

UNITED STATES JUNIOR WOMEN'S ALLTIME TOP 10 LIST  
as of 01 September 2018

100				
10.98	2.0	Candace Hill	Shoreline	20Jun15
10.99	1.7	Twanisha Terry	Torrance	21Apr18
11.02	1.5	Tamara Clark	Knoxville	13May18
11.03	0.6	English Gardner	Tucson	14May11
11.04	1.4	Angela Williams	Boise	05Jun99
11.07	0.7	Bianca Knight	Eugene	27Jun08
11.08	2.0	Brenda Morehead	Eugene	21Jun76
11.10	0.9	Kaylin Whitney	Eugene	05Jul14
11.11	0.2	Shakedia Jones	Westwood	02May98
11.12	1.2	Alexandria Anderson	Indianapolis	22Jun06
11.12	1.1	Aurieyall Scott	Eugene	24Jun11
Wind-aided:				
10.96	3.7	Angela Williams	Las Vegas	03Apr99
	2.6	Twanisha Terry	Stanford	13May18
11.01	5.4	Kaylin Whitney	Lausanne	09Jul15
11.06	2.2	Brenda Morehead	Eugene	21Jun76
11.07	3.5	Sydney McLaughlin	Knoxville	13Apr18
11.10	2.8	Alexandria Anderson	Austin	27May06
11.11	2.6	Octavious Freeman	Albuquerque	05Jun10
11.11	3.1	Ky Westbrook	Eugene	13Jun15
11.12	4.1	Marion Jones	Norwalk	31May91
11.12	2.4	Allyson Felix	Norwalk	30May03
11.12	2.5	Ashley Owens	College Station	26Jun04
11.12	3.6	Sha'Carri Richardson	Austin	12May18
200				
22.11	-0.5	Allyson Felix	Mexico City	3May03
22.39	1.5	Sydney McLaughlin	Gainesville	29Mar18
22.40i		Bianca Knight	Fayetteville	14Mar08
22.43	-0.7	Candace Hill	Cali	19Jul15
22.47	0.4	Kaylin Whitney	Eugene	28Jun15
22.48	1.8	Tamari Davis	Jacksonville	05May18
22.49i		Sanya Richards	Fayetteville	12Mar04
22.51	1.9	Lauren Rain Williams	Tucson	28Apr18
22.53	0.9	Tamara Clark	Tampa	25May18
22.58	0.8	Marion Jones	New Orleans	28Jun92
Wind-aided:				
22.25	5.6	Bianca Knight	Eugene	06Jul08
22.38	2.1	Candace Hill	Montverde	11Jun16
22.44	2.5	Lauren Rain Williams	Norwalk	21May16
22.49	2.3	Brenda Morehead	Eugene	24Jun76
22.53	2.5	Valerie Brisco	Walnut	17Jun79
22.55	2.7	Danyel White	San Antonio	25Mar17
400				
49.89		Sanya Richards	Sacramento	17Jul04
50.07		Sydney McLaughlin	Gainesville	30Mar18
50.46		Kendall Baisden	Lubbock	18May14
50.50		Ashley Spencer	Barcelona	13Jul12
50.74		Monique Henderson	Norwalk	03Jun00
50.87		Denean Howard	Knoxville	20Jun82
50.90		Sheila Ingram	Montreal	28Jul76
50.96		Maicel Malone	Indianapolis	17Jul88
51.03		Mikele Barber	Palma de Mallorca	12Jul99
51.04		Courtney Okolo	Des Moines	22Jun13
800				
1:58.21		Ajee' Wilson	Moscow	18Aug13

1:59.51	Mary Cain	Eugene	1Jun13
1:59.71	Raevyn Rogers	Eugene	13Jun15
2:00.07	Kim Gallagher	Indianapolis	24Jun82
2:00.65	Samantha Watson	Bellinzona	18Jul17
2:00.73	Kathy Weston	Eugene	22Jun76
2:00.85	Caitlin Collier	Nashville	02Jun18
2:00.98	Amy Weissenbach	Des Moines	21Jun13
2:00.99	Alexa Efraimson	Portland	15May16
2:01.14	Avi' Tal Wilson-Perteete	Sacramento	25May18
2:01.33	Chanelle Price	Marietta	19Jul09

