



MIDWESTERN STATE TRACK & FIELD

OUTDOOR ALL-TIME BESTS (THROUGH 05.11.24)



100 METERS

1.	Jaylen Hogue	12.13	2023
2.	Corinne Thorpe	12.14	2023
3.	Asia Robertson	12.21	2022
4.	Stevenanna Hearn	12.27	2024
5.	Elaine Steindam	12.38	1989
	Shakiah Randall	12.38	2021
7.	Carolyn Brown	12.43	1989
8.	Kennedy Smith	12.46	2023
9.	Kierra Hicks	12.50	2023
10.	Da'Shrana Sims	12.71	2024

100 METER HURDLES

1.	Shalisa Williams	15.69	2024
2.	Jaidyn Robinson	15.91	2024
3.	Rylee Gattenby	16.24	2024
4.	Carla Hodge	19.45	1991

200 METERS

1.	Asia Robertson	24.02	2023
2.	Corinne Thorpe	25.03	2023
3.	April Pena	25.07	2019
4.	Da'Shrana Sims	25.15	2024
5.	Jaylen Hogue	25.16	2023
6.	Shakiah Randall	25.24	2022
	Stevenanna Hearn	25.24	2023
8.	Cederia Ellis	25.31	2022
9.	Sydni Lewis	25.49	2021
10.	Daiza Jones	25.56	2023

400 METERS

1.	Daiza Jones	55.14	2024
2.	Jessie Heath	56.69	2024
3.	Jaylen Hogue	57.13	2023
4.	Nidhi Singh	57.73	2024
5.	Jadyn Dangerfield	57.98	2023
6.	Tyshe Reynolds	58.11	2022
7.	Da'Shrana Sims	58.18	2024
8.	April Pena	58.71	2019
9.	Asia Robertson	58.72	2023
10.	Trell'Kyras Watkins	59.32	2023

400 METER HURDLES

1.	Nidhi Singh	1:02.13	2024
2.	Trell'Kyras Watkins	1:02.25	2024
3.	April Pena	1:06.48	2017
4.	Carla Hodge	1:07.46	1992
5.	Abby Cavender	1:08.46	2024
6.	Rylee Gattenby	1:09.10	2024
7.	Jaidyn Robinson	1:09.90	2024
8.	Shalisa Williams	1:14.45	2024
9.	Sadie Anderle	1:15.27	2021

800 METERS

1.	Nidhi Singh	2:13.94	2024
2.	Ana Lopez	2:14.03	2017
3.	Nathalia Escontrias	2:15.94	2024
4.	Jadyn Dangerfield	2:16.29	2023
5.	Ashley Flores	2:16.53	2015
6.	Tia Streeter	2:17.09	2016
7.	Jessie Heath	2:18.02	2024
8.	Jaycee Lyons	2:18.23	2024
9.	Katie Till	2:18.33	2021
10.	Gemma Gonzalez	2:19.20	2021

1500 METERS

1.	Ashley Flores	4:33.54	2015
2.	Bridget Reilly	4:33.95	2016
3.	Brissia Montalvo	4:39.90	2012
4.	Jaycee Lyons	4:42.75	2024
5.	Ana Lopez	4:43.18	2017
6.	Nathalia Escontrias	4:43.55	2024
7.	Abigail Gonzalez	4:48.70	2014
8.	Cristina Alcantar	4:49.46	2014
9.	Emma Ramirez	4:50.93	2015
10.	Elizabeth Butzke	4:51.59	2022

3000 METERS

1.	Michelle Krezonoski	10:30.63	2012
2.	Leticia Shaban	10:39.71	2017
3.	Gabby Ruiz	10:51.02	2014
4.	Michelle Rieves	10:52.87	2017
5.	Kim Krezonoski	11:01.77	2012
6.	Brandi Hobson	11:06.72	2017
7.	Abigail Gonzalez	11:08.21	2014
8.	Heather Owens	11:18.04	2010
9.	Maira Salinas	11:19.71	2014
10.	Mercy Yermo	11:23.34	2017

5000 METERS

1.	Gabby Ruiz	17:45.22	2014
2.	Ashley Flores	17:49.34	2012
3.	Michelle Krezonoski	17:50.79	2014
4.	Sydney Cole	17:54.00	2011
5.	Ella Pando	17:54.52	2024
6.	Brissia Montalvo	17:59.20	2011
7.	Elizabeth Butzke	18:08.96	2023
8.	Janel Campbell	18:09.04	2014
9.	Sara Smith	18:10.51	2016
10.	Kim Krezonoski	18:12.58	2016

10000 METERS

1.	Sydney Cole	36:58.00	2011
2.	Michelle Krezonoski	37:22.32	2014
3.	Gabby Ruiz	37:28.38	2014
4.	Ella Pando	37:30.51	2024
5.	Alexandra Feller	38:00.85	2024
6.	Janel Campbell	38:23.75	2012
7.	Leticia Shaban	38:30.31	2017
8.	Kim Krezonoski	38:32.52	2013
9.	Amerhyst Woolf	38:43.57	2021
10.	Rosalene Reyes Perez	38:55.01	2024

