

# Men's Outdoor Top Performers

## 100 METERS

9.96	.....	Harry Adams	.....	2012
9.98	.....	Coby Miller	.....	2000
9.98	.....	Odean Skeen	.....	2017
10.01	.....	Harvey Glance	.....	1976
10.03	.....	Marcus Rowland	.....	2009
10.05	.....	Raheem Chambers	.....	2018
10.07	.....	Stanley Floyd	.....	1980
10.09	.....	Keenan Brock	.....	2012
10.12	.....	Marc Burns	.....	2004
10.15	.....	Bryan Howard	.....	1997

## 200 METERS

19.96	.....	Coby Miller	.....	1999
20.10	.....	Harry Adams	.....	2012
20.25	.....	Kahlil Henderson	.....	2017
20.25	.....	Teray Smith	.....	2017
20.39	.....	Nathon Allen	.....	2018
20.29	.....	Daron Council	.....	1985
20.39	.....	Harvey Glance	.....	1979
20.46	.....	Stanley Floyd	.....	1980
20.47	.....	Keenan Brock	.....	2012
20.49	.....	Marcus Rowland	.....	2009

## 400 METERS

43.94	.....	Akeem Bloomfield	.....	2018
44.13	.....	Nathon Allen	.....	2018
44.45	.....	Avard Moncur	.....	2001
44.73	.....	Willie Smith	.....	1978
44.88	.....	Seymour Fagan	.....	1992
44.88	.....	Samuel Matete	.....	1992
44.92	.....	Sanjay Ayre	.....	2002
45.28	.....	Julius Edwards	.....	1999
45.42	.....	Clifton Campbell	.....	1988
45.53	.....	Bruce Hardy	.....	1985

## 800 METERS

1:45.43	.....	Sherridan Kirk	.....	2005
1:46.78	.....	Aaron Richberg	.....	1998
1:48.20	.....	Moses Gathuka	.....	2001
1:48.58	.....	Teddy Towle	.....	1998
1:48.74	.....	Theodis Abston	.....	1980
1:48.84	.....	Felix Kiboiwo	.....	2007
1:48.96	.....	Kimmie James	.....	1984
1:49.34	.....	Curt Linder	.....	1986
1:49.45	.....	Sammie Johnson	.....	1986
1:49.53	.....	David Johnson	.....	2000

## 1500 METERS

3:39.27	.....	Roger Jones	.....	1981
3:40.50	.....	Felix Kiboiwo	.....	2010
3:41.55	.....	Brian Jaeger	.....	1988
3:42.97	.....	Brian Abshire	.....	1986
3:43.24	.....	Sergio Oaxaca	.....	1982
3:43.35	.....	Matt Parker	.....	1986
3:43.64	.....	Chris Fox	.....	1982
3:43.84	.....	Bob Sheehan	.....	1986
3:43.94	.....	John Tuttle	.....	1978
3:44.14	.....	Bob Hicks	.....	1980

## 5000 METERS

13:35.14	.....	Chris Fox	.....	1982
13:38.44	.....	Brian Jaeger	.....	1987
13:38.80	.....	Brian Abshire	.....	1986

13:41.80	.....	Ben Cheruiyot	.....	2011
13:44.59	.....	Elkanah Kibet	.....	2010
13:50.80	.....	Girma Mecheso	.....	2009
13:50.87	.....	Felix Kiboiwo	.....	2009
13:50.94	.....	Tom Graves	.....	1979
13:55.80	.....	Jean-Pierre Weerts	.....	2008
14:00.10	.....	Ty McCormack	.....	2015

## 10,000 METERS

28:26.09	.....	Girma Mecheso	.....	2009
28:26.96	.....	Elkanah Kibet	.....	2009
28:55.48	.....	Andrew Heath	.....	2006
28:55.54	.....	Terry Baker	.....	1977
29:09.09	.....	Ben Cheruiyot	.....	2010
29:17.94	.....	Chris Fox	.....	1981
29:21.39	.....	Ty McCormack	.....	2015
29:23.74	.....	Tom Graves	.....	1979
29:36.66	.....	Jean-Pierre Weerts	.....	2010
29:38.94	.....	Fried Rademacher	.....	1996

## 110M HURDLES

13.25	.....	Ty Akins	.....	2008
13.47	.....	Shamar Sands	.....	2007
13.67	.....	James Walker	.....	1977
13.67	.....	Gene Miller	.....	1980
13.68	.....	Wellington Zaza	.....	2017
13.67	.....	Torrey Campbell	.....	2014
13.74	.....	John Lewter	.....	1977
13.82	.....	Victor Houston	.....	1997
13.83	.....	Xavier Coakley	.....	2018
13.94	.....	Mike Benjamin	.....	1983

## 400M HURDLES

47.10	.....	Samuel Matete	.....	1992
48.37	.....	Reuben McCoy	.....	2008
48.48	.....	James Walker	.....	1979
48.55	.....	Dean Griffiths	.....	2003
48.86	.....	Fred Sharpe	.....	2003
49.16	.....	Kevin Henderson	.....	1985
49.50	.....	Kelly Carter	.....	1988
50.11	.....	Forika McDougald	.....	1984
50.71	.....	Tim James	.....	1983
51.13	.....	Darryl Stinson	.....	1995

## 3000M STEEPLECHASE

8:26.46	.....	Brian Abshire	.....	1986
8:35.74	.....	John Tuttle	.....	1979
8:40.85	.....	Brett Roby	.....	1989
8:42.38	.....	Scott Strand	.....	1990
8:42.90	.....	Carlos Gibbs	.....	1994
8:45.74	.....	Roger Jones	.....	1981
8:46.74	.....	Joe Franklin	.....	1979
8:46.84	.....	Terry Baker	.....	1977
8:47.81	.....	Reilly Shaw	.....	2016
8:51.68	.....	Scott Novack	.....	2010

## 4x100M RELAY

38.30	.....	Rowland, Adams, ..... Dehaven, Brock	.....	2012
38.47	.....	Skeen, Henderson, ..... Chambers, Smith	.....	2017
38.53	.....	Hardy, Rowland, ..... Adams, Brock	.....	2012
38.69	.....	Hardy, Rowland, ..... DeHaven, Brock	.....	2012

39.00	.....	Easley, Lewter, ..... Smith, Glance	.....	1977
39.10	.....	Miller, Moncur, ..... Carter, Edwards	.....	1999
39.12	.....	Smith, Henderson ..... Chambers, Skeen	.....	2017
39.17	.....	Smith, Cheeks, ..... Henderson, Brock	.....	2014
39.18	.....	Fly, Adams, ..... DeHaven, Rowland	.....	2010
39.21	.....	Zaza, Henderson, ..... Burks, T. Smith	.....	2016

## 4x400M RELAY

3:01.92	.....	Turner, Moore ..... Ayre, Moncur	.....	2001
3:02.10	.....	Ceneus, T. Smith, ..... Bloomfield, Allen	.....	2017
3:02.19	.....	Edwards, Nartey, ..... Green, Moncur	.....	1999
3:02.78	.....	Henderson, Griffiths, ..... Hardy, Brooks	.....	1985
3:02.91	.....	Ceneus, Bloomfield, ..... T. Smith, Allen	.....	2017
3:02.94	.....	Fagan, Crichlow, ..... Anderson, Matete	.....	1991
3:03.08	.....	Anderson, Saunders, ..... Crichlow, Matete	.....	1991
3:03.26	.....	Henderson, Brooks, ..... McDougald, Brooks	.....	1985
3:03.44	.....	Council, Griffiths, ..... Henderson, Campbell	.....	1986
3:03.52	.....	Coakley, Bloomfield ..... Tenkiang, Allen	.....	2018

## HIGH JUMP

7-8.5	.....	Donald Thomas	.....	2007
7-3.75	.....	DJ Smith	.....	2012
7-3.75	.....	Ryan Fleck	.....	2009
7-3.75	.....	Bruce King	.....	1995
7-3.5	.....	Craig Musselwhite	.....	1987
7-2.25	.....	Tim Horn	.....	1988
7-1.75	.....	Jay Gonzalez	.....	1980
<b>7-1.5</b>	.....	<b>Dontavious Hill</b>	.....	<b>2019</b>
7-1	.....	Jaron Brooks	.....	2018
7-1	.....	Shawn Johnson	.....	2015
7-1	.....	Marc Valentine	.....	1978

## POLE VAULT

18-4.5	.....	Clark Humphreys	.....	1997
17-6	.....	David Spivey	.....	1981
17-0.75	.....	Ashton Davis	.....	2003
17-0	.....	Rob Weighall	.....	1998
16-10	.....	Jason Lueck	.....	2002
16-8.75	.....	Dan Jacobazzi	.....	1993
<b>16-4.75</b>	.....	<b>James Courson</b>	.....	<b>2019</b>
16-2.75	.....	Nick Farrell	.....	2012
16-1	.....	David Knecht	.....	1983
<b>16-0.75</b>	.....	<b>Chris Stone</b>	.....	<b>2019</b>
16-0.75	.....	Drew Lovette	.....	2006

# Men's Outdoor Top Performers

## LONG JUMP

27-7.25	... Craig Hepburn	1993
27-2	... Leevan Sands	2003
26-10	... Osbourne Moxey	2002
26-9.25	... Boris Goins	1989
26-1	... Del Smotherman	1994
25-11.5	... Victor Houston	1996
25-9.75	... Harvey Glance	1977
25-8.25	... Tony Easley	1977
25-6	... Andre Scott	1996
25-1	... Byron Franklin	1980

## TRIPLE JUMP

57-1.5	... Leevan Sands	2003
54-4.75	... Shawn Johnson	2016
54-0.5	... Andre Scott	1996
52-5.5	... Ed Manderson	1987
51-9.25	... Manny Toppins	1979
51-6.25	... Byron Franklin	1980
51-2.25	... Edward Watson	1991
51-1.5	... Bruce King	1995
50-2.5	... Mark Rubalcaba	2017
50-11	... Del Smotherman	1995

