

**All-time Best Performers: 300m hurdles**

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).

A "c" indicates that the time was converted from yards to meters (e.g. 100 yards to 100 meters, 1 mile to 1600 meters, etc).

**Girls 300m Hurdles (cutoff: 58.04 FAT, 57.8 handtime)**

1	45.59	Angel Jennings	4/20/2002	Bulldog Classic Elite
2	45.96	Taylor Allen	5/8/2018	Region 4-AAA Championship
3	46.27	Erin Storck	5/30/2008	State AAA Championship
4	46.77	Kristen Elder	6/3/2005	State AAA Championship
5	47.19	Brandy Orth-Becker	5/19/2012	State AAA Championship
6	48.16	Abbie Wright	5/18/2013	State AAA Championship
7	48.54 *	Bridget Gary	5/16/1986	Regional Championship
8	49.04 *	Yemicia Akande	5/18/1994	Regional Championship
8	49.04 *	Kim Baron	4/18/1990	Dual meet vs Male, Manual
10	49.44 *c	Tonya Willis	3/31/1981	Dual meet vs Fern Creek
11	49.74 *	Rebecca Gronotte	5/13/1992	Regional Championship
12	49.90	Kathryn Burch	5/23/2006	Region 3-AAA Championship
13	50.04 *	Joyce Price	4/30/1987	Dual meet vs Holy Cross
14	50.06	Keegan Gray	3/30/2016	Quad Meet
15	50.10	Lauren Hayden	5/10/2012	Region 4-AAA Championship
16	50.14 *	Paige Barnsfather	5/20/2002	Region 3-AAA Championship
17	50.34 *	Trina Anderson	5/5/1987	Dual meet vs Atherton
18	50.54 *	Beth Calme	4/26/1982	Derby Invitational
19	50.84 *c	Teri Gerstle	4/14/1981	Dual meet vs Seneca, SHA
20	51.12	Caroline Cappy	5/16/2009	Region 4-AAA Championship
21	51.14 *	Stephanie Wilson	5/24/2004	Region 3-AAA Championship
22	51.44 *	Courtney Pollock	5/21/1997	Regional Championship
22	51.44 *	Lisa Lampkin	4/14/1992	Dual meet vs Moore, Shawnee
24	51.44	Madison Browning	4/19/2014	KCD Invitational
25	51.54 *	Maeghan Ramser	5/6/1997	Dual meet vs Ballard
25	51.54 *	Liz Todd	5/7/2003	Dual meet vs Eastern
27	51.94 *	Erin Crawford	5/6/2008	Academy Meet
28	51.94	Anna Ashbrook	5/9/2017	Region 4-AAA Championship
29	52.30	Cailey Welch	5/2/2024	Sundown Invitational
30	52.34 *	Heather Pace	4/16/1991	Dual meet vs Male, Manual
31	52.46	Lauryn Grady	3/19/2016	Harry Greschel Invitational
32	52.64 *	Rebecca Clary	5/21/1997	Regional Championship
33	53.17	Casey Weiter	5/26/2010	Region 4-AAA Championship
34	54.40	Beth Faulkner	4/19/2002	Bulldog Classic Open
35	54.44 *	Sara Nicolas	5/4/2010	Academy Meet
36	54.54 *	Amanda Milliner	5/12/1994	Academy Meet
37	54.74 *	Erica Pence	4/6/2004	Valkyrie Invitational

38	54.78	Kate Kolokowsky	4/28/2023	Brother Borgia Invitational
39	55.12	Jessica Byrd	4/19/2013	Louisville Premier Classic
40	55.14 *	Melanie Massie	4/25/1995	Dual meet vs Central, Butler
41	55.22	Delaney Schneider	4/18/2012	Dual Meet vs Sacred Heart
42	55.24 *	Emily McWilliams	4/13/1999	Dual vs Male, Manual, FC
43	55.44 *	Maya Bell	4/14/2010	Dual Meet vs Eastern
43	55.44 *	Jodie Ewing	4/9/2004	Lenny Lyles Classic
45	55.52	Raelyn Willman	5/21/2021	AHS-Notre Dame Dual
46	55.54 *	Dominique Lyons	4/9/2004	Lenny Lyles Classic
47	55.64 *	Maria McKiernan	4/19/1983	Dual meet vs Mercy, PRP
48	55.83	Lillian Broniak	5/11/2022	St X Master Meet
49	55.94 *	Rosie Kruger	4/15/1987	Dual meet vs Butler, Doss
49	55.94 *	Olivia Vanegas	4/20/2013	KCD Invitational
51	56.04 *	Chrissie Sutherland	4/6/2004	Valkyrie Invitational
52	56.24 *	Denise Bishop	4/19/1988	Dual meet vs Male
53	56.34 *	Lori DuBarry	5/13/2000	North Hardin Invitational
54	56.37	Taylor Swiatek	5/21/2021	AHS-Notre Dame Dual
55	56.45	Stella Bensenhaver	5/21/2021	AHS-Notre Dame Dual
56	56.54 *	Tiffany Gardner	4/7/1988	Dual meet vs Pres, Mercy
57	56.64 *	Britney Barnes	3/27/1990	Dual meet vs Western
58	57.34 *	Michelle Esterle	3/23/2001	Henry County All-Comers
59	57.44 *	Abbey Cahill	5/15/1998	Academy Meet
60	57.84 *	Sarah Peterworth	5/1/1996	Dual meet vs Manual, Mercy