

Women's All-Time Top 10 List

Updated 2/1/2020

W 55 Meter Dash (Indoor)

1.	7.97	MICHELLE CANTERNA	Mason Co. Indoor	Mar 1, 2008
	7.97	SAMANTHA BAKER	Mason Dixon Games	Mar 5, 2005
3.	8.16	KELSEY CONNER	Mason Dixon Games	Mar 3, 2007
4.	8.31	ASHLEY GINN	Mason Dixon Games	Mar 4, 2006
5.	8.42	LEIGHANN SCHMOLL	Mason Co. Indoor	Mar 1, 2008
6.	8.52	KELSEY HUFFMAN	Mason Co. Indoor	Mar 1, 2008
7.	8.76	JAZZ JACKSON	Mason Dixon Games	Mar 6, 2010
	8.76	EMILY CANTERNA	Mason Co. Indoor	Mar 1, 2008
9.	8.95	MORGAN COOK	KTCCCA Indoor	Feb 14, 2009
10.	8.99	HANNAH BOSSE	KTCCCA Indoor	Feb 14, 2009

W 60 Meter Dash (Indoor)

1.	8.23	ISABELLA VONLEHMAN	UK Wildcat High School Classic	Feb 1, 2020
2.	8.57	INDIA WATKINS	Wildcat Classic	Jan 27, 2018
3.	8.78	KATIE GURREN	Mason Dixon Games	Mar 2, 2013
4.	8.90	MAKENNA FAULKNER	UK Wildcat High School Classic	Feb 1, 2020
5.	8.92	MICHELLE CANTERNA	Wildcat Classic	Jan 26, 2008
6.	9.04	SKYLAR ROBINSON	Wildcat Classic	Jan 27, 2018
7.	9.11	KELISHA WILLIAMS	Wildcat Classic	Jan 27, 2018
8.	9.41	RIELIEGH HUFF	UK Wildcat High School Classic	Feb 1, 2020
9.	9.58	JESSICA MAHONEY	Wildcat Classic	Jan 26, 2008
10.	9.61	REESE WATSON	Cedarville Richey Tune-Up	Feb 3, 2018

W 100 Meter Dash

1.	12.87	LAURYN WATTS	KTCCCA Area 5 Championship	May 7, 2016
2.	12.90	MICHELLE CANTERNA	Region 4 AAA	May 24, 2008
3.	12.99	CASEY HITE	Region 5 AAA	May 12, 2017
4.	13.02	MEGAN VIOX	Kentucky State Track Meet	Jun 2, 1990
5.	13.24 h	OLIVIA PANELLA	NKY Freshman Regionals	Apr 29, 2013
6.	13.25	LINDSEY KEITH	Coaches Classic	Apr 5, 2019
7.	13.34	INDIA WATKINS	Boone County Championship	Apr, 30, 2018
8.	13.34 h	KATIE GURREN	Lloyd Memorial Invitational	Apr 28, 2012
9.	13.45	ISABELLA VONLEHMAN	Donnie Carnes Memorial Meet	Apr 13, 2019
10.	13.59	TIANA MOON	Region 4 AAA	May 24, 2002

W 200 Meter Dash

1.	26.69	CASEY HITE	Region 5 AAA	May 12, 2017
2.	26.84	MEGAN VIOX	Kentucky State Track Meet	Jun 2, 1990
3.	27.18	LAURYN WATTS	Region 5 AAA	May 21, 2016
4.	27.29	LINDSEY KEITH	Scott Eagle Classic	May 2, 2019
5.	27.57	MICHELLE CANTERNA	Region 4 AAA	May 24, 2008
6.	27.81	ISABELLA VONLEHMAN	UK Wildcat High School Classic	Feb 1, 2020
7.	27.82	OLIVIA PANELLA	Scott Eagle Classic	May 2, 2013
8.	28.04 h	KATIE GURREN	Scott Eagle Classic	May 3, 2012
9.	28.34	MAKENNA FAULKNER	Donnie Carnes Memorial Meet	Apr 13, 2019
10.	28.35	INDIA WATKINS	Boone County Championship	Apr 30, 2018

