

AMERICAN WOMEN'S ALL-TIME TOP-10 OUTDOOR (Updated 5/11/04)

100-Meter Dash (100y+-9)

1.	12.65	Chanel Spriggs	4/6/02
2.	13.07	Deborah Cohen	2000
3.	13.17	Maria Weeries	2000
4.	13.65	Damarah Rhymer	4/20/02
5.	13.69	Jenyce Woodruff	4/6/02
6.	13.90	Marissa Schoenfeld	4/20/02
7.	14.38	Chanel Hunt	4/6/02

200-Meter Dash (220y-.1)

1.	26.97	Jina Lewis	2000
2.	27.01	Maria Weeries	2000
3.	27.64	Deborah Cohen	2000
4.	27.91	Emily Price	4/12/03
5.	28.00	Ashley Dellinger	3/27/04
5.	28.58	Catherine Poppe	4/12/03
6.	29.31	Shondrea Horton	2001
7.	29.61	Katherine Bassler	4/19/03
8.	30.01	Marissa Schoenfeld	3/23/02
9.	30.72	Nefertiti Thompson	2000
10.	30.79	Sandra Bozik	3/23/02

400-Meter Dash (440y-.3)

1.	1:00.54	Zaia Wharton	4/17/04
2.	1:01.80	Ashley Dellinger	3/27/04
3.	1:03.77	Deborah Cohen	2001
4.	1:04.09	Catherine Poppe	4/3/04
5.	1:04.16	Liz Krashes	4/20/02
6.	1:04.42	Megan Simpson	4/3/04
7.	1:05.30	Leah Heinecke-Krumhus	4/6/02
8.	1:05.53	Shondrea Horton	4/20/02
9.	1:07.59	Katherine Bassler	3/22/03
10.	1:10.04	Anjolie Phukan	2000

800-Meter Run (880y-1.0)

1.	2:11.92	Zaia Wharton	4/10/04
2.	2:11.95	Keira Carlstrom	5/1/04
3.	2:18.47	Samia Akbar	3/16/02
4.	2:20.00	Megan Simpson	3/27/04
5.	2:20.16	Paige Koopman	2000
6.	2:22.19	Leah Heinecke-Krumhus	3/22/03
7.	2:24.34	Whitney McNees	4/17/04
8.	2:25.80	Catie Poppe	3/27/04
9.	2:31.27	Kristine Wolff	2000
10.	2:32.24	Liz Krashes	2001

1500-Meter Run

1.	4:27.66	Samia Akbar	5/11/02
2.	4:27.88	Keira Carlstrom	5/1/04
3.	4:35.72	Kelley Taylor	4/10/04
4.	4:42.50	Zaia Wharton	4/19/03
5.	4:49.55	Whitney McNees	4/10/04
6.	4:51.50	Jennifer Baclawski	2001
7.	4:59.93	Gina Connell	2000
8.	5:07.30	Erin Hickey	4/20/02
9.	5:12.84	Kristine Wolff	1999
10.	5:16.70	Kaitlyn Lavender	3/27/04

3000-Meter Run (Two-mile-45.0)

1.	9:45.74	Keira Carlstrom	4/24/03
2.	9:46.31	Kelley Taylor	3/6/04
3.	10:18.19	Samia Akbar	2001
4.	10:27.20	Jennifer Baclawski	2001
5.	10:48.04	Jessica Daniel	2001
6.	10:49.23	Gina Connell	1999
7.	10:58.89	Siobhan Uniacke	3/23/02
8.	11:08.24	Natalia Medley	2000
9.	11:24.23	Kaitlyn Lavender	4/10/04
10.	11:29.00	Erin Hickey	2000

5000-Meter Run (Three-mile+40)

1.	16:20.62	Samia Akbar	5/30/03
2.	16:45.72	Keira Carlstrom	4/11/03
3.	17:08.76	Kelley Taylor	4/17/04
4.	17:35.41	Jen Baclawski	4/11/03
5.	17:59.86	Whitney McNees	4/3/04
6.	18:28.58	Jessica Daniel	2001
7.	18:45.29	Natalia Medley	2001
8.	19:09.46	Siobhan Uniacke	4/6/02

9.	19:26.39	Heidi Fishpaw	4/20/02
10.	19:53.63	Elizabeth Reaves	2001

10,000 Meter Run

1.	33:38.55	Samia Akbar	6/12/03
2.	37:11.79	Jennifer Baclawski	5/2/03
3.	38:18.72	Jessica Daniel	2001
4.	39:39.70	Gina Connell	2000
5.	40:49.22	Natalia Medley	2000
6.	41:21.85	Elizabeth Reaves	2001

100-Meter Hurdles

1.	15.08	Maria Weeries	2000
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400-Meter Hurdles (440y-.3)

1.	1:04.78	Maria Weeries	2000
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4x100-Meter Relay

1.	53.08	Rhymer, Hunt, Schoenfeld, Horton	5/4/02
2.	53.14	Rhymer, Hunt, Schoenfeld, Horton	4/13/02
3.	55.83	Rhymer, Hunt, Schoenfeld, Horton	4/20/02

4x400-Meter Relay (Mile Relay+1.2)

1.	4:04.07	Wharton, Simpson, Dellinger, Carlstrom	5/1/04
1.	4:07.22	Carlstrom, Wharton, Heinecke-Krumhus, Price	4/5/03
2.	4:10.35	English, Wharton, Dellinger, Poppe	4/3/04
2.	4:18.15	(No names)	2001
3.	4:18.60	Wharton, Price, Heinecke-Krumhus, Poppe	4/12/03
4.	4:21.95	Hunt, Simpson, Heinecke-Krumhus, Baclawski	4/20/02
5.	4:26.38	Krashes, Fishpaw, Heinecke-Krumhus, Rhymer	4/13/02
6.	4:38.00	(No names)	2000
7.	4:42.88	(No names)	2001

4x800-Meter Relay (Two-mile-3.0)

1.	9:11.02	Carlstrom, Wharton, Taylor, McNees	3/27/04
1.	9:14.01	Heinecke-Krumhus, Carlstrom, Akbar, Wharton	5/2/03
2.	9:52.39	McNees, Simpson, Heinecke-Krumhus, Akbar	5/3/02
3.	10:14.65	McNees, Fishpaw, Hickey, Heinecke-Krumhus	3/23/02
4.	10:21.11	(No names)	2001

4x1500-Meter Relay

1.	18:41.08	Carlstrom, Wharton, Taylor, McNees	3/27/04
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Distance Medley Relay

1.	12:34.35	Akbar, McNees, Krashes, Simpson	4/13/02
2.	12:51.03	Baclawski, Fishpaw, Heinecke-Krumhus, Horton	4/13/02

Discus

1.	104' 10"	Leigh Sorkin	4/13/02
2.	101' 6"	Christina Wright	4/17/04
3.	100' 1"	Megan McCoy	5/4/02

Javelin

1.	105'375"	Kat Porter	2001
2.	81' 10"	Leigh Sorkin	4/20/02
3.	55' 8"	Megan McCoy	4/20/02

Shot Put

1.	31' 0"	Christina Wright	3/27/04
2.	24' 5.5"	Valerie Collins	2001

performances in any given event, that person is only listed once, with her personal-best mark.

The Top-10 performances in the relays represent the best all-time, regardless of the individuals running the times.

All times have been changed to reflect electronic timing. 0.24 has been added to hand times in races 500-meters or shorter, and 0.14 has been added to hand times in races 800-meters and longer.

The Top-10 lists represent the 10 best performers in American history in each event. Therefore, while a single person may hold 10 (or more) best