

# ARKANSAS INDOOR | TOP 10 MARKS

## 60 METERS

1	7.15	Kiara Parker	2019
	7.15	Jada Baylark	2021
3	7.18	<b>Shawnti Jackson</b>	<b>2024</b>
4	7.20	Veronica Campbell	2004
	7.20	Ackera Nugent	2023
6	7.26	Kyla Shoemake	1998
	7.26	Elisha Brewer	1998
8	7.27	Janeek Brown	2019
9	7.29	<b>Tiana Wilson</b>	<b>2021</b>
10	7.32	Regine Williams	2014

## 5,000 METERS

1	15:13.09	Katie Izzo	2019
2	15:32.95	Lauren Gregory	2022
3	15:43.64	<b>Sydney Thorvaldson</b>	<b>2024</b>
4	15:46.89	Amy Yoder Begley	2000
5	15:50.88	Diane Robison	2015
6	15:52.80	Deena Drossin	1993
7	15:55.02	Isabel Van Camp	2022
8	15:55.43	Lilli Kleinmann	2001
9	15:59.09	Devin Clark	2020
10	16:00.73	Dominique Scott	2014

## LONG JUMP

1	6.57	21-6.75	Taliyah Brooks	2018
2	6.51	21-4.25	<b>Nia Robinson</b>	<b>2024</b>
3	6.41	21-0.50	G'Auna Edwards	2021
4	6.38	20-11.25	Angel Heath	2003
5	6.36	20-10.50	Peter-Gaye Beckford	2008
6	6.33	20-9.25	Tamara Myers	2015
7	6.30	20-8	Payton Chadwick	2018
8	6.27	20-7	Antoinette Reed	1994
9	6.23	20-5.25	Whitney Jones	2012
10	6.17	20-3	Kelsey Herman	2017

## 200 METERS

1	22.43	Veronica Campbell	2004
2	22.60	<b>Amber Anning</b>	<b>2024</b>
3	22.77	<b>Shawnti Jackson</b>	<b>2024</b>
4	22.89	Jada Baylark	2022
5	22.97	Payton Chadwick	2019
6	22.99	Taylor Ellis-Watson	2016
	22.99	Jayla Hollis	2022
8	23.00	Regina George	2013
9	23.01	<b>Kaylyn Brown</b>	<b>2024</b>
9	23.02	<b>Rosey Effiong</b>	<b>2024</b>
10	23.04	<b>Rachel Glenn</b>	<b>2024</b>

## 60m HURDLES

1	7.72	Ackera Nugent	2023
2	7.93	Payton Chadwick	2018
3	7.95	Janeek Brown	2019
4	7.99	Daszay Freeman	2021
	7.99	Yoveinny Mota	2022
6	8.05	Taliyah Brooks	2018
7	8.07	<b>Destiny Huven</b>	<b>2024</b>
8	8.08	Jayla Hollis	2022
9	8.13	Ivanique Kemp	2012
10	8.14	<b>Rachel Glenn</b>	<b>2024</b>

## TRIPLE JUMP

1	13.51	44-4	Gi-Gi Miller	2001
2	13.40	43-11.75	Tamara Myers	2015
3	12.95	42-6	Cynthia Moore	1990
4	12.91	42-4.25	Angel Heath	2003
5	12.85	42-2	Shantel Thompson	2011
6	12.78	41-11.25	Mariann Ahuna	2003
7	12.72	41-8.75	Toshei Woods	1993
8	12.50	41-4.25	<b>Alexis Torns</b>	<b>2022</b>
9	12.40	40-8.25	Peter-Gaye Beckford	2008
10	12.27	40-3.25	Kerri-Ann Mitchell	2003