#### 1500

4:03.39	Alexa Efraimson	Eugene	30May15
4:04.62	Mary Cain	Eagle Rock	17May13
4:07.21	Kate Murphy	Somerville	17Jun16
4:08.71	Christina Aragon	Bydgoszcz	24Jun16
4:09.08	Katie Rainsberger	Portland	16Jun17
4:09.10	Suzy Favor	San Jose	27Jun87
4:10.6h	Jan Merrill	Los Angeles	31Aug75
4:10.95	Elise Cranny	Stanford	14May14
4:12.9h	Linda Goen	Westwood	11May80
4:13.14	Arianna Lambie	Northridge	29May04

#### MILE

4:24.11i	Mary Cain	Boston	24Jan14
4:27.39	Alexa Efraimson	Rovereto	06Sep16
4:32.30i	Darlene Beckford	Boston	02Mar80
4:32.55i	Danae Rivers	Seattle	11Feb17
4:35.01i	Jordan Hasay	Seattle	27Feb10
4:35.24	Polly Plumer	Westwood	16May82
4:35.56	Lesley Welch	Villanova	12Jun82
4:35.60i	Katie Rainsberger	Seattle	25Feb17
4:36.53i	Cory McGee	Seattle	12Feb11
4:36.5h	Ceci Hopp	Berkeley	12Jun82
4:36.94	Kim Gallagher	Villanova	12Jun82
4:36.95	Sarah Bowman	Greensboro	18Jun05

#### 3000

8:57.27	Ceci Hopp	Durham	27Jun82
8:58.48	Mary Cain	Eugene	24Jul14
8:58.88i	Elise Cranny	Fayetteville	14Mar15
9:00.16i	Alexa Efraimson	Seattle	31Jan14
9:00.62	Katie Rainsberger	Bydgoszcz	20Jul16
9:05.26i	Katelyn Tuohy	Staten Island	06Jan18
9:06.34i	Taylor Werner	Seattle	11Feb17
9:07.79i	Aisling Cuffe	Seattle	03Mar12
9:08.15i	Laurynne Chetelat	Seattle	28Feb09
9:08.6h	Lynn Bjorklund	Kiev	05Jul75
9:09.54	Lesley Welch	Knoxville	20Jun82
9:09.6h	Andrea Fischer	Stillwater	01May82
9:10.51	Kate Murphy	Clovis	25Jun16
9:10.75	Rosa Gutierrez	Eugene	01May82
9:11.80	Cory Schubert	Indianapolis	17Jun83

#### 3000 STEEPLECHASE

9:46.48	Madison Boreman	Eugene	10Jun17
9:49.25	Devin Clark	Eugene	11Jun16
9:52.71	Kristlin Gear	Tampa	25May18
9:52.89	Sarah Edwards	Lexington	26May17
9:57.04	Alice Hill	Tampere	13Jul18
9:59.94	Hannah Steelman	Eugene	07Jun18
10:00.72	Brianna Nerud	Barcelona	12Jul12

10:00.88	Shelby Greany	Eugene	12Jun10
10:04.43	Courtney Wayment	Stanford	31Mar17
10:06.21	Emma Coburn	Fayetteville	10Jun09
10:07.55	Katy Trotter	Northridge	29May04

#### 5000

15:20.57i	Sarah Disanza	Boston	06Dec14
15:32.03i	Anna Rohrer	Boston	26Feb16
15:36.95	Molly Huddle	Walnut	17Apr03
15:37.12i	Katelyn Tuohy	Lynchburg	20Jan18
15:40.69	Abbey D'Agostino	Des Moines	10Jun11
15:42.81i	Lindsey Scherf	Boston	03Dec05
15:43.31	Laurynne Chetelat	Stanford	27Mar09
15:45.31	Emily Stites	Walnut	19Apr13
15:45.46	Mary Cain	Portland	08Jun13
15:46.93	Fiona O'Keeffe	Eugene	10Jun17
15:47.79	Megan Goethals	Des Moines	10Jun11
15:48.91	Emily Sisson	Moncton	21Jul10
15:49.12	Emily Venters	Stanford	30Mar18

