

# ARKANSAS OUTDOOR | TOP 10 MARKS

## 100 METERS

1	11.02	Kiara Parker	2019
2	11.04	Jada Baylark	2018
3	11.07	<b>Ariane Linton</b>	<b>2024</b>
4	11.10	Veronica Campbell	2004
5	11.12	Tiana Wilson	2021
	11.12	Ackera Nugent	2023
7	11.26	LaShaunte'a Moore	2004
8	11.29	Elisha Brewer	1998
9	11.33	Taylor Ellis-Watson	2016
10	11.34	Janeek Brown	2018

## 200 METERS

1	22.40	Janeek Brown	2019
2	22.41	Veronica Campbell	2004
3	22.48	Taylor Ellis-Watson	2016
4	22.66	Amber Anning	2024
5	22.67	Nickisha Pryce	2024
6	22.77	<b>Kaylyn Brown</b>	<b>2024</b>
7	22.78	<b>Rosey Effiong</b>	<b>2024</b>
8	22.86	Jada Baylark	2021
9	22.90	Kethlin Campbell	2019
10	22.93	Tiana Wilson	2021

## 400 METERS

1	48.57	Nickisha Pryce	2024
2	49.13	Britton Wilson	2023
	49.13	<b>Kaylyn Brown</b>	<b>2024</b>
4	49.29	Amber Anning	2024
5	49.72	<b>Rosey Effiong</b>	<b>2024</b>
6	50.25	Taylor Ellis-Watson	2016
7	50.60	Paris Peoples	2023
8	50.64	Daina Harper	2017
9	50.99	Regina George	2013
10	51.03	Kethlin Campbell	2019

## 800 METERS

1	1:59.29	<b>Sanu Jallow</b>	<b>2024</b>
2	2:01.61	Chrishuna Williams	2015
3	2:01.91	Aneita Denton	2005
4	2:02.54	Shafiqua Maloney	2021
5	2:02.59	Stephanie Brown	2011
6	2:03.57	Rebekka Simko	2015
7	2:03.78	Tanya Blake	1994
8	2:03.79	Regina George	2013
9	2:03.80	<b>Tiana LoStracco</b>	<b>2024</b>
10	2:04.24	Nicole Teter	1992

## 1,500 METERS

1	4:08.65	Dominique Scott	2015
2	4:09.00	Krissy Gear	2021
3	4:09.14	Nikki Hiltz	2018
4	4:09.73	Lauren Gregory	2022
5	4:10.49	Christin Wurth	2003
6	4:11.02	Dacia Barr	2008
7	4:11.40	Stephanie Brown	2014
8	4:12.38	Kennedy Thomson	2021
9	4:13.27	Carina Viljoen	2019
10	4:13.33	Kristen Gillespie	2012

## 5,000 METERS

1	15:25.07	<b>Sydney Thorvaldson</b>	<b>2024</b>
2	15:25.10	Dominique Scott	2016
3	15:25.17	Lauren Gregory	2022
4	15:34.49	<b>Paityn Noe</b>	<b>2024</b>
5	15:35.64	Isabel Van Camp	2022
6	15:38.51	Taylor Werner	2019
7	15:38.74	Devin Clark	2019
8	15:41.33	Katie Izzo	2021
9	15:47.62	Diane Robison	2014
10	15:48.53	Abby Gray	2021

## 10,000 METERS

1	31:56.84	Dominique Scott	2016
2	31:59.22	<b>Paityn Noe</b>	<b>2025</b>
3	32:26.38	Taylor Werner	2019
4	32:34.16	Katie Izzo	2021
5	32:34.21	Lauren Gregory	2022
6	32:36.47	<b>Sydney Thorvaldson</b>	<b>2024</b>
7	32:58.20	Claire Lavers	1991
8	33:06.84	Amy Yoder Begley	2000
9	33:15.08	Jamie Park	1991
10	33:32.77	Michelle Byrne	1993

## 100m HURDLES

1	12.40	Janeek Brown	2019
2	12.43	Ackera Nugent	2023
3	12.70	Payton Chadwick	2019
4	12.82	Daszay Freeman	2021
5	12.85	Destiny Huven	2024
6	12.87	Yoveinny Mota	2022
7	12.94	Taliyah Brooks	2018
8	12.98	Elisha Brewer	1998
	12.98	Alex Gochenour	2016
10	12.99	Jayla Hollis	2021