3000 METER STEEPLECHASE

1.	Brissia Montalvo	10:41.04	2012
2.	Emma Ramirez	10:52.16	2015
3.	Bridget Reilly	10:54.14	2017
4.	Cristina Alcantar	11:09.26	2014
5.	Sydney Cole	11:32.54	2010
6.	Melody Caldwell	11:38.51	2014
7.	Nicole Coetzer	11:41.04	2018
8.	Mariana Sanchez	11:44.34	2024
9.	Danielle Chavarria	11:44.43	2014
10.	Elizabeth Butzke	11:53.70	2023

4X100 METER RELAY

1.	Thorpe, Heath, Jones, Hearn	46.69	2024
2.	Smith, Robertson, Thorpe, Hearn	46.74	2023
3.	Smith, Robertson, Thorpe, Hogue	46.76	2023
4.	Robertson, Ellis, Randall, Hogue	46.86	2022
5.	Hearn, Robertson, Thorpe, Hogue	46.92	2023
6.	Thorpe, Smith, Jones, Hearn	47.18	2024
7.	Randall, Robertson, Williams, Carr	47.85	2021
8.	Ellis, Thorpe, Randall, Robertson	47.99	2022
9.	Randall, Hicks, Ellis, Robertson	48.12	2022
10.	Unknown	51.33	1989

4X400 METER RELAY

1.	Jones, Watkins, Singh, Heath	3:45.47	2024
2.	Jones, Dangerfield, Sims, Robertson	3:46.93	2023
3.	Jones, Sims, Watkins, Heath	3:50.24	2024
4.	Jones, Dangerfield, Sims, Watkins	3:51.49	2023
5.	Jones, Reynolds, Escontrias, Robertson	3:52.08	2022
6.	Jones, Dangerfield, Watkins, Heath	3:52.61	2024
7.	Sims, Heath, Watkins, Singh	3:55.23	2024
8.	Reynolds, Escontrias, Robertson, Jones	3:56.14	2022
9.	Jones, Reynolds, Escontrias, Ellis	3:56.85	2022
10.	Robertson, Gonzalez, Carr, S. Lewis	3:59.21	2021

4X800 METER RELAY

1.	Butzke, Feller, Smith, Jones	9:58.77	2022
2.	Jones, Sanchez, Tyree, Watkins	10:09.41	2023
3.	Sims, Kogler, MacDonald, Carballeira	10:13.37	2023
4.	DeSantiago, Johnson, Gomey, Puente	10:36.37	2019

POLE VAULT

1.	Delaini Hanna	11-1.5	2024
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HIGH JUMP

1.	Renee Potter	5-2	1993
2.	Emily Hurst	5-1	2022
3.	Rylie Tipton	5-0.25	2023
4.	Beth Davis	5-0	1989
	Kristin Kloske	5-0	1995
	Molly Truelove	5-0	1995
7.	Shay Benton	4-10	1994

LONG JUMP

1.	Peyton Lewis	18-7.25	2023
2.	Rylie Tipton	17-0.25	2023
3.	Aaryanna Williams	16-11.25	2021
4.	Denise Leviston	16-11	1993
5.	Beth Davis	16-3.5	1989
6.	Abigail Cavender	16-2.5	2024
7.	Kerry Herron	16-0.5	1995
8.	Carol Estrada	15-3	1989
9.	Mandi Holt	15-0.25	1995
10.	Carla Hodge	14-4	1992

TRIPLE JUMP

1.	Peyton Lewis	37-8.75	2022
2.	Rylie Tipton	35-6	2023
3.	Denise Leviston	33-10	1993
4.	Kerry Herron	32-2.5	1995
5.	J. Koenig	27-1	1995

SHOT PUT

1.	Amy Estes	45-1	1992
2.	TiAda Hill	34-7.5	1992
3.	Jeanie Cash	33-5.75	1990
4.	Delyssa Sturdivant	32-3.5	1995
5.	Ilana Anderson	29-10	2021

DISCUS

1.	Amy Estes	143-10	1992
2.	Hannah Ponder	125-6	2018
3.	TiAda Hill	123-1	1993
4.	Renda Roache	117-2	1990
5.	Kelli Wayman	117-0	1990
6.	Alisha Rytting	112-11	2015
7.	Carla Hester	112-6	1991
8.	Liz Cathcart	91-11	2017

JAVELIN THROW

1.	Amy Estes	103-1.75	1992
2.	TiAda Hill	92-0	1993
3.	Renda Roache	71-2	1990
4.	Molly Truelove	66-5	1995
5.	Delyssa Sturdivant	56-2	1995

HAMMER THROW

1.	Ilana Anderson	125-9	2021
2.	Hannah Ponder	124-0	2019