



MIDWESTERN STATE TRACK & FIELD

INDOOR ALL-TIME BESTS (THROUGH 02.22.25)



60 METERS

1.	Jaylen Hogue	7.61	2022
2.	Corinne Thorpe	7.74	2025
3.	Steveanna Hearn	7.76	2023
4.	Asia Robertson	7.80	2022
5.	Hailee Janzen	7.82	2025
6.	Kennedy Smith	7.83	2022
7.	Trell'Kyras Watkins	7.86	2025
8.	Shakiah Randall	7.87	2022
9.	Cederia Ellis	7.89	2022
	Daiza Jones	7.89	2024

60-METER HURDLES

1.	Shalisa Williams	9.30	2025
2.	Reece Johnson	9.31	2022
3.	Jaidyn Robinson	9.56	2024
4.	Rylee Gattenby	9.92	2024
5.	Rylie Tipton	10.41	2023

200 METERS

1.	Jaylen Hogue	24.59	2023
2.	Corinne Thorpe	25.06	2025
3.	Asia Robertson	25.11	2022
4.	Hailee Janzen	25.16	2025
5.	Steveanna Hearn	25.20	2023
6.	Karissa Nixon	25.39	2025
7.	Kennedy Smith	25.47	2023
8.	Trell'Kyras Watkins	25.65	2025
9.	Shakiah Randall	25.69	2022
10.	Da'Shrana Sims	26.03	2025

400 METERS

1.	Daiza Jones	56.44	2024
2.	Nidhi Singh	56.68	2025
3.	Jessie Heath	56.85	2025
4.	Jaylen Hogue	57.13	2023
5.	Trell'Kyras Watkins	57.51	2025
6.	Maggie Neal	57.81	2025
7.	Tyshi Reynolds	58.43	2022
8.	Da'Shrana Sims	58.89	2024
9.	Asia Robertson	58.96	2023
10.	April Pena	59.08	2019

600 YARDS

1.	Nathalia Escontrias	1:27.58	2025
2.	Daiza Jones	1:29.22	2023
3.	Nidhi Singh	1:29.43	2024
4.	Jadyn Dangerfield	1:29.48	2023
5.	Bridget Reilly	1:29.68	2016
6.	Trell'Kyras Watkins	1:29.76	2024
7.	Tia Streeter	1:29.93	2015
8.	Jessie Heath	1:30.09	2024
9.	Da'Shrana Sims	1:30.14	2023
10.	Ana Lopez	1:31.67	2014

800 METERS

1.	Nidhi Singh	2:06.48	2025
2.	Maggie Neal	2:12.57	2025
3.	Jadyn Dangerfield	2:14.57	2025
4.	Ana Lopez	2:15.42	2014
5.	Nathalia Escontrias	2:16.95	2023
6.	Bridget Reilly	2:17.84	2016
7.	Tia Streeter	2:18.13	2016
8.	Ashley Flores	2:18.22	2014
9.	Gemma Gonzalez	2:19.66	2020
10.	Katie Till	2:21.60	2021

1000 METERS

1.	Jaycee Lyons	3:00.59	2024
2.	Ashley Flores	3:01.60	2013
3.	Nathalia Escontrias	3:06.63	2023
4.	Jadyn Dangerfield	3:06.75	2024
5.	Elizabeth Butzke	3:07.34	2023
6.	Arianna Carballeira	3:08.34	2024
7.	Ana Lopez	3:12.06	2013
8.	Emma Ramirez	3:15.49	2014
9.	Amerhyst Woolf	3:15.83	2020
10.	Ella Pando	3:16.80	2024

MILE

1.	Ashley Flores	5:00.56	2015
2.	Bridget Reilly	5:01.86	2016
3.	Grace Pineda	5:03.43	2025
4.	Jaycee Lyons	5:06.28	2025
5.	Nathalia Escontrias	5:06.73	2025
6.	Cristina Alcantar	5:07.34	2014
7.	Elizabeth Butzke	5:15.33	2023
8.	Ana Lopez	5:17.52	2014
9.	Kim Krezonoski	5:17.63	2014
10.	Sara Smith	5:18.89	2016