## SHOT PUT

68-6	... Edis Elkasevic	2005
66-9.25	... Cory Martin	2008
66-9.25	... Stephen Saenz	2014
62-3.75	... Eric Werskey	2008
62-2.25	... Marcus Popenfoose	2013
61-1.5	... Rob Will	1979
59-5.75	... Frank Warren	1978
59-4.75	... Gabor Mate	2003
58-1	... Richard Crane	1961
57-3.75	... Jacob Dunkleberger	2007

## DISCUS

219-9	... Gabor Mate	2003
204-6	... Reedus Thurmond	2001
198-7	... Edis Elkasevic	2005
192-3	... Cory Martin	2008
191-11	... Zach Clayton	2008
183-5	... Stephen Saenz	2011
182-6	... Eric Werskey	2009
180-8	... Jim Dillion	1954
179-11	... Marcus Popenfoose	2011
179-9	... Rob Will	1979

## HAMMER THROW

243-2	... Cory Martin	2008
239-5	... Jacob Dunkleberger	2008
215-6	... Gabor Mate	2003
212-1	... Colton Hodge	2004
203-5	... Ryan Kavanagh	2000
199-6	... Michael Cobb	2005
197-2	... Travis Ringle	1999
192-9	... Wesley Wright	2009
191-2	... Stephen Saenz	2012
189-0	... Erik Ebel	2019

## JAVELIN (NEW)

239-7	... Justin Carter	2014
237-5	... Cade Antonucci	2019
229-9	... Juan Lopez	1996
228-7	... Curt Skaggs	1989

222-6	... John Putnam	2018
216-5	... Moise Louisy-Louis	2000
211-10	... Jay Ellis	1990
209-4	... Chris Welsh	1997
208-9	... Luke Gaines	2010
208-9	... Richard Cole	1985

## JAVELIN (OLD)

224-11	... Billy Blackburn	1980
224-1	... Jim Perry	1978
224-1	... Lance Stark	1984
213-7	... Richard Cole	1984
210-6	... Hindman Wall	1958

## DECATHLON

8024	... Maurice Smith	2005
7766	... Victor Houston	1996
7598	... Jim Awbrey	1985
7300	... Christopher Stone	2017
7296	... Billy Blackburn	1980
7208	... Clark Humphreys	1997
7198	... Parker Shearer	2016
7160	... Jager Livingston	2010
7097	... Matt Miller	2000
7080	... Jeff Mooney	1989

## 4x200M RELAY

1:21.36	... Hardy, Griffiths, ... Brooks, Council	1985
1:21.44	... Martin, Huntley, ... Council, Campbell	1987
1:21.80	... Nartey, Edwards, ... Moncur, Miller	1999
1:22.20	... Crump, Walker, ... Glance, Smith	1976
1:22.45	... Council, McDougald, ... Griffiths, Brooks	1984
1:22.45	... Anderson, Sanders, ... Fagan, Matete	1991
1:22.53	... Burks, Smith, ... Ceneus, Henderson	2016
1:22.53	... Crichlow, Campbell, ... Saunders, Wright	1988
1:22.90	... Russell, Walker, ... Smith, Glance	1977
1:22.93	... Brock, Henderson, ... Cheeks, Smith	2014

## 4x800M RELAY

7:19.00	... Johnson, Heegard, ... Gathuka, Richberg	2000
7:22.36	... Johnson, Gathuka, ... Heegard, Kidd	2001
7:22.61	... Provanca, Reed, ... Jaeger, Rabush	1987
7:22.70	... Johnson, Fulmer, ... Jaeger, Hudson	1985
7:23.70	... Pepper, Toles, ... Abston, Tuttle	1978
7:25.79	... Abston, Tuttle, ... Toles, Franklin	1979
7:28.07	... Borden, Smith, ... Towle, Richberg	1997
7:31.72	... Abercrombie, Breitenfeld, ... Boyd, N. Butler	1991

7:34.69	... Harrell, A. Butler, ... Strand, Roby	1990
7:36.27	... Abercrombie, A. Butler, ... N. Butler, Harrell	1990

## SPRINT MEDLEY

3:12.17	... Ayre, Miller, ... Moncur, Richberg	2000
3:14.54	... Sands, Griffiths, ... Ayre, Sharpe	2003
3:15.58	... Turner, Green, ... Moncur, Gathuka	2001
3:18.48	... DeHaven, Wims, ... McCoy, Kiboiwo	2008
3:20.49	... Samuel, McDougald, ... Huntley, Provanca	1985
3:21.75	... Currie, Benjamin, ... Cotton, Sheehan	1983
3:23.60	... Ray, J. Smith, ... Winter, Dozier	1963

## DISTANCE MEDLEY RELAY

9:31.75	... Jones, Brooks, Oaxaca, Fox	1982
9:39.74	... Provanca, McDougald, ... Johnson, Hudson	1985
9:39.90	... Abston, Walker, ... Tuttle, Franklin	1979
9:40.57	... Boyd, Anderson, ... A. Butler, Strand	1991
9:43.50	... Pepper, Toles, Hicks, Tuttle	1978
9:47.12	... Gathuk, Green, ... Heegard, Hansen	2000
9:50.45	... Wazeerud, Al-Bennett, ... Towle, Hansen	1998
9:52.77	... Harrell, A. Butler, ... Roby, Strand	1990
9:55.29	... Harrell, Crichlow, ... Roby, Strand	1990
9:55.30	... Trottier, Johnson, ... James, Sheehan	1984

## 4x1500M RELAY

14:58.80	... Parker, Sheehan, ... Abshire, Jaeger	1986
15:06.90	... L. Brooks, Oaxaca, Fox, Jones	1982
15:07.20	... Parker, Hudson, ... Sheehan, Abshire	1985
15:08.80	... Hicks, Tuttle, ... Franklin, Graves	1979
15:16.73	... Strand, A. Butler, ... Harrell, Roby	1990
15:50.76	... Rademacher, McClaran, ... Butler, Fiscus	1993
15:56.20	... Lane, Stewart, ... Poling, Borden	1997

## SHUTTLE HURDLE

56.80	... Benjamin, Guild, ... Bruce, Miller	1980
58.74	... Reed, Ewing, ... Henderson, McDougald	1985
59.50	... Barrett, Anderson, ... Carson, Lewter	1975

# Women's Outdoor Top Performers

## 100 METERS

11.03	Kerron Stewart	2006/07
11.04	Natalliah Whyte	2018
11.11	Jonielle Smith	2018
11.12	Fana Ashby	2004
11.15	Juliet Campbell	1993
11.17	Sheniqua Ferguson	2011
11.21	Kai Selvon	2012
11.20	Elva Goulbourne	2003
11.25	Tracy Ann Rowe	2007
11.30	Joanna Atkins	2011
11.30	Daniele Browning	2003

## 200 METERS

22.41	Kerron Stewart	2007
22.55	Natalliah Whyte	2018
22.66	Juliet Campbell	1993
22.68	Joanna Atkins	2011
22.71	Nivea Smith	2010
22.85	Kai Selvon	2012
22.87	Sheniqua Ferguson	2010
22.98	Elva Goulbourne	2003
23.11	Jenae Ambrose	2017
23.13	Cache Armbrister	2008

## 400 METERS

50.11	Juliet Campbell	1993
50.39	Joanna Atkins	2009
52.00	Markita James	2006
52.36	CeCe Williams	2012
52.77	Eusheka Bartley	1996
53.24	Stephanie Bonner	1982
53.30	Nichole Bartley	1994
53.41	Sashel Brown	2017
53.50	Sashanie Simpson	2001
53.68	Tamara Thomas	2005

## 800 METERS

2:04.88	Kareen Gayle	2004
2:06.19	Sarah Reese	2004
2:07.51	Caitlin Reese	2004
2:08.26	Amanda Patrick	1997
2:08.29	Spring Dawson	2002
2:08.36	Kelly McDonnell	1991
2:08.90	Janet Trujillo	1996
2:10.27	Charla Harrie	1994
2:10.28	Presley Weems	2018
2:10.33	Nicole Holly	1991

## 1500 METERS

4:17.81	Rachel Sauder	1996
4:18.43	Spring Dawson	2004
4:20.30	Janet Trujillo	1996
4:21.86	Emily Stevens	2017
4:22.01	Charla Harrie	1996
4:23.04	Kelly McDonnell	1991
4:23.61	Veronica Eder	2017
4:25.19	Brenda Kigen	2017
4:25.73	Amber Riley	2009
4:26.68	Holly Knight	2011

## 3000 METERS

9:16.52	Kelly McDonnell	1991
9:16.56	Rachel Sauder	1996
9:23.74	Janet Trujillo	1997
9:25.01	Holly Knight	2011
9:25.78	Jill Faulkner	1991
9:34.59	Brenda Kigen	2017
9:35.42	Veronica Eder	2016
9:37.00	Kathi Ward	1996
9:39.25	Amy Patterson	1992
9:39.92	Taylor Duncan	2016

## 5000 METERS

16:03.06	Veronica Eder	2017
16:06.25	Holly Knight	2011
<b>16:06:50</b>	<b>Joyce Kimeli</b>	<b>2019</b>
<b>16:06:88</b>	<b>Brenda Kigen</b>	<b>2019</b>
16:11.02	Angela Homan	2006
16:22.79	Rachel Sauder	1996
16:30.53	Michelle Reasor	1996
16:32.99	Amy Patterson	1994
16:42.22	Laurel Pritchard	2009
16:47.16	Alissa Fisher	2012

## 10,000 METERS

33:25.40	Angela Homan	2006
33:26.91	Rachel Sauder	1996
33:35.73	Veronica Eder	2017
33:51.26	Holly Knight	2011
34:40.56	Laurel Pritchard	2008
35:03.14	Nerissa Johnson	2001
35:16.50	Nancy Victoria	1997
35:27.34	Stephanie Barnes	2010
35:29.19	Kenzley Defler	2016
35:37.64	B. Malinauskas	1986

## 100M HURDLES

12.93	Vonette Dixon	2000
12.98	Josanne Lucas	2006
13.00	Lacena Golding	1998
13.01	Samantha Scarlett	2014
13.03	Rosalind Council	1987
13.06	Ebony Morrison	2014
13.30	Clara Hairston	1985
13.36	Amelia Anderson	2010
13.38	Danielle Gilchrist	2008
13.41	Krystal Bodie	2010

