.75	2017
Kinsey (Langin) Yenor, NNU	4.01/13-1.75	2023
Halle Irvine, CWU	3.90/12-9.5	2019
Karis Anderson, WWU	3.85/12-7.5	2012
Melissa Peaslee, SPU	3.83/12-6.75	2011
McKenna Emmert, CWU	3.83/12-6.75	2015
Emily Thomason, SPU	3.77/12-4.5	2023
Ally Studer, SPU	3.76/12-4	2003
Christy Miller, WWU	3.76/12-4	2009
Lizzy Daugherty, SPU	3.76/12-4	2022

LONG JUMP

Renick Meyer, SPU	6.22/20-5	2018
Peace Igbonagwam, SPU	6.00/19-8.25	2022
Stephanie Huffman, SPU	5.99/19-8	2002
Ali Worthen, SPU	5.99/19-8	2013
Kyra Brannan, SPU	5.97/19-7	2017
Unjunwa Nwokoma, WOU	5.96/19-6.75	2023
Danielle Ayers-Stamper, SPU	5.95/19-6.25	2005
Jenelle Hurley, WOU	5.93/19-5.5	2022
Chrisalyn Johnson, UAA	5.92/19-5.25	2019
Tanya Bjornsson, WWU	5.91/19-4.75	2014

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TRIPLE JUMP

Chrisalyn Johnson, UAA	12.60/41-4.25	2019
Ashley Potter, WOU	12.42/40-9	2012
Emily Warman, WWU	12.37/40-7	2012
Keshara Romain, SMU	12.37/40-7	2019
Jasmine McMullin, WWU	12.27/40-3.25	2017
Amanda Alvarez, SPU	12.11/39-8.75	2010
HarLee Ortega, CWU	12.09/39-8	2018
Karlie Hurley, CU	12.09/39-8	2019
Katharine Lotze, CWU	12.08/39-7.75	2012
Alyssa Duncan, SMU	12.03/39-5.75	2023

SHOT PUT

McKenzie Warren, CU	17.39/57-0.75	2017
Melissa Ausman, CU	15.40/50-6.25	2018
Christina MacDonald, CU	15.36/50-4.75	2018
Krissy Tandle, CWU	14.94/49-1	2009
Tasha Willing, CU	14.55/47-9	2018
Dionna Anderson, SPU	14.44/47-4.5	2002
Leeza Henry, MSUB	14.39/47-2.5	2012
Destany Herbert, NNU	14.36/47-1.5	2023
Kirby Neale, SMU	14.24/46-8.75	2015
Katrina Linenko, CU	14.27/46-10	2016

DISCUS

Melissa Ausman, CU	55.74/182-10	2018
McKenzie Warren, CU	51.59/169-3	2017
Jessica Houston, UAA	50.52/165-9	2005
Jade Richardson, SFU	48.68/159-8	2013
Jessica Telleria, WWU	47.61/156-2	2006
Rachel Bring, CU	47.37/155-5	2018
Megan Mortensen, WWU	47.36/155-4	2016
Katie Potts, WWU	46.67/153-1	2023
Katrina Linenko, CU	45.42/149-0	2018
Carly Dranginis, NNU	44.83/147-1	2012

HAMMER

Christina MacDonald, CU	62.42/204-9	2018
Kirby Neale, SMU	59.34/194-8	2017
Tasha Willing, CU	58.23/191-0	2018
McKenzie Warren, CU	58.14/190-9	2017
Liz Larson, SMU	57.37/188-3	2019
Jennifer Dunkin, WOU	56.27/184-7	2003
Torrie Self, CWU	55.58/182-4	2011
Lindsay Wells, WWU	55.58/182-4	2014
Joselynn Tensley, CU	55.79/183-0	2018
Kristin Hepler, WOU	55.22/181-2	2004

JAVELIN (150 FOOT THROWERS)

Bethany Drake, WWU	54.18/177-9	2016
Katie Reichert, WWU	54.03/177-3	2016
Brittany Aanstad, SPU	51.24/168-1	2012
Ellie Logan, NNU	50.44/165-6	2019
Monika Gruzecki, WWU	49.65/163-6	2011
Katie McMeel, CWU	48.86/160-4	2006
Jeeni Schantlin, SPU	48.80/160-1	2009
Kaylee Wright, WOU	48.37/158-8	2022
Amanda Schumaker, WOU	48.43/158-1	2012
Raquel Pellecer, WWU	48.01/157-6	2018
Deanna Avalos, SMU	47.98/157-5	2017
Seabre Church, WOU	47.63/156-3	2014
Mariah Horton, WWU	47.62/156-3	2016
Amanda Short, WWU	47.62/156-2	2019
Hannah Nienaber, WWU	47.52/155-11	2021
Darian Wilson, WOU	47.25/155-0	2019
Carolanne Powers, WOU	47.16/154-9	2010
Kathryn Walker, SMU	47.36/155-4	2015
Lauren VerMulm, SPU	47.01/154-3	2005
Paige Shimkus, WWU	47.01/154-3	2019
Natalie Vetto, WWU	46.38/152-2	2018
Jona Spiller, SMU	46.03/151-0	2017
Anosi Laupola, WWU	45.94/150-9	2016
Christina MacDonald, CU	45.71/150-0	2016

HEPTATHLON

Danielle Ayers-Stamper, SPU	5,606	2005
Ali Worthen, SPU	5,492	2013
Stephanie Huffman, SPU	5,389	2002
Karolin Anders, UAA	5,375	2014
HarLee Ortega, CWU	5,212	2019
Renick Meyer, SPU	5,114	2018
Bridget Johnson, WOU	5,080	2006
Scout Cai, SPU	5,054	2019
Chelsea Bone, CU	5,009	2019
Laura Widman, SPU	5,004	2002