

# Indoor Track and Field All-Time Best List

## Women's Indoor Bests

Event	Name	Mark	Year
<b>55 Meters</b>	<b>Claudine Rigaud</b>	<b>7.26</b>	<b>2000</b>
	Danielle Wadlington	7.42	2009
	Imari Mason	7.43	2009
<b>200 Meters</b>	<b>Danielle Wadlington</b>	<b>25.67</b>	<b>2009</b>
	Claudine Rigaud	25.92	1998
	Leah Sabin	26.30	2005
<b>400 Meters</b>	<b>Valerie Lasko</b>	<b>58.54</b>	<b>2003</b>
	Monica Lewis	59.07	1996
	Natalie Badowski	59.11	2005
<b>800 Meters</b>	<b>Natalie Badowski</b>	<b>2:14.48</b>	<b>2007</b>
	Angela Hartman	2:16.70	2008
	Laura Ehret	2:17.53	2005
<b>One Mile</b>	<b>Liz Phillips</b>	<b>4:57.86</b>	<b>2009</b>
	Mindy Kuhl	5:00.78(c)	2002
	Eileen McAllister	5:04.09(c)	1998
<b>3,000 Meters</b>	<b>Emily Richard</b>	<b>9:59.20</b>	<b>1999</b>
	Maggie Grabow	10:07.80	2005
	Liz Phillips	10:15.71	2009
<b>5,000 Meters</b>	<b>Emily Richard</b>	<b>17:07.80</b>	<b>1999</b>
	Maggie Grabow	17:16.00	2005
	Beth Herndon	17:34.24	2007
<b>55m Hurdles</b>	<b>Danielle Wadlington</b>	<b>8.27</b>	<b>2009</b>
	Suzi Ramsey	8.38	2001
	Caithlin Molloy	8.68	2009
<b>Pole Vault</b>	<b>Morgen Leonard-Fleckman</b>	<b>3.86m</b>	<b>2008</b>
	Katie Hered	3.46m	2009
	Julie Riley	3.30m	1999
<b>Shot Put</b>	<b>Delaina Martin</b>	<b>13.01m</b>	<b>2007</b>
	Liat Rome	12.68m	2007
	Aubrey Edwards	12.11m	2008
<b>20-lb. Weight</b>	<b>Delaina Martin</b>	<b>17.94m</b>	<b>2007</b>
	Aubrey Edwards	15.87m	2009
	Natasha Richmond	13.64m	1999
<b>High Jump</b>	<b>Elizabeth Stoll</b>	<b>1.71m</b>	<b>2002</b>
	Alli Alberts	1.65m	2007
	Alyce Nelson	1.58m	1994
<b>Long Jump</b>	<b>Kammie Holt</b>	<b>5.75m</b>	<b>2003</b>
	Leah Sabin	5.51m	2006
	Danielle Wadlington	5.44m	2009
<b>Triple Jump</b>	<b>Kammie Holt</b>	<b>11.95m</b>	<b>2003</b>
	Danielle Wadlington	11.68m	2008
	Kristen Meade	11.33m	2000
<b>1,600 Relay</b>	<b>Wadlington, Badowski, Ehret, McCully</b>	<b>3:52.86</b>	<b>2005</b>
	Wadlington, Badowski, Ehret, McCully	3:55.35	2005
	Wadlington, Gruber, Badowski, McCully	3:55.81	2005
	<b>Herndon, Gruber, Ehret, Grabow</b>	<b>11:55.12</b>	<b>2005</b>
	Jackey, Wade	11:58.03	2009
<b>DMR</b>	Schlamb, Phillips		
	Blake, Wade, Hardy, Surtees	12:00.37	2008
<b>Pentathlon</b>	<b>Alli Alberts</b>	<b>3,245</b>	<b>2009</b>
	Imari Mason	2,901	2009
	Amanda Matheson	2,401	2009