## 400M HURDLES

54.47	Markita James	2006
55.29	Josanne Lucas	2006
56.20	Sashel Brown	2017
56.84	Danielle Gilchrist	2008
57.12	Amelia Anderson	2008
57.25	Natalee Sterling	2001
57.31	Eusheka Bartley	1996
58.78	Michelle Atherley	2016
58.85	Danielle Hill	2014
59.07	Latoya Parkinson	2010

## 3000M STEEPLECHASE

<b>9:52.48</b>	<b>Joyce Kimeli</b>	<b>2019</b>
10:26.25	Rachel Givens	2014
10:37.20	Stephanie Barnes	2011
10:39.83	Amber Riley	2009
10:41.16	Kylie Swanson	2005
10:55.01	Kristen Sheehan	2016
10:55.91	Amy Hansen	2018
11:01.29	Joyce Kimeli	2018
11:19.33	Emily Stevens	2016

## 4x100M RELAY

43.02	Whyte, J. Smith, Brown, Ambrose	2017
43.11	Shaw, J. Smith Bullock, Whyte	2018
43.28	Shaw, J. Smith Bullock, Whyte	2018
43.30	Ambrose, J. Smith Bullock, Whyte	2018
43.32	Clarke, Miller, Goulbourne, Browning	2003
43.35	Thomas, Jarrett, James, Stewart	2006
43.38	S. Williams, Atkins, Ferguson, Smith	2010
43.53	Williams, Rowe, Gilchrist, Stewart	2007
43.58	Thomas, Browning, Jarrett, Ashby	2005
43.65	Ambrose, Bullock, Smith, Whyte	2018

## 4x400M RELAY

3:26.46	Williams, Atkins, Armbrister, Selvon	2011
3:27.93	Lucas, Stewart, Thomas, James	2006
3:29.21	Lucas, Gayle, Thomas, James	2005
3:31.76	Baptiste, James, Lucas, Gayle	2004
3:31.79	Williams, Armbrister, Parkinson, Atkins	2009
3:32.45	Williamson, Phillips, Onyali, Campbell	1992
3:32.93	Atkins, Armbrister, Williams, Selvon	2011
3:33.16	Armbrister, C. Williams, Selvon, Atkins	2010
3:33.36	Gilchrist, Armbrister, Anderson, Atkins	2008
3:33.44	Williamson, Williamson, Onyali, Campbell	1992

# Women's Outdoor Top Performers

## 4x200 RELAY

1:31.19	Atkins, Armbrister, C. Williams, Smith	2009
1:31.59	Atkins, Ferguson, Smith, Armbrister	2010
1:32.42	Goulbourne, Clarke, Browning, Miller	2003
1:33.52	James, Phillips, Finn, Campbell	1993
1:35.45	Cosby, Snipes, Johnson, James	1991
1:35.78	Golding, Osbourne, Wilson, Dixon	1998
1:37.61	James, Johnson, Cosby, T. Smith	1990

## 4x800 RELAY

8:32.93	Gayle, S.Reese, Dawson, C.Reese	2004
8:41.76	Wanyoike, S. Reese, Dawson, C. Reese	2003
8:44.51	E. Bartley, Patrick, Nicollini, Trujillo	1997
8:48.38	Dawson, Hamblet, S. Reese, C. Reese	2001
8:49.94	Griffin, E. Bartley, Patrick, Trujillo	1997
8:51.81	Herd, Reed, Raymond, Holly	1991

## 4x1500 RELAY

18:01.20	Faulkner, Raymond, Herd, McDonnell	1991
18:22.69	Dawson, Hamblet, Braswell, S.Reese	2001
18:47.50	Reasor, Ward, Gannon, Victoria	1997

## SPRINT MEDLEY

3:51.59	Browning, Ashby, James, Gayle	2005
3:53.06	Sterling, Clarke, Simpson, Dawson	2001
3:55.45	Baptiste, Browning, Thomas, Gayle	2005
3:59:54	Sterling, Artusa, Simpson, Dawson	2001
4:02.69	J. Smith, T. Smith, Glenn, McDonnell	1988

## DISTANCE MEDLEY

11:22.07	Dawson, Gayle, S.Reese, C.Reese	2004
11:26.71	C.Reese, Hills, S.Reese, Dawson	2004
11:26.82	C.Reese, James, S.Reese, Dawson	2003
11:37.54	Nicolinni, Bresler, Patrick, Trujillo	1997
11:38.46	Herd, Rush, Holly, Bruns	1992
11:46.76	Barnes, Selvon, Pritchard, Knight	2010

## HIGH JUMP

6-2	Maya Pressley	2013
6-1.5	Raevan Harris	2007
6-1.5	Sissy Costner	1989
6-0.5	Nakeitra Jones	1998
6-0	Kaylah Burks	2004
6-0	Lauretta Freeman	1992
5-11.5	Magon Moncrieffe	1997
5-10.75	Monica Carney	2012
5-10.75	Michelle Williamson	2006
5-10.5	S-A Gallimore	2000
5-10.25	Patreece Copeland	1995

## POLE VAULT

14-6.25	Jessie Johnson	2016
12-6	Katie Curtis	2005
12-2.5	Larissa Debich	2013
11-7.75	Catherine Frappier	2008
11-6.50	Hannah Johnson	1998
11-5.75	Brittany Mattrella	2011
11-0.75	Abby Doucette	1998

## LONG JUMP

22-05	Elva Goulbourne	2003
21-10	Lacena Golding	1997
21-5.25	Cynthia Tylor	1994
21-4.75	Jovane Jarrett	2006
21-4.25	Colleen Gillies	1996
21-3.25	Dominique Bullock	2016
20-5.25	V'alonee Robinson	2012
20-5	Angela King	1992
20-5	Vanessa Johnson	2000
20-4.5	Clara Hairston	1985

## TRIPLE JUMP

45-1.5	Shelly-Ann Gallimore	2000
44-7.5	Michelle Vaughn	2007
44-4.75	Marshay Ryan	2016
44-2	Colleen Gillies	1996
44-0.75	Jakayla Hand	2018
42-5.5	Jovane Jarrett	2006
42-2	LaKeta Ziegler	1990
42-0.75	Magon Moncrieffe	1998
41-9.75	Nakeitra Jones	1998
41-3.25	Amelia Anderson	2010

## SHOT PUT

58-8.5	Valentina Muzaric	2013
<b>56-3.25</b>	<b>Tori McKinley</b>	<b>2019</b>
55-7.5	Rachel Dincoff	2016
53-9.25	Stacy Martin	2004
49-1.50	Ronda Gullatte	2005
48-11.5	Katalin Mate	2006
46-5	June Reid	1986
45-7.75	Ivana Muzaric	2016
44-6	Anna McCloskey	2012
44-4.5	Gina Piatt	1979

## DISCUS

183-1	Rachel Dincoff	2015
181-5	Stacy Martin	2004
178-9	Ivana Muzaric	2017
178-3	Ronda Gullatte	2005
173-10	Katalin Mate	2006
166-11	B. Louisy-Louis	2003
<b>163-11</b>	<b>Tori McKinley</b>	<b>2019</b>
161-1	Natasha Mitchell	1998
157-8	Daina Levy	2013
154-8	Pat Neptune	1998

## HAMMER THROW

<b>219-0</b>	<b>Madi Malone</b>	<b>2019</b>
207-2	Daina Levy	2013
206-0	Jasmine Manigault	2017
200-10	Erin Perkins	2018
199-8	Brianna Heilsnis	2017
196-11	Valentina Srsa	2008
195-4	Ronda Gullatte	2006
191-2	Stacy Martin	2004
186-7	Tori Nwadiogbu	2014
175-0	Victoria Bernardo	2014

## JAVELIN

<b>189-4</b>	<b>Kylee Carter</b>	<b>2019</b>
<b>170-6</b>	<b>Peyton Montgomery</b>	<b>2019</b>
158-5	B. Louisy-Louis	2003
157-3	Ashley Carter	2018
157-0	Kris Terpening	1981
156-3	Alyssa Kopp	2016
155-4	Kendra Mitchell	2017
155-3	Gina Passadore	1990
151-8	Sheila Smith	1979
150-0	Katalin Mate	2006

## HEPTATHLON

5750	Lacena Golding	1998
5452	Angela King	1992
<b>5389</b>	<b>Natosha Jordan</b>	<b>2019</b>
5365	Nora Araujo	1982
5167	Vanessa Johnson	2000
4899	Charlene Adams	1996
4831	Tanya Wildgoose	1997
4632	Jo Laurie Smith	1981
4602	Amelia Anderson	2006
4592	Angela Ward	1989

# Men's Top Outdoor Performances

## 100 METERS

9.96	.....Harry Adams	6/8/12
9.98	.....Coby Miller	6/3/00
9.98	.....Odean Skeen	4/22/17
10.01	.....Harvey Glance	1976
10.03	.....Odean Skeen	6/7/17
10.03	.....Marcus Rowland	7/31/09
10.03	.....Coby Miller	4/10/99
10.03	.....Marc Burns	2004
10.04	.....Marcus Rowland	5/27-29/10
10.05	.....Raheem Chambers	6/6/18
10.05	.....Coby Miller	2000

## 200 METERS

19.96	.....Coby Miller	7/23/00
20.04	.....Coby Miller	6/2-5/99
20.09	.....Coby Miller	5/14-16/99
20.10	.....Harry Adams	4/14/12
20.12	.....Coby Miller	5/31-6/3/00
20.17	.....Coby Miller	2000
20.21	.....Coby Miller	4/10/99
20.24	.....Coby Miller	5/11-14/00
20.25	.....Kahlil Henderson	5/27/17
20.29	.....Daron Council	1985
20.29	.....Kahlil Henderson	5/30/15

## 400 METERS

43.94	.....Akeem Bloomfield	6/8/18
44.13	.....Nathon Allen	6/8/18
44.28	.....Nathon Allen	5/13/18
44.45	.....Avard Moncur	7/7/01
44.52	.....Nathon Allen	5/13/17
44.61	.....Nathon Allen	5/12/18
44.69	.....Nathon Allen	6/9/17
44.72	.....Avard Moncur	5/31-6/3/00
44.73	.....Willie Smith	1978
44.74	.....Akeem Bloomfield	5/26/17