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W 400 Meter Dash**(c = converted 440y using USTFCCA factor of .9942)**

1.	59.35c	VICKIE HULLETT	Kentucky State Track Meet	May 24, 1975
2.	59.90	KATHERINE ALCORN	Region 4 AAA	May 24, 2003
3.	1:01.89	LINDSEY KEITH	Region 5 AAA	May 22, 2019
4.	1:03.66	CASEY HITE	Region 5 AAA	May 10, 2014
5.	1:03.73	ASHLEY GINN	Region 4 AAA	May 25, 2005
6.	1:03.87	CORYN MARTIN	NKY MS Region	May 3, 2017
7.	1:03.94 h	MICHELLE CANTERNA	Red Dog Meet	May 13, 2008
8.	1:04.52	EMMA VONLEHMAN	Walton-Verona Clash of the Classes	Apr 1, 2017
9.	1:04.77	MAGGIE CLARK	Region 5 AAA	May 10, 2012
10.	1:04.90	KALEN HODGES	Region 5 AAA	May 12, 2017

W 800 Meter Run

1.	2:15.37	KATHERINE ALCORN	Region 4 AAA	May 25, 2006
2.	2:19.20	ASHLYN VANLANDINGHAM	Kentucky State Track Meet	Jun 1, 2019
3.	2:19.64	KATHY PLANK	Kentucky State Track Meet	Jun 2, 1984
4.	2:27.32	KATIE SCHEBEN	Kentucky State Track Meet	Jun 1, 1996
5.	2:28.98	LINDSEY KEITH	Region 5 AAA	May 22, 2019
6.	2:30.84 h	KRISTIN WILDER	Lloyd Memorial Invitational	May 5, 2007
7.	2:33.01	CAMRYN CHAPMAN	Walton-Verona Clash of the Classes	Apr 1, 2017
8.	2:33.79	MADISON COOK	Region 5 AAA	May 10, 2012
9.	2:35.91	BROOKE HARMS	Ryle Friday Night Frenzy	Mar 29, 2013
10.	2:36.21	HANNELORE RUMMINGER	Rally's Invitational	Apr 25, 2014

W 1600 Meter Run

1.	5:03.95	KATHY PLANK	Kentucky State Track Meet	Jun 2, 1984
2.	5:11.60	KATHERINE ALCORN	Male Bulldog Classic	Apr 22, 2006
3.	5:15.68	ASHLYN VANLANDINGHAM	Kentucky State Track Meet	Jun 1, 2019
4.	5:34.02	ELLA MANN	Kentucky State Track Meet	Jun 1, 2019
5.	5:35.24 h	JAMI KLOENNE	Lloyd Memorial Invitational	May 5, 2007
6.	5:39.40	CHELSEA SCHMITT	Lloyd Memorial Invitational	May 7, 2005
7.	5:40.04 h	KAYLA CRUSHAM	Lloyd Memorial Invitational	May 6, 2006
8.	5:45.88	MADISON COOK	Lloyd Memorial Invitational	May 8, 2010
9.	5:47.87	CAROLINE FRYE	Conner Cougar Invitational	Mar 11, 2017
10.	5:48.60	LAURA SULLENBARGER	Conner Invitational	Apr 26, 2008

W 3200 Meter Run

1.	11:19.96	KATHY PLANK	Kentucky State Track Meet	May 21, 1983
2.	11:44.54 h	JAMI KLOENNE	Lloyd Memorial Invitational	May 5, 2007
3.	11:53.63	CAROLINE FRYE	Kentucky State Track Meet	May 20, 2017
4.	11:58.34 h	KAYLA CRUSHAM	Lloyd Memorial Invitational	May 6, 2006
5.	12:02.70	CRYSTAL BREFELD	Kentucky State Track Meet	May 31, 1997
6.	12:18.72	ASHLYN VANLANDINGHAM	Chick-Fil-A Bearcat Clash	Mar 29, 2019
7.	12:22.48	MADISON COOK	Lloyd Memorial Invitational	May 8, 2010
8.	12:40.98	DAPHNE BENJAMIN	Coach's Classic	Apr 5, 2019
9.	12:55.25	ELLA MANN	Scott Eagle Classic	May 2, 2019
10.	13:05.71	CAITLYN KENNEDY	Scott Eagle Classic	May 2, 2019

