

# ALL-TIME UCLA WOMEN'S TOP-10

## 100 Meters

1)	10.97	Gail Devers (10.85w)	8/21/87 (W. Berlin)
2)	11.06	Florence Griffith (10.96w)	6/19/83 (Indianapolis)
3)	11.11	Shakedia Jones	5/2/98 (UCLA)
4)	11.16	Evelyn Ashford (11.14w)	6/8/78 (UCLA)
4)	11.16	Jeanette Bolden (11.12w)	6/2/82 (Provo)
6)	11.21	Angela Bailey	8/4/85 (Ottawa)
7)	11.24	Monique Henderson	4/16/05
8)	11.35	LaShon Nedd	8/17/83 (W. Berlin)
9)	11.43	Andrea Anderson	8/21-25/96 (World Jrs.)
10)	11.46	Sani Roseby	5/14/04 (Pac-10)
10)	11.46	Jolanda Diego	5/3/08 (UCLA)

## 200 Meters

1)	22.23 *	Florence Griffith	6/19/83 (Indianapolis)
2)	22.62	Evelyn Ashford	6/10/77 (UCLA)
3)	22.71	Gail Devers (22.55w)	5/23/87 (Corvallis)
3)	22.71	Monique Henderson	5/1/04 (UCLA)
5)	22.84	Shakedia Jones (22.65w)	5/2/98 (UCLA)
6)	22.89	LaShon Nedd	7/8/83 (Edmonton)
7)	23.02	Angela Bailey	8/4/85 (Ottawa)
8)	23.14	Jolanda Diego	5/3/08 (UCLA)
9)	23.20	Janeene Vickers	4/13/91 (UCLA)
10)	23.32	Andrea Anderson	5/4/96 (UCLA)

## 400 Meters

1)	49.96	Monique Henderson	6/26/05 (2005 USATF Nationals)
2)	50.94	Florence Griffith	6/3/83 (Houston)
3)	51.48	Andrea Anderson	5/2/98 (UCLA)
4)	51.69	Arlise Emerson	6/25/83 (Los Angeles)
4)	51.69	Nicole Leach	5/3/08 (UCLA)
6)	51.88	Camille Noel	5/22/93 (Berkeley)
7)	51.92	Darlene Malco	5/25/97 (Seattle, WA)
8)	52.26	C.C. Knighten	5/3/86 (Los Angeles)
9)	52.29	LaShon Nedd	6/3/82 (Provo)

## 800 Meters

1)	2:02.26	Lena Nilsson	8/13/02 (Malmo, Sweden)
2)	2:03.73	Tiffany Burgess	5/4/02 (UCLA)
3)	2:04.37	Francie Larrieu	7/18/74 (Stockholm)
4)	<b>2:04.70</b>	<b>Krishna Curry</b>	<b>5/17/08 (ASU-Pac-10)</b>
5)	2:05.01	Ashley Caldwell	5/29/04 (NCAA Reg.)
6)	2:05.23	Ysanne Williams	4/3/99 (UCLA)
7)	2:05.68	Laura Chapel	5/13/89 (Occidental)
8)	2:05.7	Julie Johnson	4/15/89 (UCLA)
9)	2:05.93	Cynthia Warner	5/23/80 (Eugene)
10)	2:06.26	Jenna Timinsky	4/18/04 (Long Beach)

## 1500 Meters

1)	4:07.69	Lena Nilsson	5/24/03 (Eugene)
2)	4:10.3	Francie Larrieu	7/1/74 (Milan)
3)	4:12.9	Linda Goen	5/11/80 (UCLA)
4)	4:13.5	Julie Brown	1975
5)	4:14.00	Michele Bush	6/2/82 (Knoxville)
6)	4:16.83	Karen Hecox	7/28/95 (Borlange, Sweden)
7)	4:17.34	Kate Keyes	6/27/76
8)	4:17.60	Alejandra Barrientos	4/18/04 (Long Beach)
9)	4:18.08	Melissa McBain	5/29/04 (NCAA Reg.)
10)	4:18.69	Laura Chapel	5/7/87 (San Diego)