## 400 METERS

1	49.48	Britton Wilson	2023
2	50.54	<b>Rosey Effiong</b>	<b>2023</b>
3	50.56	<b>Amber Anning</b>	<b>2024</b>
4	51.04	<b>Nickisha Pryce</b>	<b>2024</b>
5	51.05	Regina George	2013
6	51.49	<b>Kaylyn Brown</b>	<b>2024</b>
7	51.51	Taylor Ellis-Watson	2016
8	51.58	<b>Nickisha Pryce</b>	<b>2024</b>
9	51.76	<b>Joanne Reid</b>	<b>2023</b>
10	51.77	Daina Harper	2017

## 4x400 RELAY

3:21.75	<b>A. Anning, J. Reid, R. Effiong, B. Wilson</b>	<b>2023</b>
3:24.09	<b>R. Effiong, J. Hollis, S. Maloney, B. Wilson</b>	<b>2022</b>
3:25.59	<b>R. Effiong, A. Anning, N. Pryce, S. Jallow</b>	<b>2024</b>
3:26.40	<b>A. Anning, N. Pryce, P. Peoples, R. Effiong</b>	<b>2023</b>
3:27.23	<b>R. Effiong, J. Hollis, S. Maloney, B. Wilson</b>	<b>2022</b>
3:27.57	<b>J. Reid, R. Effiong, A. Anning, B. Wilson</b>	<b>2023</b>
3:28.07	<b>P. Peoples, M. Burks-Magee, T. Wilson, S. Maloney</b>	<b>2021</b>
3:28.39	<b>B. Wilson, J. Hollis, P. Peoples, R. Effiong</b>	<b>2022</b>
3:28.50	<b>M. Burks-Magee, R. Effiong, S. Maloney, K. Campbell</b>	<b>2021</b>
3:28.55	<b>A. Denton, S. Jackson, S. Jallow, J. Reid</b>	<b>2024</b>

## SHOT PUT

1	15.78	51-9.25	Amber Crumbo	2000
2	15.50	50-10.25	Marie LeJour	2001
3	15.35	50-4.50	Jessica Sommerfeld	2002
4	14.76	48-5.25	Micah Dennis	2015
5	14.71	48-3.25	Michelle Rossio	2008
6	14.61	47-11	Kelley Bickham	1997
7	14.20	46-7.25	Elizabeth Everts	2003
8	14.18	46-6.25	Stacy Tiefenauer	1999
9	14.09	46-2.75	Sheila Sims	1993
10	13.92	45-8	Beyonka McDowell	2005

## 800 METERS

1	2:01.22	Shafiqua Maloney	2021
2	2:01.77	<b>Sanu Jallow</b>	<b>2024</b>
3	2:01.96	Aneita Denton	2005
4	2:02.13	Britton Wilson	2023
5	2:02.46	<b>Ainsley Erzen</b>	<b>2024</b>
6	2:02.95	Chrishuna Williams	2015
7	2:03.21	Stephanie Brown	2014
8	2:04.03	Quinn Owen	2022
9	2:04.22	<b>Tiana LoStracco</b>	<b>2024</b>
10	2:04.58	Nicole Teter	1992

## DISTANCE MEDLEY RELAY

10:49.14	<b>M. Eudaly, A. Anning, L. Quandt, L. Gregory</b>	<b>2023</b>
10:49.41	<b>T. LoStracco, A. Denton, A. Erzen, M. Eudaly</b>	<b>2024</b>
10:51.37	<b>I. Van Camp, P. Peoples, K. Gear, L. Jolly</b>	<b>2022</b>
10:51.63	<b>K. Gear, B. Wilson, S. Maloney, L. Gregory</b>	<b>2022</b>
10:51.89	<b>J. Kamilos, S. McKnight, T. Haiss, D. Scott</b>	<b>2015</b>
10:53.77	<b>K. Thomson, K. Campbell, S. Maloney, K. Gear</b>	<b>2021</b>
10:56.61	<b>M. Eudaly, P. Peoples, L. Quandt, L. Gregory</b>	<b>2023</b>
10:56.73	<b>M. Eudaly, P. Peoples, A. Erzen, L. Gregory</b>	<b>2023</b>
10:56.85	<b>D. Clark, M. Burks-Magee, A. Byrnes, T. Werner</b>	<b>2019</b>
10:57.08	<b>C. Viljoen, M. Burks-Magee, K. Gear, K. Izzo</b>	<b>2020</b>