#### 10,000

32:51.20	Lindsey Scherf	New York	7May05
32:52.5h	Mary Shea	Walnut	15Jun79
32:56.94	Allison Woodward	Des Moines	07Jun12
33:03.32	Betty Springs	Eugene	23May80
33:08.46	Katie Ishmael	Knarvik	04Sep83
33:09.67	Carole Zajac	Villanova	04May91
33:17.28	Cayla Hatton	Medford	31Mar12
33:19.42	Alex Gits	Stanford	04May08
33:24.79	Megan Curham	New Haven	10May14
33:26.53	Cathy Schiro	Los Angeles	17Jun84
33:31.80	Jamie Park	Walnut	21Apr90

#### 100 HURDLES

12.74	1.7	Dior Hall	Eugene	13Jun15
12.75	1.7	Chanel Brissett	Stanford	13May18
12.84	1.2	Tia Jones	Clovis	25Jun16
12.86	1.4	Cortney Jones	Eugene	07Jun18
12.87	2.0	Kendell Williams	Eugene	06Jul14
12.91	1.8	Kristi Castlin	Gainesville	26May07
12.93	2.0	Alexis Duncan	Bydgoszcz	24Jul16
12.95	1.5	Candy Young	Walnut	16Jun79
	1.5	Cinnamon Sheffield	Provo	02Jun89
	0.5	Tara Davis	Sacramento	23Jun17
12.98	1.8	Queen Harrison	Sacramento	08Jun07
Wind-aided:				
12.82	2.1	Kristi Castlin	College Park	21Apr07
12.83	3.7	Tara Davis	Clovis	03Jun17
12.93	2.7	Cortney Jones	Coral Gables	12May18

#### 400 HURDLES

52.75	Sydney McLaughlin	Knoxville	13May18
54.70	Lashinda Demus	Kingston	19Jul02
55.07	Shamier Little	Eugene	13Jun14
55.20	Leslie Maxie	San Jose	09Jun84
	Anna Cockrell	Bydgoszcz	22Jul16
55.22	Tiffany Ross	Baton Rouge	31May02
55.35	Nicole Leach	Sacramento	09Jun06
55.65	Schowanda Williams	Austin	31May85
55.81	Queen Harrison	Sacramento	09Jun07
55.96	Ebony Collins	Marrakech	15Jul05

4x100			
43.29	USA Jr Blue Team	Eugene	08Aug06
43.38	Team USA PAJr	Tampa	11Jul99
43.44	Team USA WJr	Moncton	24Jul10
43.46	Team USA WJr	Eugene	26Jul14
43.49	Team USA WJr	Grosseto	18Jul04
	Team USA WJr	Beijing	20Aug06
43.52	Team USA WJr	Anney	2Aug98
43.66	Team USA WJr	Kingston	21Jul02
	Team USA WJr	Bydgoszcz	13Jul08
43.67	Team USA WJr	Beijing	19Aug06
43.69	Team USA WJr	Bydgoszcz	23Jul16

4x400			
3:27.60	Team USA WJr	Grosseto	18Jul04
3:28.57	Team USA PAJr	Trujillo	23Jul17
3:29.01	Team USA WJr	Beijing	20Aug06
3:29.11	Team USA WJr	Bydgoszcz	24Jul16
3:29.54	Team USA WJr	Bydgoszcz	12Jul08
3:29.67	Team USA PAJr	Sao Paulo	08Jul07
3:29.95	Team USA WJr	Kingston	21Jul02
3:30.01	Team USA WJr	Barcelona	15Jul12
3:30.13	Team USA WJr	Grosseto	17Jul04
3:30.19	Team USA WJr	Bydgoszcz	13Jul08
3:30.42	Team USA WJr	Eugene	27Jul14
3:30.45	Team USA WJr	Athens	20Jul86