## 3000 Meters

1)	9:03.2	Francie Larrieu	7/8/74 (Viareggio)
2)	9:06.23	Michele Bush	6/26/83 (Los Angeles)
3)	9:09.28	Polly Plumer	6/5/87 (Baton Rouge)
4)	9:12.34	Karen Hecox	7/12/95 (Stockholm, Sweden)
5)	9:13.55i	Lena Nilsson	2/1/03 (Seattle, WA)
6)	9:19.2	Julie Brown	1975
7)	9:22.6	Nancy Brown	4/23/89 (Mt. SAC)
8)	9:23.19	Katherina Kechris	5/19/97 (Los Angeles)
9)	9:23.41	Beth Bartholomew	4/16/94 (Mt. SAC)
10)	9:23.88	Melissa McBain	4/9/04 (UCLA)

## 3000m Steeplechase

1)	10:27.73	Ciara Viehweg	4/3/09 (UCLA)
2)	10:31.34	Alison Costello	4/30/05 (USC)
3)	10:33.48	Leslie Barrie	4/7/06 (UCLA)
4)	10:36.06	Melissa McBain	3/28-29/03 (Stanford)
5)	10:39.62	Elaine Canchola	5/19/01 (Pac-10)
6)	10:44.09	Julia Barbour	4/19/02 (Pomona)
7)	10:49.49	Jenna Timinsky	4/29/06 (UCLA)
8)	10:54.91	Carolyn Shea	4/27/02 (La Jolla)
9)	<b>11:05.85</b>	<b>Sadee Martinez</b>	<b>4/18/09 (UCLA)</b>
10)	11:08.82	Hannah Roeder	4/28/07 (USC)

## 5000 Meters

1)	15:49.37	Kathy Mintie	3/7/81 (San Diego)
2)	16:03.90	Karen Hecox	4/28/95
3)	16:17.44	Beth Bartholomew	4/23/94 (Eugene, OR)
4)	16:24.84	Katherina Kechris	5/25/97 (Seattle, WA)
5)	16:25.74	Alison Costello	4/15/05 (Mt. SAC)
6)	16:26.73	Michele Bush	9/17/83 (Tokyo)
7)	16:27.2	Linda Goen	4/25/81 (Mt. SAC)
8)	16:33.21	Christina Bowen	4/16/99 (Mt. SAC)
9)	16:33.97	Polly Plumer	3/5/83 (San Diego)
10)	16:38.0	Julie Brown	1974

## 10,000 Meters

1)	33:57.2	Michele Bush	4/2/82 (Palo Alto)
2)	34:47.3	Christine Porter	5/21/88 (UCLA)
3)	34:58.20	Julie Ott	6/3/98 (NCAA)
4)	34:59.3	Debbie Williams	4/23/89 (Mt. SAC)
5)	35:06.44	Jessica Matthews	5/20/00 (Pac-10)
6)	35:08.05	Valerie Flores	3/28-29/03 (Stanford)
7)	35:14.3	Jennifer Ashe	4/23/89 (Mt. SAC)
8)	35:15.04	Carmen Winant	3/28-29/03 (Stanford)
9)	35:24.35	Jeanene Harlick	4/20/96
10)	35:35.40	Shannon Stryker	5/10/85 (UCLA)

## 100 Meter Hurdles

1)	12.61 *	Gail Devers	5/21/88 (UCLA)
2)	12.79	Sheena Johnson	5/15/04 (Pac-10)
3)	12.80	Dawn Harper	5/27/06 (Provo)
4)	12.89	Joanna Hayes	6/5/99 (NCAA)
5)	12.96	Soni Roseby	5/15/04 (Pac-10)
6)	13.07	Jackie Joyner	8/28/88 (Koblenz W.G.)
7)	13.15	Michelle Perry	5/21/00 (Pac-10)
8)	13.16	Janeene Vickers (13.09w)	5/31/91 (Eugene)
9)	13.26	Bisa Grant	4/12/97 (UCLA)
10)	13.38	Nicolle Thompson	6/4/87 (Baton Rouge, LA)

## 400 Meter Hurdles

1)	52.95	Sheena Johnson	7/11/04 (Sacramento)
2)	53.47 *	Janeene Vickers	8/29/91 (Tokyo)
3)	54.30	Nicole Leach	6/9/07 (Sacramento)
4)	54.57	Joanna Hayes	Summer 1999
5)	55.05	Jackie Joyner	8/30/85 (Brussels)
6)	56.23	Michelle Perry	5/5/01 (USC)
7)	56.55	Gayle Kellon	5/17/86 (UCLA)
8)	56.62	Keisha Marvin	6/3/94 (NCAA)
9)	56.84	Ysanne Williams	6/13/03 (NCAA)
10)	57.68	Erin Blunt	5/22/93 (Berkeley)