### wind-aided:

12.25	Ackera Nugent	2023
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## 400m HURDLES

1	53.08	Britton Wilson	2022
2	53.46	<b>Rachel Glenn</b>	<b>2024</b>
3	55.71	Sparkle McKnight	2013
4	56.05	Madison Langley-Walker	2023
5	56.46	Damajahnee Birch	2016
	56.46	Brittany Hyter	2011
7	56.99	Tawa Babatunde	2001
8	57.07	<b>Saira Prince</b>	<b>2025</b>
9	57.85	Shannon Carter	1992
10	57.88	Gwendolyn Flowers	2013

## 3,000m STEEPLECHASE

1	9:34.76	Logan Jolly	2022
2	9:35.67	Laura Taborda	2024
3	9:38.62	Krissy Gear	2021
4	9:41.28	Jessica Kamilos	2016
5	9:48.35	Devin Clark	2019
6	9:49.01	Grace Heymsfield	2014
7	9:57.88	Gracie Hyde	2021
8	10:01.52	Lilli Kleinmann	2001
9	10:07.62	Shannon Klenke	2015
10	10:08.23	Regan Ward	2017

## 4x100 RELAY

42.45	<b>A. Linton, R. Effiong, K. Brown, A. Anning</b>	<b>2024</b>
42.65	T. Kuykendall, P. Chadwick, J. Brown, K. Parker	2019
42.70	<b>A. Linton, R. Effiong, K. Brown, A. Anning</b>	<b>2024</b>
42.71	<b>A. Linton, R. Effiong, K. Brown, A. Anning</b>	<b>2024</b>
42.83	A. Nugent, A. Linton, M. Kelley, R. Effiong	2023
43.11	K. Parker, P. Chadwick, J. Brown, K. Campbell	2019
43.26	K. Parker, J. Baylark, J. Brown, T. Brooks	2018
43.34	J. Baylark, P. Stumbaugh, D. Harper, K. Parker	2017
43.38	J. Brown, K. Parker, J. Baylark, M. Burks-Magee	2018
43.46	Y. Mota, J. Baylark, J. Hollis, T. Wilson	2021

## 4x400 RELAY

3:17.96	<b>A. Anning, R. Effiong, N. Pryce, K. Brown</b>	<b>2024</b>
3:21.92	<b>R. Effiong, N. Pryce, K. Brown, A. Anning</b>	<b>2024</b>
3:22.55	M. Burks-Magee, R. Effiong, J. Baylark, B. Wilson	2022
3:23.69	M. Burks-Magee, R. Effiong, J. Baylark, B. Wilson	2022
3:24.05	P. Peoples, J. Reid, N. Pryce, R. Effiong	2023
3:24.45	P. Peoples, R. Effiong, J. Reid, B. Wilson	2023
3:25.03	<b>S. Jallow-Lockhart, S. Jackson, R. Glenn, K. Brown</b>	<b>2025</b>
3:25.16	M. Burks-Magee, R. Effiong, J. Baylark, B. Wilson	2022
3:25.48	D. Birch, D. Harper, M. Dobbins, T. Ellis-Watson	2016
3:25.51	<b>A. Pyatt, N. Pryce, R. Effiong, A. Anning</b>	<b>2024</b>

## HIGH JUMP

1	1.94	6-4.25	<b>Rachel Glenn</b>	<b>2024</b>
2	1.88	6-2	Makeba Alcide	2013
3	1.86	6-1.25	Jessica Johnson	2003
4	1.82	5-11.50	Taliyah Brooks	2017
5	1.81	5-11.25	Jennifer McDonald	1990
6	1.80	5-10.75	Kirsten Hesseltine	2014
7	1.79	5-10.5	<b>Sydney Billington</b>	<b>2024</b>
8	1.78	5-10	Alex Gochenour	2015
9	1.76	5-9.25	Claire Phythian	1995
	1.76	5-9.25	DeeDee Brown	2001
	1.76	5-9.25	Michelle Martin	2005
	1.76	5-9.25	Leigha Brown	2017
	1.76	5-9.25	Payton Chadwick	2017