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W 5000 Meter Run

1. 21:02.20 DAPHNE BENJAMIN KyTrackXC.com 5K Showdown Mar 15, 2019

W 60 Meter Hurdles (Indoor)

1. 10.52 SKYLAR ROBINSON Wildcat Classic Jan 27, 2018
2. 12.16 JENA BUCK Mason Dixon Games Mar 2, 2013
3. 13.99 JAYDA BAKER Wildcat Classic Jan 30, 2017

W 100 Meter Hurdles

1. 16.22 JOY STRANGE Kentucky State Track Meet May 20, 2017
2. 17.16 SKYLAR ROBINSON Region 5 AAA May 12, 2018
3. 17.48 RIAN BOELTER Boone County Championship May 2, 2016
4. 17.49 KALEN HODGES Chick-Fil-A Bearcat Clash Mar 29, 2019
5. 18.88 JENA BUCK Region 5 AAA May 21, 2011
6. 19.20 RACHEL LYLE KTCCCA Area 5 Championship May 7, 2016
7. 19.29 MAKENNA DINSER Boone County Championship May 2, 2016
8. 19.44 JORDYN KENNEDY Region 5 AAA May 10, 2012
9. 19.46 CAYLEE DUNCAN Ryle Friday Night Frenzy Mar 21, 2014
10. 19.84 h MYRA SHUFFETT Region 4 AAA May 29, 2004

W 300 Meter Hurdles

1. 48.84 RIAN BOELTER KTCCCA Area 5 Championship May 7, 2016
2. 48.97 JOY STRANGE Region 5 AAA May 12, 2017
3. 49.57 KALEN HODGES Region 5 AAA May 12, 2018
4. 52.34 SKYLAR ROBINSON Rod Russell Mason Invitational May 4, 2018
5. 52.62 STACEY JOHNSON Region 4 AAA May 25, 2006
6. 54.44 h JENA BUCK Scott Eagle Classic May 3, 2012
7. 54.69 MYRA SHUFFETT Region 4 AAA May 29, 2004
8. 54.78 AMY STEWART Region 5 AAA May 22, 2019
9. 55.37 JORDYN KENNEDY Heart of the Bluegrass Apr 20, 2013
10. 55.44 h LAURA SULLENBARGER Red Dog Meet May 13, 2008

W Discus

1. 83-9.5 GRACE BRUN Region 4 AAA May 24, 2007
2. 83-2 ARIELLE KELLER Ryle Friday Night Frenzy Apr 10, 2015
3. 80-5 LAINEY BIRKHEAD Region 4 AAA May 24, 2008
4. 80-1 TATIJANA SMITH Boone County Championship Apr 1, 2014
5. 78-9 JAELYN BONNER Boone County Invitational Apr 5, 2013
6. 74-5.5 LINDSEY BELL Region 4 AAA May 24, 2007
7. 69-5 TAYLOR HOGAN Ryle Friday Night Frenzy Apr 9, 2010
8. 67-9 HILLARY ALVEY Region 4 AAA May 25, 2006
9. 66-0 ALEXIS COOK NKAC Apr 26, 2018
10. 64-2 CARLY JONES Scott Eagle Classic May 2, 2019

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W Shot Put

1.	36-4.5	JOHARLIN RIVERA	Kentucky State Track Meet	Jun 1, 2002
2.	30-4	ELLE HAYNES	Region 4 AAA	May 24, 2007
3.	27-1	TATIJANA SMITH	NKAC	Apr 22, 2014
4.	25-7	NIKKI LEICK	Region 4 AAA	May 29, 2004
5.	25-3.5	LYNDSEY BELL	Region 4 AAA	May 24, 2007
	25-3.5	CARLY JONES	Scott Eagle Classic	May 2, 2019
7.	23-10	MORGAN COOK	Commodore Classic	Apr 12, 2008
8.	22-11	LAINNEY BIRKHEAD	Red Dog Meet	May 13, 2008
9.	22-3	REBECCA BODEN	Region 5 AAA	May 16, 2009
10.	22-0.5	ARIELLE KELLER	NKAC	Apr 22, 2014