#### HIGH JUMP

1.99i/6-6.25	Vashti Cunningham	Portland	12Mar16
1.94/6-4.5	Tanya Hughes	Eugene	31May91
1.93/6-4	Amy Acuff	Innsbruck	28Aug83
	Toni Young	Edmond	25Apr09
1.92i/6-3.5	Destinee Hooker	Lincoln	25Feb06
1.91/6-3.5	Sharon Day	Grosseto	18Jul04
6-3	Lisa Bernhagen	Pocatello	18Feb84
1.90/6-2.75	Joni Huntley	Christchurch	25Jan75
	Latrese Johnson	Sanger	15Mar85
	Erin Aldrich	Delaware	28Apr96

#### POLE VAULT

4.46/14-7.5	Lexi Weeks	Black Springs	04Jul15
4.45/14-7.25	Desiree Freier	Eugene	24Jul14
4.42/14-6	Rachel Baxter	Bloomington	17Jun18
4.41/14-5.5	Mackenzie Shell	Norman	23Apr16
4.38/14-4.5	Natalie Willer	Seward	08May09
4.37i/14-4	Tori Weeks	Black Springs	14Jun15
4.34/14-2.75	Morgann LeLeux	Lafayette	27Apr11
i	Shade Weygandt	Columbia	16May10
4.33i/14-2.5	Tori Anthony	Seattle	10Feb07
4.32i/14-2	Mary Saxer	Landover	13Mar05
	Emily Grove	Yankton	02Jun12
	Alina McDonald	Rock Hill	28May16

#### LONG JUMP

6.83/22-5	1.7	Kate Hall	Greensboro	21Jun15
6.81/22-4.5	1.6	Carol Lewis	Knoxville	20Jun82
6.78/22-3		Kathy McMillan	Westwood	12Jun76
6.75/22-1.75	1.8	Marion Jones	Boise	01Jun94
6.73/22-1	1.9	Tara Davis	Clovis	03Jun17
6.68/21-11	0.7	Lanae-Tava Thomas	Lawrence	26Jul17
6.63/21-9	1.0	Keturah Orji	Athens	09May15
6.60/21-8	1.8	Tianna Madison	College Station	26Jun04

6.54/21-5.5		Monyetta Haynesworth Marita Hunt	Clemson Tuscaloosa	21Mar92 20May95
Wind-aided:				
6.80/22-3.75	2.6	Tara Davis	Norwalk	20May17
6.60/21-8	2.6	Marita Hunt	Tempe	01Apr95
6.59/21-7.5		Dorothea Brown	Chicago Heights	04May82
6.57/21-6.75		Keyon Soley	Uniondale	29May97
6.56/21-6.25	2.7	Alexis Faulknor	Houston	11May13
	2.5	Courtney Corrin	Eugene	25Jun15
6.54/21-5.5		Angela Thacker	Lawrence	23Apr83

#### TRIPLE JUMP

14.15/46-5.25	1.8	Keturah Orji	Eugene	13Jun15
14.01/45-11.75	1.8	Erica McLain	Carson	26Jun05
13.73/45-0.5	1.2	Bria Matthews	Tallahassee	15May16
13.71/44-11.75	1.4	Brittany Daniels	College Station	27Jun04
13.65/44-9.5	1.1	Ciarra Brewer	Des Moines	09Jun12
13.60/44-7.5	1.0	Marshay Ryan	Eugene	26Jul14
13.58/44-6.75		Wendy Brown	Austin	30May85
i		Ke'Nyia Richardson	New York	11Mar07
13.50/44-3.5		Sheila Hudson	Indianapolis	05Jun86
44-2.25	0.5	Ychlandria Spears	Austin	11May01
Wind-aided:				
13.83/45-4.75	3.8	Jasmine Moore	Austin	11May18
13.82/45-4.5	3.0	Ke'Nyia Richardson	Sacramento	02Jun07
13.59/44-7	2.8	Nicole Gamble	Columbia	11May95
13.50/44-3.5	3.6	Juliana Yendork	Blaine	23Jun91
13.50/44-3.5	2.9	Brandi Stanfield	Austin	08Apr06