## WEIGHT

1	20.89	68-6.50	Brandy Blackwood	2005
2	19.57	64-2.50	Marie LeJour	2002
3	18.13	59-5.75	Amber Crumbo	2000
4	17.65	57-11	Kelley Bickham	1998
5	17.36	56-11.50	Michelle Rossio	2007
6	16.32	53-6.50	Stacy Tiefenauer	1998
7	16.15	53-0	Monica Ballow	1999
8	14.70	48-2.75	Jessica Sommerfeld	2002
9	13.03	42-9	Angie Scott	2007
10	12.77	41-10.75	Micah Dennis	2015

## MILE

1	4:31.83	Krissy Gear	2021
2	4:31.88	Lauren Gregory	2023
3	4:32.48	Dominique Scott	2015
4	4:32.59	Nikki Hiltz	2018
5	4:33.88	Carina Viljoen	2019
6	4:33.95	Kennedy Thomson	2021
7	4:34.22	Grace Heymsfield	2014
8	4:34.39	Katie Izzo	2021
9	4:34.49	Kristen Gillespie	2012
10	4:34.54	Therese Haiss	2017

## HIGH JUMP

1	1.90	6-2.75	<b>Rachel Glenn</b>	<b>2024</b>
2	1.89	6-2.25	Makeba Alcide	2013
3	1.84	6-0.50	Taliyah Brooks	2018
4	1.83	6-0	<b>Sydney Billington</b>	<b>2023</b>
5	1.81	5-11.25	Jessica Johnson	2003
	1.81	5-11.25	Kelsey Herman	2016
7	1.80	5-10.75	Kirsten Hesseltine	2013
	1.80	5-10.75	Alex Gochenour	2015
9	1.78	5-10	Jennifer McDonald	1989
10	1.77	5-9.75	Leigha Brown	2015
	1.77	5-9.75	G'Auna Edwards	2021

## PENTATHLON

1	4,580	Taliyah Brooks	2017
2	4,569	Makeba Alcide	2013
3	4,430	Alex Gochenour	2015
4	4,379	Leigha Brown	2017
5	4,371	Payton Chadwick	2016
6	4,330	Kelsey Herman	2019
7	4,148	G'Auna Edwards	2021
8	4,141	DeeDee Brown	2002
9	4,111	Madison Langley-Walker	2023
10	4,095	Etienne Chaplin	2008

## 3,000 METERS

1	8:52.57	Dominique Scott	2015
2	8:53.76	Lauren Gregory	2022
3	8:55.67	Katie Izzo	2020
4	8:56.63	Carina Viljoen	2020
5	8:56.97	Taylor Werner	2019
6	9:01.34	Isabel Van Camp	2022
7	9:03.02	Logan Jolly	2022
8	9:04.64	Nikki Hiltz	2018
9	9:05.16	Grace Heymsfield	2014
10	9:05.52	Abby Gray	2021

## POLE VAULT

1	4.68	15-4.25	Lexi Jacobus	2019
2	4.66	15-3.50	Sandi Morris	2015
3	4.61	15-1.50	Tori Hoggard	2018
4	4.55	14-11	Tina Sutej	2012
5	4.54	14-10.75	<b>Amanda Fassold</b>	<b>2023</b>
6	4.47	14-8	Elien Vekemans	2022
7	4.46	14-7.50	Desiree Freier	2019
	4.46	14-7.50	Bailee McCorkle	2020
9	4.45	14-7.25	Nastassja Campbell	2022
10	4.38	14-4.50	Lauren Martinez	2020