## High Jump

1)	6-6*	Amy Acuff	5/19/95 (Pac-10)
2)	6-2	Sheena Gordon	5/29/04 (NCAA Reg.)
3)	6-1 <sup>1</sup> / <sub>2</sub>	Jackie Joyner	5/30/83 (Houston)
4)	6-1 <sup>1</sup> / <sub>4</sub>	Tonya Alston	6/2/84 (Eugene)
5)	6-0 <sup>3</sup> / <sub>4</sub>	Darnesha Griffith	5/6/00 (UCLA), 4/21/02 (Mt. SAC)
6)	6-0 <sup>1</sup> / <sub>2</sub>	Rhonda Watkins	5/12/07 (Palo Alto)
6)	6-0 <sup>1</sup> / <sub>2</sub> i	Keneisha Creary	2/17/07 (Flagstaff)
8)	6-0	Kari Gosswiller	3/7/81 (San Diego)
8)	6-0	Lisa Coleman	3/19/91 (Indianapolis)
10)	5-11 <sup>1</sup> / <sub>4</sub>	Patsy Walker	5/6/79 (UCLA)

## Pole Vault

1)	15-1*	Chelsea Johnson	3/27/04 (Stanford)
2)	14-7 1/4 *	Tracy O'Hara	4/22/00 (Austin, TX)
3)	14-1 3/4	Ingrid Kantola	5/17/08 (ASU-Pac-10)
4)	<b>14-1 1/4</b>	<b>Katy Viuf</b>	<b>3/28/09 (UCLA)</b>
5)	<b>13-11 1/4</b>	<b>Tori Pena</b>	<b>2/27/10 (Seattle, WA-MPSF)</b>
6)	<b>13-9 3/4</b>	<b>Tori Anthony</b>	<b>4/12/08 (UCLA)</b>
6)	13-8	Erica Hoernig	5/21/00 (Pac-10)
8)	13-7 1/4	Jackie Nguyen	4/29/06 (UCLA)
9)	13-3 1/2	Megan Jamerson	3/3/07 (UCLA)
9)	13-3 1/2	Heather Sickler	5/5/01 (USC)
9)	13-3 1/2	Jamie Kolar	2/15/03 (Los Angeles)

## Long Jump

1)	23-9*	Jackie Joyner	8/21/85 (Zurich)
2)	22-4 1/4 †	Rhonda Watkins	5/25/07 (Eugene)
3)	22-2 1/2	Gail Devers	4/16/88 (UCLA)
4)	21-6 1/4	Modupe Oshikoya	5/6/78 (Knoxville)
5)	21-4	Keyon Soley	5/6/00 (UCLA)
6)	21-3 1/4	Tonya Sedwick	5/18/91 (Tempe)
7)	21-1.50i	Renee Williams	2/14/04 (Seattle)
8)	21-1 1/4	Candice Baucham	5/14/05 (Pac-10)
9)	20-10 3/4	Marieke Veltman	6/3/93 (New Orleans)
10)	<b>20-10</b>	<b>Danielle Watson</b>	<b>5/3/08 (UCLA)</b>

## Triple Jump

1)	46-2*%	Candice Baucham	6/11/05 (NCAA)
2)	44-10 1/4	Roshanda Glenn	6/16/94 (Knoxville)
3)	44-3 1/4	Renee Williams	4/12/08 (UCLA)
4)	44-2 1/2	Deana Simmons	3/10/01 (NCAA)
5)	43-8	Gail Devers	3/29/86 (Mt. SAC)
6)	43-4	Jackie Joyner	6/1/85 (Austin)
7)	42-9 1/2	Sheena Gordon	5/18/03 (Pac-10)
8)	42-6 1/4	Nicole Duhart	4/29/06 (USC)
9)	42-0	Juliana Yendork	4/10/94 (UCLA)
10)	41-10 3/4	Keneisha Creary	5/13/07 (Palo Alto)