## POLE VAULT

1	4.72	15-5.75	Sandi Morris	2015
2	4.70	15-5	Lexi Jacobus	2016
3	4.61	15-1.50	Tina Sutej	2011
4	4.56	14-11.50	Tori Hoggard	2019
5	4.55	14-11	Amanda Fassold	2022
6	4.54	14-10.75	Nastassja Campbell	2021
7	4.49	14-8.75	Lauren Martinez	2021
8	4.41	14-5.50	Katie Stripling	2010
9	4.38	14-4.50	Desiree Freier	2015
10	4.35	14-3.25	Mackenzie Hayward	2023

## LONG JUMP

1	6.78	22-3	Taliyah Brooks	2018
2	6.55	21-6	<b>Nia Robinson</b>	<b>2024</b>
3	6.42	21-0.75	G'Auna Edwards	2019
4	6.35	20-10	Toshei Woods	1993
5	6.31	20-8.50	Tamara Myers	2014
6	6.28	20-7.25	Cynthia Moore	1990
7	6.27	20-7	Peter-Gaye Beckford	2008
	6.27	20-7	Etienne Chaplin	2009
9	6.25	20-6.25	Kelsey Herman	2017
10	6.24	20-5.75	Beyonka McDowell	2005

## TRIPLE JUMP

1	13.60	44-7.50	Gi-Gi Miller	2001
2	13.29	43-7.25	Shantel Thompson	2011
3	13.28	43-7	Tamara Myers	2013
4	13.06	42-10.25	Mariann Ahuna	2003
5	13.05	42-9.75	Cynthia Moore	1991
6	12.82	42-0.75	Toshei Woods	1993
7	12.53	41-1.50	Alexis Torns	2022
8	12.49	40-11.75	Peta-Gaye Beckford	2007
9	12.37	40-7	Stephanie Adams	1985
10	12.27	40-3.25	Kerri-Ann Mitchell	2002

## SHOT PUT

1	16.09	52-9.50	Micah Dennis	2016
2	15.75	51-8	Amber Crumbo	2000
3	15.11	49-7	Sheila Sims	1996
4	14.87	48-9.50	Jessica Sommerfeld	2002
5	14.73	48-4	Kelley Bickham	1998
6	14.67	48-1.50	Stacy Tiefenauer	1997
7	14.65	48-0.75	Marie LeJour	2001
8	14.61	47-11	Michelle Rossio	2007
9	13.95	45-9.25	Marilyn Banks	1982
10	13.89	45-7	Beyonka McDowell	2005

## DISCUS

1	51.53	169-0	Marie LeJour	2001
2	50.86	166-10	Kelley Bickham	1997
3	49.80	163-4	Amber Crumbo	2000
4	49.05	160-11	Amanda Allen	1993
5	47.63	156-3	Jessica Sommerfeld	2002
6	47.26	155-0	Michelle Rossio	2008
7	45.57	149-6	Sheila Sims	1994
8	44.96	147-6	Lana Boydston	1983
9	44.28	145-3	Kelly Bertka	1986
10	43.41	142-5	Susan Cope	1992

## HAMMER

1	58.76	192-9	Brandy Blackwood	2005
2	58.10	190-7	Marie LeJour	2002
3	54.67	179-4	Michelle Rossio	2008
4	53.48	175-5	Kelley Bickham	1998
5	52.72	172-11	Amber Crumbo	2000

## JAVELIN

1	49.76	163-3	Amethyst Boyd	2014
2	49.64	162-10	Carly Bloomfield	2007
3	48.24	158-3	Jessica Sommerfeld	2002
4	47.08	154-5	Peter-Gaye Beckford	2007
5	46.36	152-1	Susan Cope	1992
6	44.96	147-6	Michelle Rossio	2006
7	44.72	146-8	Pernille Jorgensen	1988
8	44.62	146-4	Kelsey Mollenkamp	2007
9	42.78	140-4	Elizabeth Everts	2003
10	42.14	138-3	DeeDee Brown	2001

## HEPTATHLON

1	6,099	Taliyah Brooks	2017
2	6,050	Makeba Alcide	2013
3	6,027	Alex Gochenour	2015
4	6,023	Payton Chadwick	2017
5	5,925	Gi-Gi Miller	2001
6	5,852	Leigha Brown	2017
7	5,820	Kelsey Herman	2017
8	5,700	DeeDee Brown	2001
9	5,594	Etienne Chaplin	2009
10	5,518	Beyonka McDowell	2005