## 800 METERS

1:45.43	.....Sherridan Kirk	6/8-11/05
1:46.17	.....Sherridan Kirk	6/8-11/05
1:46.44	.....Sherridan Kirk	4/16/05
1:46.67	.....Sherridan Kirk	2004
1:46.78	.....Aaron Richberg	5/22-24/98
1:46.95	.....Sherridan Kirk	5/12-15/05
1:47.80	.....Sherridan Kirk	5/12-15/-05
1:47.84	.....Aaron Richberg	4/1/00
1:48.20	.....Moses Gathuka	5/10-13/01
1:48.38	.....Moses Gathuka	5/11-14/00

## 1500 METERS

3:29.27	.....Roger Jones	1981
3:40.50	.....Felix Kiboiywo	4/17/10
3:41.55	.....Brian Jaeger	1988
3:42.18	.....Felix Kiboiywo	6/10-13/09
3:42.30	.....Felix Kiboiywo	4/18/09
3:42.97	.....Brian Abshire	1986
3:43.20	.....Felix Kiboiywo	4/24/09
3:43.24	.....Sergio Oaxaca	1982
3:43.35	.....Matt Parker	1986
3:43.36	.....Felix Kiboiywo	4/12/08

## 3000 METERS

8:08.80	.....Ty McCormack	4/04/15
8:32.22	.....Coleman Churitch	4/04/15
8:33.10	.....Mitchell Gomez	5/02/15
8:44.02	.....Jay Spieler	4/14/18

## 5000 METERS

13:35.14	.....Chris Fox	1982
13:38.44	.....Brian Jaeger	1987
13:38.80	.....Brian Abshire	1986
13:41.80	.....Ben Cheruiyot	4/15-16/11
13:42.59	.....Ben Cheruiyot	4/16-17/10
13:44.59	.....Elkanah Kibet	4/16-17/10
13:50.80	.....Girma Mecheso	4/24/09
13:50.87	.....Felix Kiboiywo	3/27/09
13:50.94	.....Tom Graves	1979
13:52.70	.....Elkanah Kibet	4/24/09

## 10,000 METERS

28:26.09	.....Girma Mecheso	3/27/09
28:26.96	.....Elkanah Kibet	3/27/09
28:55.48	.....Andrew Heath	3/31/06
28:55.54	.....Terry Baker	1977
29:09.09	.....Ben Cheruiyot	6/9-12/10
29:12.99	.....Girma Mecheso	6/10-13/09
29:17.94	.....Chris Fox	1981
29:18.58	.....Ben Cheruiyot	4/28-30/11
29:21.39	.....Ty McCormack	4/23 /15
29:23.74	.....Tom Graves	1979

## 110M HURDLES

13.25	.....Ty Akins	6/13/08
13.42	.....Ty Akins	6/9/07
13.46	.....Ty Akins	6/14/08
13.47	.....Ty Akins	4/5/08
13.47	.....Shamar Sands	6/2/07
13.51	.....Ty Akins	5/25-26/07
13.52	.....Ty Akins	6/6-9/07
13.54	.....Ty Akins	7/5/08
13.55	.....Shamar Sands	4/21/07
13.56	.....Ty Akins	5/16/08

## 400M HURDLES

47.10	.....Samuel Matete	8/7/91
48.37	.....Reuben McCoy	6/28/08
48.48	.....James Walker	1979
48.55	.....Dean Griffiths	2003
48.57	.....Dean Griffiths	2003
48.71	.....Reuben McCoy	6/11-14/08
48.86	.....Fred Sharpe	5/15-18/03
48.86	.....Reuben McCoy	5/15-18/08
49.03	.....Dean Griffiths	5/4/03
49.12	.....Reuben McCoy	6/11-14/08

## 3000M STEEPLECHASE

8:26.46	.....Brian Abshire	1986
8:35.74	.....John Tuttle	1979
8:40.85	.....Brett Roby	1989
8:42.38	.....Scott Strand	1990
8:42.90	.....Carlos Gibbs	1994
8:45.74	.....Roger Jones	1981
8:46.74	.....Joe Franklin	1979
8:46.84	.....Terry Baker	1977
8:47.81	.....Reilly Shaw	5/14/16
8:50.29	.....Reilly Shaw	5/27/16

## 4x100M RELAY

38.30	.....Rowland, Adams, .....Dehaven, Brock	3/31/12
38.47	.....Chambers, Henderson .....Skeen, T. Smith	6/8/17
38.48	.....Chambers, Henderson .....Skeen, T. Smitdh	6/7/17

38.53	.....Hardy, Rowland, .....Adams, Brock	6/7/12
38.69	.....Hardy, Rowland, .....DeHaven, Brock	6/9/12
38.69	.....Hardy, Adams, .....Rowland, Brock	6/8/13
38.74	.....Skeen, Henderson .....Chambers, T. Smith	5/26/17
38.76	.....Hardy, Adams, .....Rowland, Brock	6/5/13
38.95	.....Rowland, Adams, s .....DeHaven, Brock	3/30/12
39.00	.....Easley, Lewter, .....Smith, Glance	1977

## 4x400M RELAY

3:01.92	.....Turner, Moore, .....Ayre, Moncur	4/15/01
3:02.19	.....Edwards, Nartey, .....Green, Moncur	6/2-5/99
3:02.78	.....Henderson, Griffiths, .....Hardy, Brooks	1985
3:02.78	.....Edwards, Nartey, .....Green, Moncur	5/14-16/99
3:02.91	.....Allen, Bloomfield .....Ceneus, T. Smith	5/27/17
3:02.94	.....Fagan, Crichlow, .....Anderson, Matete	1991
3:03.08	.....Anderson, Saunders, .....Crichlow, Matete	1991
3:03.26	.....Henderson, Brooks, .....McDougald, Brooks	1985
3:03.44	.....Council, Griffiths, .....Henderson, Campbell	1986
3:03.52	.....Coakley, Bloom .....Tenkiang, Allen	4/28/18

## HIGH JUMP

7-8.5	.....Donald Thomas	7/4/07
7-8.5	.....Donald Thomas	8/29/07
7-8	.....Donald Thomas	4/20-21/07
7-6.5	.....Donald Thomas	5/25-26/07
7-6.5	.....Donald Thomas	7/22-29/07
7-6	.....Donald Thomas	5/10-13/07
7-6	.....Donald Thomas	6/6-9/07
7-3.75	.....DJ Smith	4/21/12
7-3.75	.....Ryan Fleck	6/10-13/09
7-3.75	.....Bruce King	1995

## POLE VAULT

18-4.5	.....Clark Humphreys	1997
18-0.5	.....Clark Humphreys	5/31-6/3/00
17-7.25	.....Clark Humphreys	5/11-14/00
17-6	.....David Spivey	1981
17-0.75	.....Ashton Davis	2003
17-0	.....Rob Weighall	5/22-24/98
16-10	.....Jason Lueck	5/9-12/02
16-8.75	.....Coren Crompton	4/18/15
16-8.75	.....Dan Jacobazzi	1993
16-7.5	.....Jason Lueck	5/30-31/03

# Men's Top Outdoor Performances

## LONG JUMP

27-7.25	.....Craig Hepburn	.....	1993
27-2	.....Leevan Sands	.....	5/30-31/03
26-10	.....Osbourne Moxey	.....	5/9/02
26-9.75	.....Leevan Sands	.....	2004
26-9.25	.....Boris Goins	.....	1989
26-5	.....Leevan Sands	.....	6/11-14/03
26-4.5	.....Leevan Sands	.....	5/14-16/04
26-1	.....Osbourne Moxey	.....	5/29-6/1/02
26-1	.....Del Smutherman	.....	1994
26-0.25	.....Leevan Sands	.....	2003

## TRIPLE JUMP

57-1.5	.....Leevan Sands	.....	7/30/04
57-1	.....Leevan Sands	.....	8/8/03
56-9.25	.....Leevan Sands	.....	5/28-29/04
56-4	.....Leevan Sands	.....	6/9-12/04
56-2	.....Leevan Sands	.....	7/30/04
55-6.25	.....Leevan Sands	.....	6/11-14/03
55-2.25	.....Leevan Sands	.....	6/11-14/03
55-2	.....Leevan Sands	.....	5/15-18/03
54-6.75	.....Leevan Sands	.....	2004
54-6.5	.....Leevan Sands	.....	5/14-16/04

## SHOT PUT

68-6	.....Edis Elkasevic	.....	6/10/05
66-11.5	.....Edis Elkasevic	.....	5/28/05
66-9.25	.....Cory Martin	.....	6/13/08
66-9.25	.....Stephen Saenz	.....	4/26/14
66-7.75	.....Cory Martin	.....	5/15-18/08
65-9.5	.....Cory Martin	.....	5/30-31/08
65-6.25	.....Stephen Saenz	.....	5/12/14
65-4	.....Stephen Saenz	.....	5/24-26/12
65-0.25	.....Stephen Saenz	.....	5/26-28/11
64-10.75	.....Stephen Saenz	.....	6/11/14

## DISCUS

219-9	.....Gabor Mate	.....	2003
219-6	.....Gabor Mate	.....	2000
218-3	.....Gabor Mate	.....	4/16/00
215-8	.....Gabor Mate	.....	5/31-6/3/00
213-5	.....Gabor Mate	.....	5/30/03
210-8	.....Gabor Mate	.....	5/11-14/00
208-2	.....Gabor Mate	.....	2003
207-6	.....Gabor Mate	.....	2001
204-6	.....Reedus Thurmond	.....	2000
204-6	.....Reedus Thurmond	.....	2001

## HAMMER THROW

243-2	.....Cory Martin	.....	6/13/08
239-10	.....Cory Martin	.....	5/30-31/08
239-9	.....Cory Martin	.....	4/12/08
239-5	.....Jacob Dunkleberger	.....	6/11-14/08
238-11	.....Cory Martin	.....	5/16/08
238-9	.....Cory Martin	.....	4/24/08
235-10	.....Cory Martin	.....	6/11-14/08
235-9	.....Jacob Dunkleberger	.....	6/6-9/07
234-4	.....Cory Martin	.....	5/11/07
234-4	.....Jacob Dunkleberger	.....	4/4/08