#### SHOT PUT

18.62i/61-1.25		Raven Saunders	Fayetteville	14Mar15
17.70/58-1		Alyssa Wilson	Trujillo	21Jul17
17.60/57-9		Eileen Vanisi	Eugene	01Jun91
17.57/57-7.75		Laura Gerraughty	Stanford	22Jun02
17.55/57-7		Michelle Carter	Grosseto	17Jul04
17.46i/57-3.5		Seilala Sua	Indianapolis	08Mar97
17.36i/56-11.5		Christina Hillman	Ames	07Dec12
17.26/56-7.5		Dawn Dumble	Tempe	18May91
17.11/56-1.75		Lindsay Baker	Columbus	21Apr18
17.10/56-1.5		Regina Cavanaugh	Los Angeles	26Jun83

#### DISCUS

63.44/208-2		Seilala Sua	Salinas	21May97
60.59/198-9		Shelbi Vaughn	Bloomington	15Jun12
59.37/194-9		Laulauga Tausaga	Austin	26May17
58.06/190-6		Suzy Powell	Modesto	13May95
57.99/190-3		Anna Jelmini	Oakhurst	13May09
57.52/188-8		Mandy Borschowa	Pullman	01May99
57.45/188-6		Valarie Allman	Eugene	06Jul14
57.09/187-3		Becky Famurewa	Louisville	13Apr13
56.98/186-11		Obiageri Amaechi	Bloomington	15Jun18
56.94/186-10		Elena Bruckner	San Jose	22Apr16
56.87/185-7		Erin Pendleton	Columbus	01May10

#### HAMMER

68.12/223-6		Shelby Ashe	Bloomington IN	16Jun12
66.99/219-9		Alyssa Wilson	Eugene	07Jun18
65.00/213-3		Makenli Forrest	Louisville	27Apr18
64.16/210-6		Jillian Shippee	Bloomington	16Jun18
63.18/207-3		Haley Showalter	Madison	06May16
62.93/206-5		Lauren Chambers	Walnut	17Apr10
62.62/205-5		DeAnna Price	Austin	26May12

62.07/203-7	Joy McArthur	Clovis	25Jun16
61.58/202-0	Shelby Moran	Bend	06Jul18
61.44/201-7	Maureen Griffin	Logan	30May98
61.02/200-2	Laura Gerraughty	Nassau	11Jul02

#### JAVELIN

56.60/185-8	Madison Wiltout	North Huntington	07May15
56.21/184-5	Maura Fiamoncini	Selinsgrove	31Mar18
55.22/181-2	Haley Crouser	Aloha	13Apr12
55.11/180-9	Dana Baker	East Stroudsburg	29Jun18
54.96/180-4	Sophia Rivera	Brentwood	18Apr16
54.93/180-2	Brianna Bain	Des Moines	06Jun12
54.26/178-0	Katelyn Gochenour	Eugene	08Jun17
54.18/177-9	Stephanie Ulmer	Ellensburg	05May01
53.96/177-0	Skylar Ciccolini	Nassau	02Jun18
53.93/176-11	Megan Glasmann	Medellin	25Aug13
53.85/176-8	Avione Allgood	Eugene	25Jun11

#### HEPTATHLON

6018	Kendell Williams	Athens GA	12Apr14
5798	Anna Hall	Albuquerque	01Jun18
5754w	Jackie Joyner	Spokane	27Jun81
5678	Ellannee Richardson	Boise	05Jun99
5606w	Ryann Kraus	Eugene	10May09
5591	Marlene Harmon	Lawrence	16Apr81
5590	Jamie McNear	Eugene	02Jun88
5577	Emma Fitzgerald	Bydgoszcz	22Jul16
5549	Ashley Selig	Austin	18May03
5547	Erica Bougard	Bloomington	17Jun12
5533	Shana Woods	Indianapolis	22Jun06
5524	Theresa Roy	Austin	04Jun92
5523	Sterling Lester	Bloomington	17Jun18