W High Jump

1.	5-2	AMANDA DONOHOO	Kentucky State Track Meet	May 30, 1998
	5-2	ALLISON FANCHER	Region 4 AAA	May 24, 2007
	5-2	TAYLOR ROARK	LaSalle Legends Classic	Mar 23, 2019
4.	5-0	KELSEY HUFFMAN	Boone County Championship	Apr 15, 2008
5.	4-10	RIAN BOELTER	Scott Eagle Classic	May 7, 2015
	4-10	STACEY JOHNSON	NKAC	Apr 28, 2005
7.	4-8	JOY STRANGE	Region 5 AAA	May 12, 2017
	4-8	ASHLEY GINN	Region 4 AAA	May 24, 2007
9.	4-7	ALLYSON LEAS	NKY Freshman Regionals	May 6, 2016
10.	4-6	SARAH O'SHAY	Eastern Relays	Apr 25, 2009

W Long Jump

1.	17-8	MICHELLE CANTERNA	Kentucky State Track Meet	May 31, 2008
2.	17-1	OLIVIA PANELLA	Kentucky State Track Meet	May 24, 2014
3.	17-0.75	LINDSEY KEITH	Region 5 AAA	May 22, 2019
4.	16-8.25	JENNIFER STASIE	Kentucky State Track Meet	Jun 5, 1999
5.	16-4.25	AMY CARPENTER	Kentucky State Track Meet	May 28, 1988
6.	16-2.75	EMILY CANTERNA	Red Dog Meet	May 13, 2008
7.	15-10.75	CHARMAINE FREKING	Kentucky State Track Meet	May 24, 1980
8.	15-9.25	ALESSANDRA BOBBIO	Kentucky State Track Meet	May 20, 2017
9.	15-6	ALLISON FANCHER	Region 4 AAA	May 25, 2006
10.	15-2	KELSEY CONNER	Lloyd Memorial Invitational	May 5, 2007

W Triple Jump

1.	34-10.25	JENNIFER STASIE	Kentucky State Track Meet	Jun 5, 1999
2.	34-5.75	OLIVIA PANELLA	KTCCCA Area 5 Championship	May 3, 2014
3.	33-4.5	ALLISON FANCHER	Region 4 AAA	May 24, 2007
4.	32-3.5	AMANDA DONOHOO	Kentucky State Track Meet	Jun 5, 1999
5.	31-6.25	RIAN BOELTER	Ryle Friday Night Frenzy	Apr 1, 2011
6.	31-6	SARAH BECKMAN	Region 4 AAA	May 25, 2005
7.	31-2	SKYLAR DEATON	Ryle Relays	Apr 16, 2015
8.	30-1.5	SAVANNAH ROSS	Region 4 AAA	May 24, 2008
9.	29-9	LEIGHANN SCHMOLL	Region 4 AAA	May 24, 2008
10.	28-6	NASTASIA STICKLER	Ryle Relays	Apr 17, 2014

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W 4x100 Meter Relay

1.	50.92	2016-05-28	Kentucky State Track Meet	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
2.	51.35	1987-06-05	Kentucky State Track Meet	(unknown)
3.	51.83	1990-06-01	Kentucky State Track Meet	(unknown)
4.	51.87	2016-05-21	Region 5 AAA	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
5.	52.06	2017-05-20	Kentucky State Track Meet	(N. Eads, C. Hite, S. Robinson, L. Watts)
6.	52.07	2016-05-12	Scott Eagle Classic	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
	52.07	2015-05-16	Region 5 AAA	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
8.	52.10	2016-05-02	Boone County Championship	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
9.	52.14	2017-04-20	Ryle Relays	(L. Goldsberry, C. Hite, S. Robinson, L. Watts)
10.	52.21	2016-04-16	Donnie Carnes Memorial Meet	(L. Goldsberry, C. Hite, L. Watts, O. Panella)