# 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	7.24	<b>Anyia Jackson</b>	<b>2025</b>
7	7.26	Kyla Shoemake	1998
	7.26	Elisha Brewer	1998
9	7.27	Janeek Brown	2019
10	7.29	Tiana Wilson	2021

## 5,000 METERS

1	15:11.27	<b>Paityn Noe</b>	<b>2025</b>
2	15:13.09	Katie Izzo	2019
3	15:32.95	Lauren Gregory	2022
4	15:42.45	<b>Sydney Thorvaldson</b>	<b>2024</b>
5	15:46.89	Amy Yoder Begley	2000
6	15:50.88	Diane Robison	2015
7	15:52.80	Deena Drossin	1993
8	15:55.02	Isabel Van Camp	2022
9	15:55.43	Lilli Kleinmann	2001
10	15:59.09	Devin Clark	2020

## LONG JUMP

1	6.67	21-10.75	<b>Funminiyi Olajide</b>	<b>2025</b>
2	6.57	21-6.75	Taliyah Brooks	2018
3	6.56	21-6.25	<b>Nia Robinson</b>	<b>2024</b>
4	6.41	21-0.50	G'Auna Edwards	2021
5	6.38	20-11.25	Angel Heath	2003
6	6.36	20-10.50	Peter-Gaye Beckford	2008
7	6.33	20-9.25	Tamara Myers	2015
8	6.30	20-8	Payton Chadwick	2018
9	6.27	20-7	Antoinette Reed	1994
10	6.23	20-5.25	Whitney Jones	2012

## 200 METERS

1	22.43	Veronica Campbell	2004
2	22.51	Rosey Effiong	2024
3	22.60	Amber Anning	2024
4	22.62	Nickisha Pryce	2024
5	22.77	<b>Shawnti Jackson</b>	<b>2024</b>
6	22.87	<b>Anyia Jackson</b>	<b>2025</b>
7	22.89	Jada Baylark	2022
8	22.97	Payton Chadwick	2019
9	22.99	Taylor Ellis-Watson	2016
	22.99	Jayla Hollis	2022
11	23.00	Regina George	2013
12	23.01	<b>Kaylyn Brown</b>	<b>2024</b>
13	23.03	<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
	7.99	Destiny Huven	2024
6	8.05	Taliyah Brooks	2018
8	8.08	Jayla Hollis	2022
9	8.10	<b>Rachel Glenn</b>	<b>2025</b>
10	8.13	Ivanique Kemp	2012

## TRIPLE JUMP

1	13.51	44-4	Gi-Gi Miller	2001
2	13.41	44-0	<b>Nia Robinson [twice]</b>	<b>2025</b>
3	13.40	43-11.75	Tamara Myers	2015
4	12.95	42-6	Cynthia Moore	1990
5	12.91	42-4.25	Angel Heath	2003
6	12.85	42-2	Shantel Thompson	2011
7	12.78	41-11.25	Mariann Ahuna	2003
8	12.72	41-8.75	Toshei Woods	1993
9	12.50	41-0.25	Alexis Torns	2022
10	12.40	40-8.25	Peter-Gaye Beckford	2008

## 400 METERS

1	49.24	<b>Isabella Whittaker</b>	<b>2025</b>
2	49.48	Britton Wilson	2023
3	50.43	Amber Anning	2024
4	50.54	Rosey Effiong	2023
5	50.70	<b>Kaylyn Brown</b>	<b>2025</b>
4	50.83	Nickisha Pryce	2024
7	51.05	Regina George	2013
8	51.51	Taylor Ellis-Watson	2016
9	51.76	<b>Joanne Reid</b>	<b>2023</b>
10	51.77	Daina Harper	2017
11	51.95	<b>Sanaria Butler</b>	<b>2025</b>