## JAVELIN (NEW)

239-7	.....Justin Carter	.....	5/18/14
237-5	.....Cade Antonucci	.....	4/27/19
233-9	.....Cade Antonucci	.....	4/11/19
231-5	.....Cade Antonucci	.....	4/7/18
229-9	.....Juan Lopez	.....	1996
229-6	.....Cade Antonucci	.....	4/13/18

229-0	.....Justin Carter	.....	4/20/18
228-7	.....Curt Skaggs	.....	1989
224-3	.....Cade Antonucci	.....	7/7/19
223-11	.....Juan Lopez	.....	1997
223-11	.....Justin Carter	.....	3/29/14

## JAVELIN (OLD)

224-11	.....Billy Blackburn	.....	1980
224-1	.....Jim Perry	.....	1978
224-1	.....Lance Stark	.....	1984
213-7	.....Richard Cole	.....	1984
210-6	.....Hindman Wall	.....	1958

## DECATHLON

8024	.....Maurice Smith	.....	4/3/04
7925	.....Maurice Smith	.....	6/12/03
7766	.....Victor Houston	.....	1996
7598	.....Jim Awbrey	.....	1985
7300	.....Chris Stone	.....	2017
7296	.....Billy Blackburn	.....	1980
7229	.....Chris Stone	.....	3/28-29/18
7208	.....Clark Humphreys	.....	1997
7198	.....Parker Shearer	.....	5/12-13/16
7160	.....Jager Livingston	.....	5/14/10

## 4x200M RELAY

1:21.36	.....Hardy, Griffiths, .....Brooks, Council	.....	1985
1:21.44	.....Martin, Huntley, .....Council, Campbell	.....	1987
1:21.80	.....Nartey, Edwards, .....Moncur, Miller	.....	1999
1:22.20	.....Crump, Walker, .....Glance, Smith	.....	1976
1:22.45	.....Council, McDougald, .....Griffiths, Brooks	.....	1984
1:22.45	.....Anderson, Sanders, .....Fagan, Matete	.....	1991
1:22.53	.....Burks, Smith, .....Ceneus, Henderson	.....	2016
1:22.53	.....Crichlow, Campbell, .....Saunders, Wright	.....	1988
1:22.90	.....Russell, Walker, .....Smith, Glance	.....	1977
1:22.93	.....Brock, Henderson, .....Cheeks, Smith	.....	2014

## 4x800M RELAY

7:19.00	.....Johnson, Heegard, .....Gathuka, Richberg	.....	2000
7:22.36	.....Johnson, Gathuka, .....Heegard, Kidd	.....	4/26-29/01
7:22.61	.....Provancha, Reed, .....Jaeger, Rabush	.....	1987
7:22.70	.....Johnson, Fulmer, .....Jaeger, Hudson	.....	1985
7:23.70	.....Peffer, Toles, .....Abston, Tuttle	.....	1978
7:25.79	.....Abston, Tuttle, .....Toles, Franklin	.....	1979
7:28.07	.....Borden, Smith, .....Towle, Richberg	.....	1997
7:31.72	.....Abercrombie, Breitenfeld, .....Boyd, N. Butler	.....	1991
7:34.69	.....Harrell, A. Butler, .....Strand, Roby	.....	1990
7:36.27	.....Abercrombie, A. Butler, .....N. Butler, Harrell	.....	1990

## SPRINT MEDLEY

3:12.17	.....Ayre, Miller, .....Moncur, Richberg	.....	4/8/00
3:13.22	.....Ayre, Miller, .....Moncur, Richberg	.....	4/27-29/00
3:14.54	.....Sands, Griffiths, .....Ayre, Sharpe	.....	4/4-5/03
3:15.49	.....Akins, McCoy, .....Barry, Kirk	.....	4/27-30/05
3:15.58	.....Turner, Green, .....Moncur, Gathuka	.....	4/7/01
3:15.74	.....Miller, Moncur, .....Ayre, Richberg	.....	3/24-25/00
3:16.63	.....Burns, Bartlett, .....Barry, Kirk	.....	4/3-4/04
3:18.48	.....DeHaven, Wims, .....McCoy, Kiboiwo	.....	4/24-26/08
3:19.19	.....Burns, Brown, .....Barry, Kirk	.....	4/3-4/04
3:20.49	.....Samuel, McDougald, .....Huntley, Provancha	.....	1985

## DISTANCE MEDLEY RELAY

9:31.75	.....Jones, Brooks, Oaxaca, Fox	.....	1982
9:39.74	.....Provancha, McDougald, .....Johnson, Hudson	.....	1985
9:39.90	.....Abston, Walker, .....Tuttle, Franklin	.....	1979
9:40.57	.....Boyd, Anderson, .....A. Butler, Strand	.....	1991
9:43.50	.....Peffer, Toles, Hicks, Tuttle	.....	1978
9:47.12	.....Gathuk, Green, .....Heegard, Hansen	.....	2000
9:50.45	.....Wazerud, Al-Bennett, .....Towle, Hansen	.....	1998
9:52.77	.....Harrell, A. Butler, .....Roby, Strand	.....	1990
9:55.29	.....Harrell, Crichlow, .....Roby, Strand	.....	1990
9:55.30	.....Trottier, Johnson, .....James, Sheehan	.....	1984

## 4x1500M RELAY

14:58.80	.....Parker, Sheehan, .....Abshire, Jaeger	.....	1986
15:06.90	.....L. Brooks, Oaxaca, Fox, Jones	.....	1982
15:07.20	.....Parker, Hudson, .....Sheehan, Abshire	.....	1985
15:08.80	.....Hicks, Tuttle, .....Franklin, Graves	.....	1979
15:16.73	.....Strand, A. Butler, .....Harrell, Roby	.....	1990
15:50.76	.....Rademacher, McClaran, .....Butler, Fiscus	.....	1993
15:56.20	.....Lane, Stewart, .....Poling, Borden	.....	1997

## SHUTTLE HURDLE

56.80	.....Benjamin, Guild, .....Bruce, Miller	.....	1980
58.74	.....Reed, Ewing, .....Henderson, McDougald	.....	1985
59.50	.....Barrett, Anderson, .....Carson, Lewter	.....	1975

# Women's Top Outdoor Performances

## 100 METERS

11.03	Kerron Stewart	5/14/06
11.03	Kerron Stewart	6/23/07
11.04	Natalliah Whyte	5/13/18
11.05 (w)	Natalliah Whyte	5/25/18
11.10	Kerron Stewart	4/21/07
11.10	Kerron Stewart	5/13/07
11.11	Natalliah Whyte	6/7/18
11.11	Jonielle Smith	6/7/18
11.12	Natalliah Whyte	5/24/18
11.12	Fana Ashby	2004
11.13	Natalliah Whyte	5/12/18

## 200 METERS

22.41	Kerron Stewart	5/26/07
22.42	Kerron Stewart	6/9/07
22.52	Kerron Stewart	6/7/07
22.55	Natalliah Whyte	4/21/18
22.60	Kerron Stewart	4/21/07
22.65	Kerron Stewart	6/10/06
22.66	Juliet Campbell	1993
22.68	Joanna Atkins	7/13/11
22.71	Nivea Smith	6/26/10
22.74	Kerron Stewart	5/25/07

## 400 METERS

50.11	Juliet Campbell	7/3/93
50.39	Joanna Atkins	6/13/09
51.50	Joanna Atkins	6/10/11
51.52	Joanna Atkins	5/28/10
51.69	Joanna Atkins	6/8/11
51.77	Joanna Atkins	4/18/09
51.87	Joanna Atkins	5/27/10
51.88	Joanna Atkins	6/9/10
52.00	Markita James	4/22/06
52.01	Joanna Atkins	5/11/10

## 800 METERS

2:04.88	Kareen Gayle	2004
2:06.19	Sarah Reese	2004
2:07.41	Sarah Reese	2004
2:07.51	Caitlin Reese	2004
2:07.92	Caitlin Reese	4/12/03
2:08.21	Caitlin Reese	2002
2:08.26	Amanda Patrick	1997
2:08.29	Spring Dawson	3/16/02
2:08.36	Kelly McDonnell	1991
2:08.52	Sarah Reese	4/13/02

## 1500 METERS

4:17.81	Rachel Sauder	5/11/96
4:18.43	Spring Dawson	2004
4:20.30	Janet Trujillo	5/11/96
4:21.86	Emily Stevens	4/8/17
4:22.01	Charla Harrie	5/11/96
4:22.15	Emily Stevens	4/28/17
4:22.17	Emily Stevens	4/21/17
4:22.84	Spring Dawson	2003
4:23.04	Kelly McDonnell	1991
4:23.31	Emily Stevens	5/12/17

## 3000 METERS

9:16.52	Kelly McDonnell	1991
9:16.56	Rachel Sauder	1996
9:23.74	Janet Trujillo	1997
9:25.01	Holly Knight	4/8/11
9:25.78	Jill Faulkner	1991
9:34.59	Brenda Kigen	4/8/17
9:35.42	Veronica Eder	4/09/16
9:37.00	Kathi Ward	1996
9:39.25	Amy Patterson	1992
9:39.42	Taylor Duncan	4/09/16

## 5000 METERS

16:03.06	Veronica Eder	4/21/17
16:06.25	Holly Knight	4/16/11
<b>16:06:50</b>	<b>Joyce Kimeli</b>	<b>5/11/19</b>
<b>16:06:58</b>	<b>Joyce Kimeli</b>	<b>3/29/19</b>
<b>16:06:88</b>	<b>Brenda Kigen</b>	<b>5/11/19</b>
16:11.02	Angela Homan	4/27/06
16:11.46	Holly Knight	6/13/08
16:14.32	Veronica Eder	4/22/16
16:17.65	Holly Knight	5/1/10
16:18.39	Brenda Kigen	5/13/17

## 10,000 METERS

33:25.40	Angela Homan	3/31/06
33:26.91	Rachel Sauder	5/29/96
33:30.19	Angela Homan	2005
33:35.73	Veronica Eder	3/29/17
33:38.13	Veronica Eder	5/25/17
33:47.17	Angela Homan	6/8/06
33:51.26	Holly Knight	5/26/11
33:51.86	Veronica Eder	6/8/17
33:53.89	Angela Homan	4/17/04
34:10.42	Angela Homan	5/11/06