W 4x200 Meter Relay

1.	1:47.62	2016-05-28	Kentucky State Track Meet	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
2.	1:48.31	2017-05-12	Region 5 AAA	(N. Eads, C. Hite, K. Hodges, L. Watts)
3.	1:48.63	2014-05-23	Kentucky State Track Meet	(E. VonLehman, C. Hite, L. Watts, O. Panella)
4.	1:49.07	2015-05-16	Region 5 AAA	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
5.	1:49.39	2017-05-20	Kentucky State Track Meet	(N. Eads, C. Hite, K. Hodges, L. Watts)
6.	1:49.61	2016-05-05	NKAC	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
7.	1:49.73	2016-04-21	Ryle Relays	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
8.	1:49.88	2012-05-10	Region 5 AAA	(K. Gurren, L. Watts, O. Panella, M. Clark)
9.	1:49.92	2015-05-07	Scott Eagle Classic	(L. Goldsberry, C. Hite, L. Watts, O. Panella)
10.	1:49.97	2013-05-17	Kentucky State Track Meet	(K. Gurren, M. Clark, L. Watts, O. Panella)

W 4x400 Meter Relay

1.	4:13.23	1983-05-21	Kentucky State Track Meet	(unknown)
2.	4:15.20	2003-05-24	Region 4 AAA	(M. Shuffett, K. Alcorn, K. Shuffett, A. Fancher)
3.	4:15.32	2005-05-25	Region 4 AAA (Finals)	(N. Porembski, A. Fancher, A. Ginn, K. Alcorn)
4.	4:16.21	2019-05-22	Region 5 AAA	(L. Keith, K. Hodges, A. Hopper, A. Vanlandingham)
5.	4:17.27	2019-06-01	Kentucky State Track Meet	(L. Keith, K. Hodges, A. Hopper, A. Vanlandingham)
6.	4:18.33	2019-05-15	NKAC	(L. Keith, K. Hodges, A. Hopper, A. Vanlandingham)
7.	4:19.20	2005-05-24	Region 4 AAA (Prelims)	(M. Adler, K. Alcorn, K. Crusham, N. Porembski)
8.	4:20.87	2003-05-30	Kentucky State Track Meet	(M. Fiorelli, A. Fancher, K. Shuffett, K. Alcorn)
9.	4:21.99	2004-05-29	Region 4 AAA	(K. Alcorn, A. Fancher, N. Porembski, M. Fiorelli)
10.	4:23.49	2004-06-04	Kentucky State Track Meet	(N. Porembski, M. Shuffett, A. Fancher, K. Alcorn)

W 4x800 Meter Relay

1.	9:56.40	2006-05-24	Region 4 AAA	(K. Alcorn, K. Wilder, S. Johnson, K. Crusham)
2.	9:56.73	2006-06-02	Kentucky State Track Meet	(K. Alcorn, K. Wilder, S. Johnson, K. Crusham)
3.	9:58.51	2019-05-15	NKAC	(L. Keith, C. Chapman, E. Mann, A. Vanlandingham)
4.	10:18.22	2008-05-24	Region 4 AAA	(H. Bosse, K. Stransky, N. Phillips, L. Sullenbarger)
5.	10:19.20	2008-04-15	Boone County Championship	(unknown)
6.	10:19.70	2005-05-11	Boone County Championship	(unknown)
7.	10:19.91	2017-05-20	Kentucky State Track Meet	(A. Vanlandingham, T. Deters, D. Benjamin, C. Chapman)
8.	10:23.00	2005-05-24	Region 4 AAA	(K. Crusham, N. Porembski, S. Johnson, K. Alcorn)
9.	10:24.14	2007-05-12	Dunbar Bulldog/Bearcat Inv.	(unknown)
10.	10:25.30	2007-04-28	Conner Cougar Invitational	(unknown)