## 4x400 RELAY

3:21.75	A. Anning, J. Reid, R. Effiong, B. Wilson	2023
3:24.09	R. Effiong, J. Hollis, S. Maloney, B. Wilson	2022
3:25.20	<b>J. Reid, S. Butler, K. Brown, I. Whittaker</b>	<b>2025</b>
3:25.59	R. Effiong, A. Anning, N. Pryce, S. Jallow	2024
3:26.33	<b>J. Reid, R. Glenn, S. Jallow-Lockhart, K. Brown</b>	<b>2024</b>
3:26.40	A. Anning, N. Pryce, P. Peoples, R. Effiong	2023
3:27.23	R. Effiong, J. Hollis, S. Maloney, B. Wilson	2022
3:27.47	<b>R. Glenn, I. Whittaker, S. Butler, S. Jallow-Lockhart</b>	<b>2025</b>
3:27.57	<b>J. Reid, R. Effiong, A. Anning, B. Wilson</b>	<b>2023</b>
3:27.83	<b>K. Davis, I. Whittaker, S. Butler, S. Jallow-Lockhart</b>	<b>2025</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	1:59.77	<b>Sanu Jallow-Lockhart</b>	<b>2025</b>
2	2:01.22	Shafiqua Maloney	2021
3	2:01.60	<b>Analisse Batista</b>	<b>2025</b>
4	2:01.96	Aneita Denton	2005
5	2:02.12	<b>Anna Podojil</b>	<b>2025</b>
6	2:02.13	Britton Wilson	2023
7	2:02.46	<b>Ainsley Erzen</b>	<b>2024</b>
8	2:02.68	<b>Isabella Whittaker</b>	<b>2025</b>
9	2:02.95	Chrishuna Williams	2015
10	2:03.21	Stephanie Brown	2014
11	2:04.03	Quinn Owen	2022
12	2:04.22	<b>Tiana LoStracco</b>	<b>2024</b>

## DISTANCE MEDLEY RELAY

10:49.14	M. Eudaly, A. Anning, L. Quandt, L. Gregory	2023
10:49.41	<b>T. LoStracco, A. Denton, A. Erzen, M. Eudaly</b>	<b>2024</b>
10:51.37	I. Van Camp, P. Peoples, K. Gear, L. Jolly	2022
10:51.63	K. Gear, B. Wilson, S. Maloney, L. Gregory	2022
10:51.89	J. Kamilos, S. McKnight, T. Haiss, D. Scott	2015
10:53.77	K. Thomson, K. Campbell, S. Maloney, K. Gear	2021
10:55.09	<b>A. Podojil, I. Whittaker, S. Jallow-Lockhart, T. LoStracco</b>	<b>2025</b>
10:56.15	M. Cochran, J. Reid, S. Jallow, T. LoStracco	2024
10:56.61	M. Eudaly, P. Peoples, L. Quandt, L. Gregory	2023
10:56.73	M. Eudaly, P. Peoples, A. Erzen, L. Gregory	2023

## 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	4:34.02	<b>Paityn Noe</b>	<b>2025</b>
8	4:34.22	Grace Heymsfield	2014
9	4:34.39	Katie Izzo	2021
10	4:34.49	Kristen Gillespie	2012

## HIGH JUMP

1	2.00	6-6.75	<b>Rachel Glenn</b>	<b>2024</b>
2	1.89	6-2.25	Makeba Alcide	2013
3	1.85	6-0.75	<b>Sydney Billington</b>	<b>2025</b>
4	1.84	6-0.50	Taliyah Brooks	2018
5	1.83	6-0	<b>Heidi Hudson</b>	<b>2025</b>
6	1.81	5-11.25	Jessica Johnson	2003
	1.81	5-11.25	Kelsey Herman	2016
8	1.80	5-10.75	Kirsten Hesseltine	2013
	1.80	5-10.75	Alex Gochenour	2015
10	1.78	5-10	Jennifer McDonald	1989

## 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	8:47.17	<b>Paityn Noe</b>	<b>2025</b>
2	8:52.57	Dominique Scott	2015
3	8:53.76	Lauren Gregory	2022
4	8:55.67	Katie Izzo	2020
5	8:56.63	Carina Viljoen	2020
6	8:56.97	Taylor Werner	2019
7	9:01.34	Isabel Van Camp	2022
8	9:03.02	Logan Jolly	2022
9	9:04.64	Nikki Hiltz	2018
10	9:05.16	Grace Heymsfield	2014

## 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	Amanda Fassold	2023
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