## Men's Indoor Bests

Event	Name	Mark	Year
<b>55 Meters</b>	<b>Marvin Williams</b>	<b>6.50</b>	<b>1988</b>
	Antone Meaux	6.54	1995
	Pierre Hoppenot	6.55	2009
	Doug Beattie	6.55	2008
<b>200 Meters</b>	<b>Antone Meaux</b>	<b>22.54</b>	<b>1995</b>
	Iby Umana	22.56	2009
	Todd Mowry	22.65	2009
	Marcus Woods	22.65	2005
<b>400 Meters</b>	<b>Lance Moen</b>	<b>49.33</b>	<b>2005</b>
	Marvin Williams	49.45	1988
	Iby Umana	50.24	2009
<b>800 Meters</b>	<b>Robert Lindsey</b>	<b>1:53.89</b>	<b>1990</b>
	Chris Brennan	1:56.01	2009
	Skyler Moots	1:56.37	2009
<b>One Mile</b>	<b>Travis Deutman</b>	<b>4:16.26(c)</b>	<b>2002</b>
	Robert Lindsey	4:17.77(c)	1991
	Greg Reindl	4:19.08	2005
<b>3,000 Meters</b>	<b>Brennan Bonner</b>	<b>8:27.20</b>	<b>2005</b>
	Kevin Gale	8:35.37	2005
	Matt Hoelle	8:36.57	2003
<b>5,000 Meters</b>	<b>Tim Julien</b>	<b>14:35.89</b>	<b>2000</b>
	Dave Watkins	14:47.07	1991
	Jesse McDaniel	14:50.12	2008
<b>55m Hurdles</b>	<b>David Skiba</b>	<b>7.64</b>	<b>2004</b>
	D.P. Rajhansa	7.70	1992
	Tyler Jackson	7.77	2009
<b>Pole Vault</b>	<b>Ryker Jones</b>	<b>4.88m</b>	<b>2004</b>
	Conrad Warmbold	4.73m	2004
	Aaron Mangold	4.63m	2004
<b>Shot Put</b>	<b>Allen Glenn</b>	<b>16.40m</b>	<b>1991</b>
	Drew Martin	15.66m	2006
	Aaron Boehm	14.52m	1995
<b>35-lb. Wt.</b>	<b>Brent Rice</b>	<b>16.41m</b>	<b>1994</b>
	Kyle Wagner	15.10m	2005
	Eric Frye	14.87m	2005
<b>High Jump</b>	<b>Cameron Williams</b>	<b>2.03m</b>	<b>2006</b>
	Dave Bolton	2.01m	1980
	Jeff Showalter	2.00m	1993
<b>Long Jump</b>	<b>Bill Timberlake</b>	<b>7.32m</b>	<b>1931</b>
	Todd Bjerkaas	7.19m	2003
	Ben Harmon	6.99m	2008
<b>Triple Jump</b>	<b>Karl Zelik</b>	<b>14.48m</b>	<b>2006</b>
	Wendell Sleet	14.26m	1974
	Matt Amantea	14.06m	2005
<b>1,600 Relay</b>	<b>Harmon, Koslof, Umana, Woods</b>	<b>3:20.96</b>	<b>2008</b>
	Koslof, Malaya, Moots, Harmon	3:21.19	2009
	Woods, Skiba, Amantea, Moen	3:21.86	2005
<b>DMR</b>	<b>Bonner, Moen, Robertson, Reindl</b>	<b>10:02.69</b>	<b>2005</b>
	Reindl, Moen, Buehler, Viet	10:10.52	2004
	Gale, Moen, Centella, Reindl	10:12.23	2005
<b>Pentathlon</b>	<b>Ben Harmon</b>	<b>3,671</b>	<b>2009</b>