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W 4x1600 Meter Relay

1.	23:36.10	2008-04-24	NKAC	(unknown)
2.	23:44.14	2019-05-15	NKAC	(E. Mann, C. Frey, C. Kennedy, D. Benjamin)
3.	24:47.94	2017-04-20	Ryle Relays	(E. Gray, C. Kahmann, A. Vanlandingham, D. Benjamin)
4.	24:59.41	2018-04-26	NKAC	(C. Kennedy, D. Benjamin, c. Kahmann, C. Frye)
5.	25:17.98	2017-04-27	NKAC	(D. Benjamin, E. Gray, C. Kahmann, C. Frye)
6.	25:41.78	2018-04-19	Ryle Relays	(D. Benjamin, E. Gray, C. Kahmann, A. Vanlandingham)
7.	25:45.50	2014-04-22	NKAC	(B. Harms, H. Rumminger, L. Jackson, A. McCullah)
8.	25:57.85	2010-04-29	NKAC	(J. Wilson, Ma. Cook, S. Laake, T. Wilson)
9.	26:04.50	2009-04-16	NKAC	(unknown)
10.	26:29.20	2012-04-24	NKAC	(A. Arnold, A. Rembe, S. Dewar, H. Keslar)

W 800 Meter Sprint Medley Relay (100-100-200-400)

1.	1:57.04	2017-04-20	Ryle Relays	(L. Goldsberry, L. Watts, C. Hite, K. Hodges)
2.	1:57.91	2019-05-15	NKAC	(S. Selby, K. Hodges, M. Faulkner, L. Keith)
3.	1:58.17	2012-03-20	Scott Distance Carnival	(K. Gurren, L. Watts, D. Woods, M. Clark)
4.	1:58.21	2015-04-30	NKAC	(L. Goldsberry, L. Watts, O. Panella, C. Hite)
5.	1:59.24	2018-04-26	NKAC	(V. Phan, A. Lavigne, I. Watkins, L. Keith)
6.	1:59.46	2016-05-05	NKAC	(L. Goldsberry, L. Watts, C. Hite, R. Boelter)
7.	1:59.86	2017-04-27	NKAC	(L. Goldsberry, L. Watts, C. Hite, K. Hodges)
8.	2:00.78	2016-04-21	Ryle Relays	(L. Goldsberry, R. Boelter, L. Watts, C. Hite)
9.	2:01.75	2013-04-23	NKAC	(K. Gurren, L. Watts, O. Panella, C. Hite)
10.	2:01.81	2014-04-22	NKAC	(L. Watts, C. Duncan, O. Panella, C. Hite)

W Distance Medley Relay (1200-400-800-1600 *Official Order) or (800-400-1200-1600 *Order in NKY)

1.	13:33.80	2007-05-01	NKAC	(unknown)
2.	13:37.23	2019-05-15	NKAC	(C. Kennedy, K. Bowen, D. Benjamin, A. Vanlandingham)
3.	13:59.67	2017-04-27	NKAC	(A. Vanlandingham, C. Martin, D. Benjamin, C. Frye)
4.	14:17.61	2019-03-19	Boone Opening Night Relays	(C. Kennedy, A. Bailey, D. Benjamin, A. Vanlandingham)
5.	14:21.57	2018-04-19	Ryle Relays	(A. Bailey, C. Martin, D. Benjamin, A. Vanlandingham)
6.	14:44.61	2010-04-29	NKAC	(unknown, O. Panella, L. Cleek, Ma. Cook)
7.	14:47.66	2014-04-17	Ryle Relays	(B. Harms, S. Deaton, N. Stickler, H. Rumminger)
8.	14:50.04	2009-03-28	Ryle Relays	(L. Cleek, Ma. Cook, J. Mahoney, H. Bosse)
9.	14:52.70	2009-04-16	NKAC	(unknown)
10.	14:53.69	2015-04-30	NKAC	(C. Chapman, T. Deters, E. Steele, H. Rumminger)