

All-time Top 100 Performances: 1 mile run

The times below are reported as FAT. Handtimes are adjusted by rounding up to the next higher tenth, followed by adding 0.24 seconds to that result (* = converted handtime).

Girls 1 Mile Run

1	4:45.29	Reagan Gilmore	6/15/2024	New Balance Outdoor Nationals
2	4:50.49	Reagan Gilmore	5/3/2024	Dream Mile
3	4:52.00	Reagan Gilmore	4/12/2024	Flashes Showcase
4	4:52.33	Reagan Gilmore	5/5/2023	Dream Mile
5	4:55.35	Julia Schmitt	6/15/2024	New Balance Outdoor Nationals
6	4:58.40	Julia Schmitt	5/3/2024	Dream Mile
5	4:59.06	Katherine Receveur	5/4/2012	Dream Mile
6	4:59.69	Leah Penick	5/3/2024	Dream Mile
7	5:00.42	Leah Penick	6/15/2024	New Balance Outdoor Nationals
8	5:00.47	Bailey Davis	5/4/2012	Dream Mile
9	5:00.62	Julia Schmitt	4/19/2024	Eastern Relays
10	5:01.40	Katherine Receveur	5/3/2013	Dream Mile
11	5:02.73	Caroline McCaslin	5/4/2012	Dream Mile
12	5:04.18	Katherine Receveur	4/26/2013	Eastern Relays
13	5:04.68	Lila Bensenhaver	5/3/2024	Dream Mile
14	5:05.49	Reagan Gilmore	5/6/2022	Dream Mile
15	5:07.22	Katherine Receveur	4/25/2014	Eastern Relays
16	5:08.58	Katherine Receveur	4/12/2013	Franklin Central Showcase
17	5:08.87	Lila Bensenhaver	4/27/2024	Brother Borgia Invitational
18	5:09.02	Julia Schmitt	4/28/2023	Brother Borgia Invitational
19	5:09.30	Julia Schmitt	5/6/2022	Dream Mile
20	5:09.46	Bailey Davis	5/2/2014	Dream Mile
21	5:09.98	Caroline McCaslin	4/13/2012	Franklin Central Showcase
22	5:10.31	Leah Penick	4/28/2023	Brother Borgia Invitational
23	5:10.34	Leah Penick	5/5/2023	Dream Mile
24	5:10.57	Emily Bean	5/3/2013	Dream Mile
25	5:10.75	Sarah Crawford	4/22/2016	Louisville Premier Classic
26	5:11.18	Leah Penick	4/21/2023	Eastern Relays
27	5:11.67	Kenzley Defler	6/1/2013	Music City Distance Carnival
28	5:12.26	Emily Bean	4/25/2014	Eastern Relays
29	5:12.38	Mabel George	4/27/2024	Brother Borgia Invitational
30	5:12.82	Emily Bean	5/4/2012	Dream Mile
31	5:12.86	Leah Penick	4/12/2024	Flashes Showcase
32	5:13.20	Emily Bean	6/1/2013	Music City Distance Carnival
33	5:13.44	Kyndel Guyton	6/1/2013	Music City Distance Carnival
34	5:13.97	Julia Schmitt	4/30/2021	Dream Mile
35	5:14.99	Bailey Davis	4/25/2014	Eastern Relays
36	5:15.72	Caroline McCaslin	5/13/2011	Dream Mile
37	5:15.98	Meghan Carrico	6/1/2013	Music City Distance Carnival
38	5:16.01	Meghan Carrico	5/6/2016	Dream Mile