(h) Hand timed  
(c) Converted time

# Outdoor Track and Field All-Time Best List

## Women's Outdoor Bests

Event	Name	Mark	Year
<b>100 Meters</b>	<b>Claudine Rigaud</b>	<b>12.14</b>	<b>1997</b>
	Lynn Minnick	12.39	1985
	Danielle Wadlington	12.48	2008
<b>200 Meters</b>	<b>Claudine Rigaud</b>	<b>24.51</b>	<b>2000</b>
	Danielle Wadlington	25.06	2005
	Renee Foster	25.76	1995
<b>400 Meters</b>	<b>Valerie Lasko</b>	<b>57.29</b>	<b>2003</b>
	Yolanda Shepard	57.31	1995
	Natalie Badowski	57.40	2004
<b>800 Meters</b>	<b>Natalie Badowski</b>	<b>2:11.89</b>	<b>2007</b>
	Angela Hartman	2:12.76	2008
	Andrea Moreland	2:13.29	2006
<b>1,500 Meters</b>	<b>Liz Phillips</b>	<b>4:35.27</b>	<b>2009</b>
	Eileen McAllister	4:35.98	1998
	Erica Jackey	4:36.75	2009
<b>3,000 Meters</b>	<b>Maggie Grabow</b>	<b>9:51.2(h)</b>	<b>2005</b>
	Karen Sorensen	10:04.19	1990
	Emily Richard	10:11.16	1998
<b>3,000 Steeple</b>	<b>Abbey Hartmann</b>	<b>10:50.6</b>	<b>2008</b>
	Hope Rathnam	11:02.4	2008
	Melanie Mikecz	11:08.06	2002
<b>5,000 Meters</b>	<b>Maggie Grabow</b>	<b>17:01.92</b>	<b>2005</b>
	Tyler Mulkin	17:12.77	2008
	Taryn Surtees	17:15.65	2009
<b>10,000 Meters</b>	<b>Taryn Surtees</b>	<b>35:41.80</b>	<b>2009</b>
	Maggie Grabow	35:46.95	2005
	Emily Richard	36:03.33	1998
<b>100m Hurdles</b>	<b>Danielle Wadlington</b>	<b>14.34</b>	<b>2009</b>
	Hallie Hutchens	14.47	2004
	Claudine Rigaud	14.57	2000
<b>400m Hurdles</b>	<b>Danielle Wadlington</b>	<b>1:00.94</b>	<b>2009</b>
	Hallie Hutchens	1:02.75	2003
	Alli Alberts	1:03.44	2009
<b>Hammer Throw</b>	<b>Aubrey Edwards</b>	<b>49.52m</b>	<b>2009</b>
	Delaina Martin	49.48m	2006
	Liat Rome	45.14m	2009
<b>Pole Vault</b>	<b>Morgen Leonard-Fleckman</b>	<b>3.76m</b>	<b>2008</b>
	Katie Hered	3.56m	2009
	Jessica Lane	3.50m	2008
<b>Shot Put</b>	<b>Delaina Martin</b>	<b>13.02m</b>	<b>2006</b>
	Angela Panetta	12.65m	1988
	Liat Rome	12.29m	2009
<b>Discus</b>	<b>Liat Rome</b>	<b>42.21m</b>	<b>2009</b>
	Aubrey Edwards	41.80m	2009
	Angela Panetta	40.08m	1987
<b>Javelin</b>	<b>Alli Alberts</b>	<b>41.21m</b>	<b>2009</b>
	Susan Barkann	34.96m	1981
	Tiffany Barbour	33.55m	2006
<b>High Jump</b>	<b>Elizabeth Stoll</b>	<b>1.72m</b>	<b>2003</b>
	Alli Alberts	1.67m	2009
	Joanna Berger	1.58m	1998
<b>Long Jump</b>	<b>Kammie Holt</b>	<b>5.74m</b>	<b>2003</b>
	Danielle Wadlington	5.63m	2009
	Leah Sabin	5.41m	2004
<b>Triple Jump</b>	<b>Danielle Wadlington</b>	<b>12.02m</b>	<b>2008</b>
	Kammie Holt	11.94m	2003
	Kristen Meade	11.56m	2000
<b>400 Relay</b>	<b>Gruber, Badowski, Sabin, McDermitt</b>	<b>48.22</b>	<b>2004</b>
	Wadlington, Hutchens, Sabin, McDermitt	48.79	2005
	Hutchens, McDermitt, Sabin, Gruber	48.85	2003
<b>1,600 Relay</b>	<b>Wadlington, Badowski, Ehret, McCully</b>	<b>3:46.13</b>	<b>2005</b>
	Wade, Alberts, Stowe, Wadlington	3:48.28	2009
	Badowski, Ehret, McCully, Wadlington	3:49.53	2005
<b>Heptathlon</b>	<b>Alli Alberts</b>	<b>4,880</b>	<b>2007</b>
	Elizabeth Stoll	3,627	2002
	Emily McNish	3,045	2008

