

AMERICAN WOMEN'S ALL-TIME TOP-10 INDOOR (Updated 2/23/04)

55-Meter Dash (60m-.50)

1.	8.06	Deborah Cohen	1999
2.	8.19	Marissa Schoenfeld	12/8/01
3.	8.58	Aneaka English	11/24/03
4.	8.94	Lauren Marsnick	2000

200-Meter Dash

1.	28.47	Deborah Cohen	2000
	28.47	Nefertiti Thompson	2000
3.	28.56	Caitlin Bennett	12/6/02
4.	28.65	Ashley Dellinger	1/17/04
5.	28.83	Catie Poppe	12/6/02
6.	29.14	Emily Price	1/18/03
7.	29.74	Katie Bassler	1/11/03
8.	29.80	Shondrea Horton	2000
9.	30.20	Marissa Schoenfeld	12/8/01
10.	30.58	Sandra Bozik	1/27/02

400-Meter Dash (440y-.3)

1.	1:03.26	Ashley Dellinger	2/7/04
2.	1:03.79	Deborah Cohen	2001
3.	1:04.67	Megan Simpson	1/12/02
4.	1:05.67	Liz Krashes	1/27/02
5.	1:06.30	Emily Price	1/18/03
6.	1:07.55	Shondrea Horton	1/19/02
7.	1:07.83	Catie Poppe	1/25/03
8.	1:08.98	Katie Bassler	1/25/03
9.	1:09.41	Jessica Tenuta	2/7/04
10.	1:11.28	Sandra Bozik	1/12/02

500-Meter Dash

1.	1:27.50	Shondrea Horton	12/8/01
2.	1:27.57	Brittany Scott	12/8/01

800-Meter Run (880y-1.0)

1.	2:16.79	Zaia Wharton	2/23/03
2.	2:20.71	Megan Simpson	2/15/03
3.	2:23.60	Kelley Taylor	1/17/04
4.	2:27.72	Paige Koopman	2000
5.	2:27.73	Leah	1/18/03
		Heinecke-Krumhus	
6.	2:28.05	Catie Poppe	1/17/04
7.	2:31.23	Liz Krashes	2001
8.	2:37.84	Kristine Wolff	2000
9.	2:38.99	Brittany Scott	1/19/02

1000-Meter Run (1000y+18.0)

1.	2:53.35	Samia Akbar	2/15/03
2.	2:55.24	Keira Carlstrom	1/11/03
3.	2:56.44	Zaia Wharton	2/7/04
4.	3:02.50	Kelley Taylor	2/7/04
5.	3:02.86	Megan Simpson	12/8/01
6.	3:06.96	Paige Koopman	2000
7.	3:12.70	Leah	12/6/02
		Heinecke-Krumhus	
8.	3:16.75	Heidi Fishpaw	1/12/02
9.	3:24.45	Liz Krashes	12/8/01
10.	3:26.01	Chrissy Creamer	1999

1500-Meter Run

1.	5:04.71	Samia Akbar	2000
2.	5:05.13	Gina Connell	2000

Mile Run

1.	4:47.81	Keira Carlstrom	1/10/04
2.	4:55.59	Samia Akbar	2/23/03
3.	4:57.51	Kelley Taylor	2/22/04
4.	5:14.82	Whitney McNeese	2/7/04
5.	5:18.63	Megan Simpson	1/19/02
6.	5:19.16	Jennifer Baclawski	1/27/02
7.	5:32.88	Heidi Fishpaw	1/27/02
8.	5:39.08	Leah	12/8/01
		Heinecke-Krumhus	
9.	5:42.72	Siobhan Uniacke	1/19/02
10.	5:46.66	Kaitlin Lavender	2/7/04

3000-Meter Run (Two-mile-45.0)

1.	9:43.46	Keira Carlstrom	2/22/04
2.	9:43.50	Samia Akbar	1/25/03
3.	10:01.62	Kelley Taylor	11/24/03

4.	10:23.43	Jennifer Baclawski	1/10/04
5.	10:29.37	Whitney McNeese	11/24/03
6.	10:40.71	Gina Connell	2000
7.	10:48.03	Jessica Daniel	2001
8.	11:02.78	Heidi Fishpaw	1/19/02
9.	11:21.60	Alli Hufnagel	2000
10.	11:25.09	Erin Hickey	12/8/01

5000-Meter Run (Three-mile+40)

1.	17:20.14	Samia Akbar	1/19/02
2.	17:48.98	Jennifer Baclawski	2/16/01
3.	17:52.90	Natalia Medley	2000
4.	18:27.04	Jessica Daniel	12/8/01
5.	20:17.40	Elizabeth Reaves	2000
6.	20:21.20	Erin Hickey	2000
7.	21:13.24	Lindsay Gilman	1/27/02

4x400-Meter Relay (Mile Relay+1.2)

1.	4:20.34	Krashes,	12/8/01
		Heinecke-Krumhus,	
		Simpson, Scott	
2.	4:27.20	(No names)	2000
3.	4:27.33	(No names)	1/17/04
4.	4:27.63	Simpson, Bozik,	1/12/02
		Heinecke-Krumhus, Horton	
5.	4:28.34	(No Names)	1/19/02
6.	4:28.47	(No names)	2001
7.	4:43.01	(No names)	2000

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

1.	9:07.83	McNeese, Taylor,	2/21/04
		Carlstrom, Wharton	
2.	9:10.59	Simpson, Wharton,	2/22/03
		Carlstrom, Akbar	
3.	10:14.05	Akbar, Baclawski,	1/12/02
		Daniel, McNeese	
4.	10:38.74	(No names)	2000
5.	10:50.17	(No names)	1999
6.	10:54.98	(No names)	2000

Distance Medley Relay (DMRy-2.7)

1.	12:03.92	Carlstrom, Simpson,	2/22/03
		Wharton, Akbar	
2.	12:05.81	Taylor, Dellinger,	2/22/04
		McNeese, Carlstrom	
3.	12:33.54	McNeese,	2/17/02
		Heinecke-Krumhus,	
		Simpson, Akbar	

Shot Put

1.	32' 1.0"	Christina Wright	1/17/04
	(9.79m)		
1.	30' 2.75"	Leigh Sorkin	12/8/01
2.	23' 0.75"	Megan McCoy	1/27/02

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 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.