## 100M HURDLES

12.93	Vonette Dixon	5/14/00
12.98	Josanne Lucas	5/14/06
13.00	Lacena Golding	4/25/98
13.01	Samantha Scarlett	5/31/14
13.02	Josanne Lucas	4/29/06
13.03	Rosalind Council	6/7/87
13.03	Josanne Lucas	6/7/06
13.06	Ebony Morrison	5/31/14
13.10	Ebony Morrison	5/28/15
13.15	Ebony Morrison	5/30/14

## 400M HURDLES

54.47	Markita James	6/10/06
54.54	Markita James	5/27/06
54.89	Markita James	6/9/06
55.29	Josanne Lucas	6/10/06
55.40	Markita James	4/1/06
55.59	Josanne Lucas	6/11/05
55.73	Josanne Lucas	5/27/06
56.19	Josanne Lucas	4/22/06
56.20	Sashel Brown	5/26/17
56.20	Sashel Brown	4/22/17

## 3000M STEEPLECHASE

<b>9:52.48</b>	<b>Joyce Kimeli</b>	<b>5/24/19</b>
<b>10:00.94</b>	<b>Joyce Kimeli</b>	<b>5/10/19</b>
<b>10:04.71</b>	<b>Joyce Kimeli</b>	<b>6/6/19</b>
10:26.25	Rachel Givens	5/11/14
<b>10:27.17</b>	<b>Joyce Kimeli</b>	<b>4/19/19</b>
10:37.01	Rachel Givens	5/13/16
10:37.11	Rachel Givens	5/15/15
10:37.20	Stephanie Barnes	5/27/11
10:37.76	Stephanie Barnes	4/28/11
10:39.83	Amber Riley	4/11/09

## HIGH JUMP

6-2.25	Maya Pressley	6/22/13
6-2	Maya Pressley	4/6/13
6-1.5	Raevan Harris	5/25/07
6-1.5	Sissy Costner	6/16/89
6-1.25	Maya Pressley	6/8/13
6-1.25	Raevan Harris	3/13/08
6-0.75	Raevan Harris	4/14/07
6-0.75	Maya Pressley	5/14/11
6-0.5	Nakeitra Jones	5/23/98
6-0.5	Maya Pressley	4/20/13

## POLE VAULT

14-6.25	Jessie Johnson	4/30/16
14-5.25	Jessie Johnson	4/02/16
14-3.25	Jessie Johnson	4/18/15
14-2.75	Jessie Johnson	5/15/15
14-2	Jessie Johnson	4/23/16
14-1.25	Jessie Johnson	5/14/16
14-0	Jessie Johnson	5/2/15
13-10	Jessie Johnson	4/16/16
13-7.25	Jessie Johnson	4/09/16
13.5.25	Jessie Johnson	5/27/16

## LONG JUMP

22-05	Elva Goulbourne	5/17/03
22-4.5	Elva Goulbourne	5/11/02
21-10	Lacena Golding	1997
21-7.50	Elva Goulbourne	3/23/02
21-5.25	Cynthia Tylor	1994
21-4.75	Jovane Jarrett	5/13/06
21-4.75	Jovane Jarrett	6/7/06
21-4.25	Colleen Gillies	1996
21-4	Lacena Golding	5/23/98
21-3.25	Dominique Bullock	4/23/16

## TRIPLE JUMP

45-1.5	Shelly-Ann Gallimore	5/14/00
44-10.25	Shelly-Ann Gallimore	3/23/02
44-9.5	Shelly-Ann Gallimore	2004
44-7.5	Michelle Vaughn	6/9/07
44-5.25	Michelle Vaughn	5/25/07
44-2	Colleen Gillies	1996
44-1.5	Marshay Ryan	5/27/17
44-0.75	Jakayla Hand	4/20/18
44-0.5	Michelle Vaughn	4/27/07
44-0	Marshay Ryan	5/14/16

# Women's Top Outdoor Performances

## SHOT PUT

58-8.5.....	Valentina Muzaric .....	3/14/14
57-5.75.....	Valentina Muzaric .....	5/25/13
57-0.....	Valentina Muzaric .....	3/26/16
56-11.25.....	Valentina Muzaric .....	4/23/16
<b>56-3.25.....</b>	<b>Tori McKinley .....</b>	<b>3/30/19</b>
56-1.75.....	Valentina Muzaric .....	4/13/13
56-1.....	Valentina Muzaric .....	4/6/13
56-0.25.....	Valentina Muzaric .....	4/26/14
55-9.75.....	Valentina Muzaric .....	4/02/16
55-9.75.....	Valentina Muzaric .....	5/12/13

## DISCUS

183-1.....	Rachel Dincoff.....	5/15/15
181-11.....	Rachel Dincoff.....	4/02/16
181-6.....	Rachel Dincoff.....	5/2/15
181-5.....	Stacy Martin .....	2004
180-10.....	Rachel Dincoff.....	5/14/16
178-9.....	Ivana Muzaric.....	4/22/17
178-4.....	Rachel Dincoff.....	4/30/16
178-3.....	Ronda Gullatte .....	2005
178-1.....	Rachel Dincoff.....	4/24/15
177-8.....	Rachel Dincoff.....	4/23/16

## HAMMER THROW

<b>219-0.....</b>	<b>Madi Malone.....</b>	<b>7/27/19</b>
<b>214-10.....</b>	<b>Madi Malone.....</b>	<b>6/6/19</b>
<b>214-5.....</b>	<b>Madi Malone.....</b>	<b>7/27/19</b>
<b>214-4.....</b>	<b>Madi Malone.....</b>	<b>5/10/19</b>
<b>214-3.....</b>	<b>Madi Malone.....</b>	<b>6/6/19</b>
<b>212-1.....</b>	<b>Madi Malone.....</b>	<b>6/6/19</b>
<b>212-1.....</b>	<b>Madi Malone.....</b>	<b>4/25/19</b>
<b>212-0.....</b>	<b>Madi Malone.....</b>	<b>5/10/19</b>
<b>211-7.....</b>	<b>Madi Malone.....</b>	<b>4/6/19</b>
<b>210-6.....</b>	<b>Madi Malone.....</b>	<b>7/27/19</b>

## JAVELIN

<b>188-6.....</b>	<b>Kylee Carter.....</b>	<b>3/22/19</b>
<b>185-0.....</b>	<b>Kylee Carter.....</b>	<b>6/7/19</b>
<b>184-8.....</b>	<b>Kylee Carter.....</b>	<b>4/25/19</b>
<b>184-4.....</b>	<b>Kylee Carter.....</b>	<b>4/25/19</b>
<b>183-6.....</b>	<b>Kylee Carter.....</b>	<b>3/22/19</b>
<b>183-0.....</b>	<b>Kylee Carter.....</b>	<b>6/7/19</b>
<b>182-6.....</b>	<b>Kylee Carter.....</b>	<b>6/7/19</b>
<b>181-3.....</b>	<b>Kylee Carter.....</b>	<b>5/9/19</b>
<b>180-2.....</b>	<b>Kylee Carter.....</b>	<b>7/6/19</b>
179-8.....	Kylee Carter.....	4/26/18

## HEPTATHLON

5750.....	Lacena Golding .....	5/22/98
5452.....	Angela King.....	1992
<b>5398.....</b>	<b>Natosha Jordan.....</b>	<b>5/9-10/19</b>
5365.....	Nora Araujo.....	1982
5167.....	Vanessa Johnson.....	2000
<b>5111.....</b>	<b>Natosha Jordan.....</b>	<b>4/11-12/19</b>
5013.....	Vanessa Johnson.....	5/15/99
4899.....	Charlene Adams .....	1996
4890.....	Vanessa Johnson.....	5/22/98
4831.....	Tanya Wildgoose .....	1997
4632.....	Jo Laurie Smith .....	1981

## 4X100M RELAY

43.02.....	Whyte, J. Smith, .....Brown, Ambrose.....	4/28/17
43.11.....	Shaw, J. Smith .....Bullock, Whyte.....	6/7/18
43.20.....	Ambrose, J. Smith .....Bullock, Whyte.....	5/26/18
43.28.....	Shaw, J. Smith, .....Bullock, Whyte.....	5/13/18
43.32.....	Clarke, Miller, .....Goulbourne, Browning.....	6/13/03
43.35.....	Whyte, Smith, .....Brown, Ambrose.....	5/13/17
43.35.....	Thomas, Jarrett, .....James, Stewart.....	6/7/06
43.35.....	Whyte, Smith, .....Brown, Ambrose.....	5/27/17
43.38.....	S. Williams, Atkins, .....Ferguson, Smith.....	4/3/10
43.43.....	Clarke, Miller, .....Goulbourne, Browning...	6/14/03

## 4X400M RELAY

3:26.46.....	Williams, Atkins, .....Armbrister, Selvon.....	6/11/11
3:27.93.....	Lucas, Stewart, .....Thomas, James.....	4/29/06
3:29.21.....	Lucas, Gayle, .....Thomas, James.....	6/11/05
3:30.62.....	Williams, Atkins, .....Armbrister, Selvon.....	6/10/11
3:31.35.....	Lucas, Stewart, .....Thomas, James.....	5/14/06
3:31.50.....	Williams, Atkins, .....Armbrister, Selvon.....	5/28/11
3:31.73.....	Lucas, Stewart, .....Thomas, James.....	4/7/06
3:31.76.....	Baptiste, James, .....Lucas, Gayle.....	2004
3:31.79.....	Williams, Armbrister, .....Parkinson, Atkins.....	5/30/09
3:32.45.....	Williamson, Phillips, .....Onyali, Campbell.....	1992

## 4X200 WOMEN

1:31.19.....	Atkins, Armbrister, .....C. Williams, Smith.....	4/25/09
1:31.59.....	Atkins, Ferguson, .....Smith, Armbrister.....	4/24/10
1:32.42.....	Goulbourne, Clarke, .....Browning, Miller.....	4/26/03
1:33.52.....	James,Phillips, .....Finn,Campbell.....	1993
1:35.45.....	Cosby, Snipes, .....Johnson, James.....	1991
1:35.78.....	Golding, Osbourne, .....Wilson, Dixon.....	1998
1:37.61.....	James, Johnson, .....Cosby, T. Smith.....	1990