3000 METERS

1.	Gabby Ruiz	10:21.03	2014
2.	Ella Pando	10:21.36	2025
3.	Bridget Reilly	10:22.71	2017
4.	Grace Pineda	10:22.81	2025
5.	Michelle Krezonoski	10:25.80	2015
6.	Janel Campbell	10:26.09	2014
7.	Jaycee Lyons	10:27.21	2025
8.	Kim Krezonoski	10:28.35	2014
9.	Amerhyst Woolf	10:33.44	2020
10.	Sara Smith	10:33.94	2016

5000 METERS

1.	Ella Pando	17:39.00	2025
2.	Alexandra Feller	17:57.88	2024
3.	Gabby Ruiz	18:00.76	2014
4.	Michelle Krezonoski	18:04.45	2016
5.	Amerhyst Woolf	18:08.26	2020
6.	Rosalene Reyes Perez	18:14.63	2025
7.	Janel Campbell	18:25.80	2014
8.	Kim Krezonoski	18:30.89	2016
9.	Brandi Hobson	18:31.39	2016
10.	Abigail Gonzalez	18:36.62	2014

4X400 METER RELAY

1.	Heath, Watkins, Neal, Singh	3:43.43	2025
2.	D. Jones, Heath, Neal, Singh	3:46.41	2025
3.	Jones, Dangerfield, Sims, Robertson	3:50.96	2023
4.	Jones, Heath, Sims, Singh	3:52.14	2024
5.	Jones, Dangerfield, Sims, Heath	3:52.82	2024
6.	Jones, Dangerfield, Escontrias, Sims	3:55.36	2023
7.	Reynolds, Johnson, Jones, Randall	3:57.06	2022
8.	Thorpe, Estrada, C. Jones, Dangerfield	3:58.69	2025
9.	Robertson, Sims, Dangerfield, Watkins	4:00.03	2023
10.	Streeter, Ramirez, Rodriguez, Pena	4:00.39	2015

DISTANCE MEDLEY RELAY

1.	Alcantar, Frizzell, Lopez, Flores	12:06.75	2014
2.	Streeter, Pena, Stokes, Reilly	12:18.78	2016
3.	Dangerfield, Sims, Heath, Lyons	12:20.28	2024
4.	Escontrias, Watkins, Dangerfield, Pando	12:24.43	2025
5.	Ramirez, Pena, Streeter, Flores	12:25.82	2015
6.	Farrar, Lopez, Mack, Flores	12:26.90	2013
7.	Flores, Frizzell, Lopez, Alcantar	12:29.19	2014
8.	Smith, Rodriguez, Streeter, Reilly	12:33.93	2016
9.	Flores, Lopez, Frizzell, Ruiz	12:36.04	2014
10.	Lyons, Jones, Escontrias, Pineda	12:37.32	2025

HIGH JUMP

1.	Emily Hurst	5-0.75	2023
2.	Grace Candeloro	4-11	2022
	Rylie Tipton	4-11	2023

POLE VAULT

1.	Delaini Hanna	10-8	2024
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LONG JUMP

1.	Peyton Lewis	17-8.75	2023
2.	Abby Cavender	16-7	2025
3.	Aaryanna Williams	16-5	2022
	Kennedy Johnson	16-5	2025
5.	Rylie Tipton	16-4.5	2023
6.	Rylee Gattenby	14-5	2024

TRIPLE JUMP

1.	Peyton Lewis	37-8	2024
2.	Kennedy Johnson	36-7.5	2025
3.	Sahara Jessie	35-11	2024
4.	Rylie Tipton	33-9.5	2023
5.	D'Nyah Winn	32-9.75	2022

SHOT PUT

1.	Skyler Gaines	41-5	2019
2.	Kenadee Shugart	36-4.50	2020
3.	Hannah Ponder	29-8.75	2020

WEIGHT THROW

1.	Hannah Ponder	42-0.75	2019
2.	Kenadee Shugart	36-8.50	2020