39	5:16.40	Ashley El Rady	5/7/2010	Dream Mile
40	5:16.88	Julia Schmitt	4/22/2022	Eastern Relays
41	5:16.97	Katherine Receveur	5/13/2011	Dream Mile
42	5:17.03	Julia Schmitt	4/21/2023	Eastern Relays
43	5:17.34	Lila Bensenhaver	4/12/2024	Flashes Showcase
44	5:17.89	Meghan Carrico	5/1/2015	Dream Mile
45	5:17.90	Leah Penick	4/30/2022	Brother Borgia
46	5:18.05	Mabel George	4/12/2024	Flashes Showcase
47	5:18.26	Mattie Whitworth	4/28/2023	Brother Borgia Invitational
48	5:18.47	Julia Schmitt	5/5/2023	Dream Mile
49	5:18.57	Bailey Davis	5/13/2011	Dream Mile
50	5:18.71	Elle Cargould	4/28/2023	Brother Borgia Invitational
50	5:18.71	Meghan Carrico	4/29/2016	Eastern Relays
52	5:18.97	Elle Cargould	4/21/2023	Eastern Relays
53	5:19.11	Emily Bean	4/12/2013	Franklin Central Showcase
54	5:19.46	Kyndel Guyton	5/3/2013	Dream Mile
55	5:19.71	Abbie Wright	5/1/2015	Dream Mile
56	5:19.96	Emily Bean	4/26/2013	Eastern Relays
57	5:20.13	Kate Crawford	6/1/2013	Music City Distance Carnival
58	5:20.21	Meghan Carrico	4/26/2013	Eastern Relays
59	5:20.77	Emily Bean	5/13/2011	Dream Mile
60	5:20.79	Leah Penick	4/22/2022	Eastern Relays
61	5:21.61	Sarah Michels	5/5/2017	Dream Mile
62	5:21.64	Kyndel Guyton	4/26/2013	Eastern Relays
63	5:21.78	Sophie Bouldin	4/30/2022	Brother Borgia
64	5:22.76	Sophie Bouldin	4/22/2022	Eastern Relays
65	5:23.06	Sarah Crawford	5/6/2016	Dream Mile
66	5:23.17	Sarah Crawford	6/1/2013	Music City Distance Carnival
67	5:23.19	Meghan Carrico	4/25/2014	Eastern Relays
68	5:23.54	Kenzley Defler	4/26/2013	Eastern Relays
69	5:24.17	Sarah Crawford	4/25/2014	Eastern Relays
70	5:24.27	Taryn Tracy	4/19/2024	Eastern Relays
71	5:24.28	Meghan Carrico	4/12/2013	Franklin Central Showcase
71	5:24.28	Emily Bean	5/2/2014	Dream Mile
73	5:24.35	Sarah Crawford	4/29/2016	Eastern Relays
74	5:25.27	Caroline McCaslin	4/8/2011	Taco Bell Classic
75	5:25.28	Sydney Larkin	4/30/2015	Sundown Invitational
76	5:25.35	Sarah Crawford	4/26/2013	Eastern Relays
77	5:25.77	Sydney Larkin	4/22/2016	Louisville Premier Classic
78	5:25.79	Sarah Michels	4/21/2017	Eastern Relays
79	5:25.88	Abbie Wright	4/14/2015	Oldham Co All-Comers
80	5:26.32	Kenzley Defler	5/4/2012	Dream Mile
81	5:26.65	Sydney Larkin	4/24/2015	Eastern Relays
82	5:26.94	Taryn Tracy	4/12/2024	Flashes Showcase
83	5:27.03	Sydney Larkin	5/6/2016	Dream Mile
84	5:27.05	Morgan White	5/4/2023	Sundown Invitational
85	5:27.48	Sarah Michels	3/31/2017	Tri-Cities Track Classic

86	5:27.65	Lila Bensenhaver	4/21/2023	Eastern Relays
87	5:27.75	Sydney Larkin	4/29/2016	Eastern Relays
88	5:27.94	Lisi Spence	4/14/2015	Oldham Co All-Comers
89	5:28.72	Emily Bean	4/8/2011	Taco Bell Classic
90	5:29.21	Sydney Larkin	4/14/2015	Oldham Co All-Comers
91	5:29.67	Abbie Wright	3/27/2015	Louisville Premier Classic
92	5:30.84	Kate Sherman	4/22/2022	Eastern Relays
93	5:31.02	Kate Crawford	4/26/2013	Eastern Relays
94	5:31.94	Lindsey Domene	4/27/2019	Brother Borgia Invite
95	5:32.03	Kate Sherman	5/5/2022	Sundown Invitational
96	5:32.29	Lila Bensenhaver	5/4/2023	Sundown Invitational
97	5:32.39	Sydney Larkin	4/25/2014	Eastern Relays
98	5:32.41	Kate Sherman	4/29/2021	Sundown Invitational
99	5:33.05	Meghan Carrico	4/24/2015	Eastern Relays
100	5:33.20	Sydney Larkin	3/27/2015	Louisville Premier Classic