## 4X800 WOMEN

8:32.93.....	Gayle, S.Reese, .....Dawson, C.Reese.....	2004
8:41.76.....	Wanyoike, S. Reese, .....Dawson, C. Reese.....	2003
8:43.39.....	Dawson, Gayle, .....C. Reese, S. Reese.....	2004
8:44.51.....	E. Bartley, Patrick, .....Nicollini, Trujillo.....	1997
8:48.38.....	Dawson, Hamblet, .....S. Reese,C. Reese.....	2001
8:49.94.....	Griffin, E. Bartley, .....Patrick, Trujillo.....	1997
8:51.81.....	Herd, Reed, .....Raymond, Holly.....	1991
9:33.85.....	Miller, Smith, .....Steele, deMoll.....	2005

## 4X1500 WOMEN

18:01.20.....	Faulkner, Raymond, .....Herd, McDonnell.....	1991
18:22.69.....	Dawson, Hamblett, .....Braswell, S.Reese.....	2001
18:47.50.....	Reasor, Ward, .....Gannon, Victoria.....	1997
19:20.32.....	Keplinger, Smith, .....Steele, Torres.....	2005

## SPRINT MEDLEY

3:51.59.....	Browning, Ashby, .....James, Gayle.....	2005
3:53.06.....	Sterling, Clarke, .....Simpson, Dawson.....	2001
3:55.45.....	Baptiste, Browning, .....Thomas, Gayle.....	2005
3:59:54.....	Sterling, Artusa, .....Simpson, Dawson.....	2001
4:02.69.....	J. Smith, T. Smith, .....Glenn, McDonnell.....	1988

## DISTANCE MEDLEY

11:22.07.....	Dawson, Gayle, .....S.Reese, C.Reese.....	2004
11:26.71.....	C.Reese, Hills, .....S.Reese, Dawson.....	2004
11:26.82.....	C.Reese, James, .....S.Reese, Dawson.....	2003
11:37.54.....	Nicolinni, Bresler, .....Patrick, Trujillo.....	1997
11:38.46.....	Herd, Rush, .....Holly, Bruns.....	1992
11:46.76.....	Barnes, Selvon, .....Pritchard, Knight.....	4/22/10



# Men's Indoor Top Performers

## HIGH JUMP

2.33m/7-7.75	Donald Thomas	2007
2.22m/7-3.25	Ryan Fleck	2010
2.22m/7-3.25	DJ Smith	2015
2.17m/7-1.5	Craig Musselwhite	1988
7-1.25	Glynn Johnson	1983
<b>2.16m/7-1</b>	<b>Dontavious Hill</b>	<b>2019</b>
2.16m/7-1	Shawn Johnson	2016
2.16m/7-1	Bruce King	1996
2.16m/7-1	Marc Valentine	1978
2.14m/7-0.25	Tim Horn	1987

## POLE VAULT

5.50m/18-0.5	Clark Humphreys	1997
5.48m/17-11.75	David Spivey	1982
5.40m/17-8.5	Mark Johnson	2007
<b>5.20m/17-0.75</b>	<b>James Courson</b>	<b>2020</b>
5.13m/16-10	Jason Lueck	2002
5.09m/16-8.25	Rob Weighall	1998
5.05m/16-6.75	Dan Jacobazzi	1992
5.03m/16-6	David Knecht	1983
5.02m/16-5.5	Nick Farrell	2011
5.01m/16-5.25	Ashton Davis	2004
5.01m/16-5.25	Coren Crompton	2015

## LONG JUMP

8.10m/26-7	Leevan Sands	2004
7.99m/26-2.75	Boris Goins	1989
7.85m/25-9.25	Harvey Glance	1978
7.77m/25-6	Del Smutherman	1994
7.76m/25-5.5	Craig Hepburn	1993
7.76m/25-5.5	Tyrone Joyner	1990
7.75m/25-5.25	Kevin Bartlett	2004
7.74m/25-4.75	Osbourne Moxey	2000
7.71m/25-3.5	Noah Igbinoehene	2019
7.71m/25-3.5	Tony Easley	1979

## TRIPLE JUMP

17.02m/55-10.25	Leevan Sands	2004
16.42m/53-10.5	Shawn Johnson	2016
16.41m/53-10.25	Andre Scott	1996
15.62m/51-3	Tyrone Joyner	1990
15.55m/51-0.25	Manny Toppins	1982
15.53m/50-11.5	Tony Easley	1979
50-7	Byron Franklin	1980
15.31m/50-2.75	Mark Rubalcaba	2017
15.31m/50-2.75	Vlad Soran	1987
50-1.5	Edward Watson	1992

## SHOT PUT

20.08m/65-10.5	Stephen Saenz	2012
19.69m/64-7.25	Edis Elkasevic	2005
19.64m/64-5.25	Eric Werskey	2011
18.73m/61-5.5	Rob Will	1979
18.68m/61-3.5	Gabor Mate	2003
18.56m/60-10.75	Cory Martin	2007
18.34m/60-2	Frank Warren	1980
18.18m/59-7.75	Jacob Dunkleberger	2006
17.70m/58-1	Ross Schaffstall	1978
17.61m/57-9.5	Marcus Popenfoose	2012

## 35 LB. WEIGHT THROW

23.29m/76-5	Cory Martin	2007
22.36m/73-4.5	Jacob Dunkleberger	2006
19.78m/64-10.75	Gabor Mate	2003
<b>19.25m/63-2</b>	<b>Erik Ebel</b>	<b>2020</b>
19.17m/62-10.75	Reedus Thurmond	2002
19.15m/62-10	Michael Cobb	2004
<b>19.03m/62-5.25</b>	<b>Kyle Brown</b>	<b>2020</b>
19.02m/62-5	Colton Hodge	2004
18.86m/61-10.5	Stephen Saenz	2013
18.53m/60-9.5	Ryan Kavanagh	2001

## PENTATHLON

4086	Victor Houston	1996
4078	Maurice Smith	2003
3880	Jeff Mooney	1990
3744	Jared Hodge	2003
3687	Walter Costner	1987
3590	Rod Tiffin	1989
3326	Nathan Boyd	1997
3298	Jeff Evans	1991
3257	Howard Johnson	1991
3245	Matt Poag	2002

## HEPTATHLON

6035	Maurice Smith	2005
5547	Chris Stone	2018
5378	Parker Shearer	2015
5050	Coren Crompton	2015
5004	Jager Livingston	2009
4439	Ned Ashley	2004
3975	Krister Jonsson	2016

# Women's Indoor Top Performers

## 55 METERS

6.71	Kerron Stewart	2006
6.73	Elva Goulbourne	2003
6.74	Fana Ashby	2005
6.75	Juliet Campbell	1993
6.80	Cheryl-Ann Phillips	1993
6.82	Vonette Dixon	2000
6.85	Tracy Ann Rowe	2008
6.87	Jennifer Wilson	1998
6.89	Lacena Golding	1997
6.91	Joanna Atkins	2009
6.91	Buffy James	1993

## 60 METERS

7.12	Natalliah Whyte	2018
7.14	Kerron Stewart	2007
7.15	Jonielle Smith	2018
7.18	Fana Ashby	2005
7.20	Kai Selvon	2012
7.22	Sheniqua Ferguson	2010
7.23	Elva Goulbourne	2003
7.27	Vonette Dixon	2000
7.28	Joanna Atkins	2009
7.30	Tracy Ann Rowe	2007

## 200 METERS

22.46	Kerron Stewart	2007
22.91	Fana Ashby	2005
23.09	Sheniqua Ferguson	2010
23.11	Juliet Campbell	1993
23.12	Nivea Smith	2010
23.15	Kai Selvon	2012
23.33	Natalliah Whyte	2018
23.35	Jenae Ambrose	2018
23.36	Tracy Ann Rowe	2007
23.48	Jonielle Smith	2016

## 400 METERS

52.24	Joanna Atkins	2011
52.56	Markita James	2006
53.29	Eusheka Bartley	1996
53.37	CeCe Williams	2012
54.22	Nichole Bartley	1997
54.33	Jenae Ambrose	2018
54.42	Stephanie Bonner	1983
54.68	Kareen Gayle	2004
54.70	Sashel Brown	2017
54.86	Cameron Hinton	2019

## 800 METERS

2:06.50	Sarah Reese	2003
2:07.27	Caitlin Reese	2004
2:07.68	Kareen Gayle	2005
2:08.15	Lisa Miller	2003
2:08.31	Janet Trujillo	1996
2:09.40	Samantha Berggren	2012
2:09.48	Presley Weems	2019
2:11.00	Shanna Griffin	1996
2:11.02	Emily Stevens	2014
2:11.08	Sabrina Fischer	2009

## MILE RUN

<b>4:38.66</b>	<b>Joyce Kimeli</b>	<b>2/1/20</b>
4:39.84	Janet Trujillo	1997
4:41.16	Kelly McDonnell	1991
4:43.45	Emily Stevens	2017
4:44.79	Spring Dawson	2003
4:45.94	Rachel Sauder	1996
4:47.23	Veronica Eder	2017
4:47.44	Presley Weems	2019
4:48.35	Joni Mooney	1988
4:48.71	Kathi Ward	1996

## 3000 METERS

9:19.91	Veronica Eder	2017
9:20.56	Holly Knight	2011
9:24.59	Joyce Kimeli	2019
9:25.52	Alissa Fisher	2012
9:27.51	Kelly McDonnell	1991
9:29.15	Kathi Ward	1996
9:34.21	Rachel Sauder	1996
9:35.04	Angela Homan	2006
9:37.33	Janet Trujillo	1997
9:38.68	Rachel Givens	2015

## 5000 METERS

15:37.82	Joyce Kimeli	12/17/19
16:04.86	Holly Knight	2011
16:07.74	Veronica Eder	2017
16:11.70	Rachel Sauder	1996
16:15.58	Angela Homan	2006
16:25.72	Michelle Reasor	1996
16:38.46	Alissa Fisher	2012
16:39.69	Laurel Pritchard	2009
16:44.17	Kathi Ward	1996
16:46.00	Lindsey Rogers	1998