## Men's Outdoor Bests

Event	Name	Mark	Year
<b>100 Meters</b>	<b>Chris Nalley</b>	<b>10.64</b>	<b>1997</b>
	Antone Meaux	10.74	1995
	Pierre Hoppenot	10.76	2009
<b>200 Meters</b>	<b>Marvin Williams</b>	<b>21.50</b>	<b>1988</b>
	Antone Meaux	21.64	1995
	Pierre Hoppenot	21.88	2009
<b>400 Meters</b>	<b>Marvin Williams</b>	<b>47.03</b>	<b>1987</b>
	Lance Moen	47.73	2003
	Andre Cook	49.34	1990
<b>800 Meters</b>	<b>Robert Lindsey</b>	<b>1:51.00</b>	<b>1992</b>
	John Nelke	1:53.00	1966
	Greg Reindl	1:53.9(h)	2004
<b>1,500 Meters</b>	<b>Greg Reindl</b>	<b>3:51.39</b>	<b>2004</b>
	Robert Lindsey	3:51.74	1991
	Travis Deutman	3:52.41	2002
<b>3,000 Steeple</b>	<b>Kevin Gale</b>	<b>9:08.99</b>	<b>2006</b>
	Darius Viet	9:10.07	2003
	Alden Black	9:10.70	2007
<b>5,000 Meters</b>	<b>Tim Julien</b>	<b>14:32.55</b>	<b>1999</b>
	Greg Reindl	14:34.40	2006
	Dave Spandorfer	14:41.84	2009
<b>10,000 Meters</b>	<b>Derrick Peterman</b>	<b>30:33.34</b>	<b>1987</b>
	Jesse McDaniel	30:36.04	2007
	Pat MacDonald	30:53.37	2002
<b>110m Hurdles</b>	<b>David Skiba</b>	<b>14.33</b>	<b>2006</b>
	D.P. Rajhansa	14.63	1991
	Dan Davis	14.78	2009
<b>400m Hurdles</b>	<b>Tanner Coghill</b>	<b>52.42</b>	<b>2009</b>
	Ron Champagne	52.70	1988
	David Skiba	52.86	2004
<b>Hammer Throw</b>	<b>Tim Walker</b>	<b>55.92m</b>	<b>1991</b>
	Brent Rice	49.37m	1992
	Kyle Wagner	48.59m	2004
<b>Pole Vault</b>	<b>Ryker Jones</b>	<b>4.85m</b>	<b>2004</b>
	Conrad Warmbold	4.80m	2005
	Scott Pettit	4.70m	2008
<b>Shot Put</b>	<b>Allen Glenn</b>	<b>15.89m</b>	<b>1990</b>
	Drew Martin	15.28m	2006
	Brent Sensenich	13.84m	2009
<b>Discus</b>	<b>Tim Walker</b>	<b>46.70m</b>	<b>1991</b>
	Drew Martin	45.59m	2006
	Brent Sensenich	43.17m	2009
<b>Javelin</b>	<b>Keith England</b>	<b>61.00m</b>	<b>2008</b>
	Allen Casteel	58.28m	1991
	Bret Pond	54.70m	2003
<b>High Jump</b>	<b>Bruce Crowe</b>	<b>2.03m</b>	<b>1974</b>
	Kevin Muhm	2.03m	1976
	Cameron Williams	2.00m	2006
<b>Long Jump</b>	<b>Bill Timberlake</b>	<b>7.40m</b>	<b>1930</b>
	Ben Harmon	7.12m	2009
	Matt Amantea	7.00m	2004
<b>Triple Jump</b>	<b>Wendell Sleet</b>	<b>14.57m</b>	<b>1974</b>
	David Cerven	14.21m	1999
	Tanner Coghill	14.03m	2009
<b>400 Relay</b>	<b>Gulyas, Coghill</b>	<b>41.92</b>	<b>2009</b>
	<b>Mowry, Hoppenot</b>		
	Gulyas, Umana	41.93	2009
<b>1,600 Relay</b>	<b>Umana, Koslof, Woods, Coghill</b>	<b>3:16.24</b>	<b>2007</b>
	Koslof, Coghill	3:16.72	2009
	Malaya, Harmon		
<b>Decathlon</b>	<b>Dave Bolton</b>	<b>7,246</b>	<b>1981</b>
	Summers, Champagne, Cook, Williams	3:17.14	1988
	Ben Harmon	6,811	2009

(h) Hand timed  
(c) Converted time