## Shot Put

1)	61-10 3/4 *	Valeyta Althouse	5/19/95 (Pac-10)
2)	58-10 3/4	Dawn Dumble	1995 (Jenner)
3)	58-4 1/2	Nada Kawar	6/4/98 (NCAA)
4)	58-3 3/4	Christina Tolson	5/19/01 (Pac-10)
5)	57-11	Seilala Sua	5/21/99 (Pac-10)
6)	57-10 1/4	Jessica Cosby	4/30/05 (USC)
7)	55-11	Kamaiya Warren	4/29/06 (UCLA)
8)	55-9 1/4	Tracie Millett	6/1/91 (Eugene)
9)	54-9 1/4	Chaniqua Ross	3/21-22/03 (Northridge)
10)	54-2	Briona Reynolds	5/4/02 (UCLA), 6/22/02

## Discus

1)	214-0	Suzu Powell	5/10/97 (Modesto)
2)	212-10	Seilala Sua	5/25/99 (Salinas)
3)	199-9	Dawn Dumble	5/20/95 (Pac-10)
4)	198-2	Rachelle Noble	3/28/98 (San Diego Invite)
5)	197-2	Nada Kawar	3/28/98 (San Diego Invite)
6)	190-2	Tracie Millett	5/20/90 (Seattle)
7)	188-6	Chaniqua Ross	5/21/02 (Salinas)
8)	188-0	Lara Saye	4/23/05 (UCSD)
9)	187-2	Kris Larson	1989 (Provo)
10)	184-4	Toni Lutjens	3/22/86 (UCLA)

## Hammer

1)	219-5	Jessica Cosby	6/12/04 (NCAA)
2)	216-3	Cari Soong	5/31/03 (NCAA Regionals)
3)	215-0+	Christina Tolson	6/2/01 (NCAA)
4)	199-0+	Rachelle Noble	4/4/98 (Texas Relays)
5)	198-10	Seilala Sua	4/1/00 (UCLA)
6)	172-10	Jade Niemeyer	5/2/09 (USC)
7)	172-1	Lara Saye	5/19/02 (Pac-10)
8)	166-4	Chaniqua Ross	5/21/99 (Pac-10)
9)	154-3	Brittany Borman	5/2/09 (USC)
10)	<b>153-11</b>	<b>Catherine White</b>	<b>5/2/09 (USC)</b>

## Javelin

1)	209-7	Kate Schmidt	6/28/75 (White Plains)
2)	203-10	Karin Smith	6/12/76 (UCLA)
3)	179-2	Suzu Powell	6/6/97 (Bloomington, IN)
4)	173-7	Susie Ray	4/10/82 (UCLA)
5)	173-5	Jacque Nelson	6/3/82 (Provo)
6)	172-11	Tracie Millett	4/28/90 (Coliseum)
7)	167-1	Rachelle Noble	5/9/98 (Modesto Invite)
8)	166-1	Tara Ross	5/2/09 (USC)
9)	164-8	Kris Larson	4/30/88 (Coliseum)
10)	161-2	Seilala Sua	5/21/99 (Pac-10)

## Heptathlon

1)	6718 (3942)	*Jackie Joyner	7/27-28/85 (Baton Rouge)
			13.32; 5-11 1/2; 48-3 1/2; 23.59; 21-11 1/2; 147-9 1/4; 2:11.46
2)	5765	Tonya Sedwick	5/31-6/1 (Provo)
			14.06; 5-8; 37-4 1/4; 23.77; 20-3 3/4; 110-1/2; 19.64
3)	5759	Michelle Perry	6/1-2/01 (NCAA)
			13.20; 5-4 1/2; 37-9 1/4; 23.99; 19-2; 124-2; 2:14.36
4)	5720	Shelia Burrell	6/2-3/95 (NCAA)
			13.77w; 5-2 1/2; 40-0 3/4; 24.05; 19-0; 133-4; 2:14.83
5)	5656	Marieke Veltman	6/2-3/93 (New Orleans)
			14.08; 5-5 3/4; 34-10 1/2; 24.44; 20-10 3/4; 121-9; 2:22.92
6)	<b>5606</b>	<b>Ryann Kraiss</b>	<b>5/9-10/09 (Pac-10, Eugene)</b>
			<b>13.18; 5-5 1/2; 39-7 1/4; 24.75; 18-6 1/2; 116-7; 2:14.96</b>
7)	5599	Susie Ray	5/30-31/83 (Houston)
			14.98; 5-4 1/4; 46-8 1/4; 26.48; 17-7; 179-8; 2:21.30
8)	5500	Tonya Alston	6/22-23/83 (UCLA)
			14.47; 5-11; 42-8; 26.14; 18-11 3/4; 138-5; 2:37.3
9)	5362	Nastassja Hall	5/13-14/05 (Claremont)
			15.20; 5-5 3/4; 38-8 1/4; 24.60; 19-1 1/4; 98-7; 2:15.55
10)	5097	Keneisha Creary	4/22-23/08 (Penn)
			15.66; 5-11 1/4; 40-8 1/4; 26.31; 18-3 1/4; 126-6; 2:43.50
10)	5074	Kelley Peacock	5/16-17/88 (UCLA)
			14.19; 5-2 1/2; 33-7 1/4; 25.76; 17-2 1/4; 110-0; 2:20.83

## 4x100 Relay

1)	43.17	6/1/88 (Eugene)	M. Phillips, S. Parros, C. Smith, G. Devers
2)	43.43	5/15/04 (Pac-10)	S. Roseby, S. Johnson, D. Harper, M. Henderson
3)	43.49	6/11/04 (NCAA)	S. Roseby, S. Johnson, D. Harper, M. Henderson
3)	43.49+	5/2/98 (Pac-10)	M. Perry, S. Jones, A. Anderson, J. Hayes
5)	43.64	5/20/01 (Pac-10)	S. Roseby, S. Johnson, A. McKinnon, S. Jones
6)	43.74	6/3/88 (Eugene)	T. Sedwick, C. Smith, M. Phillips, G. Devers
7)	43.74	6/5/87 (Baton Rouge)	C. Knighten, M. Phillips, K. Church, G. Devers
8)	43.78	5/1/04 (UCLA)	S. Roseby, S. Johnson, D. Harper, M. Henderson
8)	43.81	6/4/99 (NCAA)	M. Perry, S. Jones, A. Anderson, K. Soley
10)	43.83	4/28/90 (USC)	J. Vickers, A. Burnham, T. Sedwick, C. Smith

## 4x400 Relay

1)	3:27.57	6/10/03 (NCAA)	S. Roseby, S. Johnson, A. McKinnon, M. Henderson
2)	3:28.58	5/30/02 (NCAA)	B. Ogunleye, A. McKinnon, S. Johnson, M. Henderson
3)	3:28.85	6/12/04 (NCAA)	S. Roseby, S. Johnson, A. McKinnon, M. Henderson
4)	3:29.41	6/5/99 (NCAA)	Y. Williams, A. Anderson, K. Soley, M. Perry
5)	3:29.82	6/4/88 (Eugene)	M. Phillips, G. Devers, C. Knighten, J. Vickers
6)	3:30.44	6/5/82 (Provo)	C. Cumbess, A. Emerson, J. Joyner, L. Nedd
7)	3:30.46	6/9/07 (NCAA)	J. Monthe, M. Wisdom, K. Lacy, N. Leach
8)	3:30.54	5/31/01 (NCAA)	A. McKinnon, S. Johnson, Y. Williams, M. Perry
9)	3:31.52	6/7/07 (NCAA)	J. Monthe, M. Wisdom, K. Lacy, N. Leach
10)	3:31.62	5/31/03 (W. Region)	A. McKinnon, S. Johnson, Y. Williams, M. Henderson

## 4x800 Relay

1)	8:28.61	4/28/01 (Texas Relays)	B. Hatch, J. Marr, T. Burgess, L. Nilsson
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## Distance Medley Relay

1)	10:58.19	3/8/02 (NCAA Indoor)	T. Burgess, M. Henderson, J. Marr, L. Nilsson
2)	11:07.18	2/1/03 (Seattle, WA)	L. Nilsson, M. Henderson, T. Burgess, A. Barrientos
3)	11:08.70	3/12/04 (NCAA Indoors)	M. McBain, S. Johnson, Ashley Caldwell, L. Nilsson

†Pacific-10 Record/\*Collegiate Record/%NCAA Meet Record

‡American Junior Indoor Record/**Boldface** indicates current Bruins