## 55M HURDLES

7.37	Lacena Golding	1998
7.53	Rosalind Council	1986
7.64	Josanne Lucas	2006
7.65	Vonette Dixon	1999
7.79	Clara Hairston	1982
7.82	Samern Anderson	1995
7.90	Angela King	1989
7.92	Danielle Gilchrist	2007
7.93	Tressa Smith	1990
7.94	Julie Artuso	2001

## 60M HURDLES

7.94	Vonette Dixon	2000
8.12	Samantha Scarlett	2016
8.20	Josanne Lucas	2006
8.22	Ebony Morrison	2015
8.30	Krystal Bodie	2010
8.31	Danielle Gilchrist	2010
8.34	Amelia Anderson	2010
8.35	Sashel Brown	2016
8.37	Michelle Atherley	2016
8.48	V'Alonee Robinson	2014

## 4X400M RELAY

3:29.50	Lucas, Stewart, Thomas, James	2006
3:33.87	Lucas, James, Baptiste, Gayle	2005
3:35.50	C. Williams, Armbrister Gilchrist, Atkins	2009
3:35.67	C. Williams, Atkins Armbrister, Selvon	2011
3:36.06	Armbrister, C. Williams, Gilchrist, Atkins	2010
3:36.19	Lucas, James, Gayle, Thomas	2005
3:36.36	Williamson, Phillips, Onyali, Campbell	1992
3:37.56	Williamson, Snipes, Cosby, Williamson	1991
3:37.96	Baptiste, Gayle, Hills, James	2004
3:38.02	C. Williams, Armbrister, Parkinson, Atkins	2010

## 3200M RELAY

8:58.11	Holly, Faulkner, Herd, McDonnell	1991
9:00.77	Holly, Bruns, Rush, Herd	1992
9:02.44	McDonnell, Reed, Herd, Faulkner	1990
9:03.44	Bauer, Case, Burton, McDonnell	1987
9:04.26	Burton, Reed, Mooney, McDonnell	1988
9:14.33	Holly, Snipes, N.Bartley, Yancey	1993
9:14.97	Case, Mooney, Berry, McDonnell	1987
9:17.08	S. Smith, Colter, Mooney, Malinauskas	1986
9:17.84	Huggins, Dickey, Donnelly, Cannon	1981

## DISTANCE MEDLEY RELAY

11:13.34	E.Bartley, N.Bartley, Trujillo, Sauder	1995
11:19.45	Gayle, Dawson, C.Reese, S.Reese	2004
11:19.69	Patrick, E.Bartley, Trujillo, Sauder	1996
11:20.83	S.Reese, Miller, C. Reese, Dawon	2003
11:22.19	E.Bartley, Griffin, Trujillo, Nicolini	1996
11:29.61	S.Reese, Lucas, C.Reese, Dawson	2003
11:30.50	Dawson, Clarke, Hamblet, Wanyoike	2002
11:35.69	Trujillo, Griffin, Ward, Sauder	1995
11:39.81	Patrick, E.Bartley, Sauder, Trujillo	1996
11:40.05	Prior, Williams,	

# Women's Indoor Top Performers

## HIGH JUMP

2.23m/7-7.75	Donald Thomas	2007
1.89m/6-2.25	Raevan Harris	2009
1.88m/6-2	Sissy Costner	1990
1.87m/6-1.5	Maya Pressley	2013
1.85m/6-0.75	Nakeitra Jones	1998
1.82m/5-11.5	Monica Carney	2012
1.82m/5-11.5	Magon Moncreiffe	1997
1.79m/5-10.5	Skyler Daniel	2019
1.78m/5-10	Kaylah Burks	2004
<b>1.77m/5-9.75</b>	<b>Natosha Jordan</b>	<b>2020</b>
1.77m/5-9.75	Tanya Wildgoose	1997
1.76m/5-9.25	Angela King	1992

## POLE VAULT

4.40m/14-4.25	Jessie Johnson	2016
3.81m/12-6	Katie Curtis	2004
3.70m/12-1.5	Larisa Debich	2013
3.59m/11-9.25	Hannah Johnson	1998
3.55m/11-7.75	Brittany Mattrella	2010
3.40m/11-1.75	Catherine Frappier	2008
3.40m/11-1.75	Alexandria Reaves	2012

## LONG JUMP

6.91m/22-8	Elva Goulbourne	2001
6.61m/21-8.25	Lacena Golding	1998
6.38m/20-11.25	Angela King	1989
6.37m/20-10.75	Jovane Jarrett	2006
6.32m/20-9	Dominique Bullock	2016
6.30m/20-8	Cynthia Tylor	1994
6.20m/20-4.25	Colleen Gillies	1996
6.17m/20-3	Vanessa Johnson	1999
6.16m/20-2.5	LaKeta Ziegler	1990
6.11m/20-0.5	Michelle Vaughn	2006

## TRIPLE JUMP

13.84m/45-5	Shelly-Ann Gallimore	2002
13.78m/45-2.50	Elva Goulbourne	2003
44-6.25	Colleen Gillies	1997
13.46m/44-2	Marshay Ryan	2017
43-9	Michelle Vaughn	2006
13.30m/43-7.75	Jakayla Hand	2018
12.99m/42-7.5	Jovane Jarrett	2005
12.83m/42-1.25	LaKeta Ziegler	1988
12.75m/41-10	Magon Moncreiffe	1998
12.70m/41-8	Amelia Anderson	2010

## SHOT PUT

16.72m/54-10.25	Valentina Muzaric	2013
16.53m/54-2.75	Rachel Dincoff	2016
15.53m/50-11.50	Tori McKinley	2018
15.49m/50-10	Stacy Martin	2004
<b>15.16m/49-9</b>	<b>Jocelynn Budwig</b>	<b>2020</b>
14.78m/48-6	Katalin Mate	2006
14.57m/47-9.75	Ronda Gullatte	2005
14.45m/47-5	June Reid	1985
<b>14.36m/47-1.5</b>	<b>Maura Huwalt</b>	<b>2020</b>
14.05m/46-1.25	Ivana Muzaric	2017

## 20 LB WEIGHT THROW

22.11m/72-6.5	Madi Malone	2019
21.56m/70-9	Jasmine Manigault	2017
20.44m/67-0.75	Ronda Gullatte	2006
19.98m/65-6.75	Stacy Martin	2002
19.92m/65-4.25	Erin Perkins	2019
18.40m/60-4.5	Valentina Srsa	2008

18.39m/60-4	Brianna Heilsnis	2017
18.29m/60-0.25	Daina Levy	2013
<b>17.37m/57-0</b>	<b>Jocelynn Budwig</b>	<b>2020</b>
17.30m/56-9.25	Erin Perkins	2018

## PENTATHLON

4153	Michelle Atherley	2016
3962	Angela King	1989
3900	Nora Araujo	1980
<b>3865</b>	<b>Natosha Jordan</b>	<b>1/31/2020</b>
3755	Amelia Anderson	2010
3465	Charlene Adams	1997
<b>3464</b>	<b>Keira McCarrell</b>	<b>1/31/2020</b>
3420	Jo Laurie Smith	1981
3404	Chelsey Thomas	2009
3359	Jasmine Johnson	2006

## HEPTATHLON

5750	Lacena Golding	1998
5452	Angela King	1992
5365	Nora Araujo	1982
5167	Vanessa Johnson	2000
4899	Charlene Adams	1996
4831	Tanya Wildgoose	1997
4632	Jo Laurie Smith	1981
4602	Amelia Anderson	2006
4592	Angela Ward	1989
4578	Chelsey Thomas	2009

# Men's Top Indoor Performances (since 1998)

## 60 METERS

6.50	Coby Miller	1999
6.53	Raheem Chambers	2018
6.55	Harry Adams	2012
6.55	Marcus Rowland	2013
6.56	Raheem Chambers	2018
6.58	Coby Miller	2000
6.58	Marcus Rowland	2010
6.58	Marcus Rowland	2013
6.59	Anthony Schwartz	2019
6.60	Marcus Rowland	2010
6.60	Odean Skeen	2017
6.60	Raheem Chambers	2018

## 200 METERS

20.50	Coby Miller	2000
20.59	Marcus Rowland	2010
20.62	Marcus Rowland	2010
20.68	Coby Miller	1999
20.75	Teray Smith	2017
20.76	Marcus Rowland	2010
20.81	Marcus Rowland	2010
20.89	Marcus Rowland	2010
20.92	Michael Dehaven	2009
20.92	Marcus Rowland	2009
20.92	Teray Smith	2017

## 400 METERS

44.86	Akeem Bloomfield	2018
45.02	Akeem Bloomfield	2018
45.22	Akeem Bloomfield	2018
45.43	Akeem Bloomfield	2017
45.49	Akeem Bloomfield	2017
45.64	Akeem Bloomfield	2018
45.68	Avard Moncur	2001
45.72	Nathon Allen	2018
45.76	Akeem Bloomfield	2018
45.92	Akeem Bloomfield	2018
45.92	Sanjay Ayre	2000
45.96	Damion Berry	2004
45.98	Sanjay Ayre	2003

## 800 METERS

1:47.53	Fred Sharpe	2003
1:47.64	Sherridan Kirk	2004
1:47.64	Sherridan Kirk	2005
1:48.16	Sherridan Kirk	2004
1:48.50	Aaron Richberg	1998
1:48.59	Moses Gathuka	2001
1:48.81	Fred Sharpe	2002
1:48.94	Fred Sharpe	2002
1:49.17	Aaron Richberg	2000
1:49.18	Sherridan Kirk	2004

## MILE RUN

4:00.89	Felix Kiboiywo	2009
4:01.42	Felix Kiboiywo	2009
4:01.42	Felix Kiboiywo	2009
4:02.20	Niklas Buhner	2014
4:02.60	Niklas Buhner	2014
4:03.05	Felix Kiboiywo	2007
4:03.11	Felix Kiboiywo	2009
4:03.37	Wesley Curles	2018
4:03.38	Wesley Curles	2017
4:03.89	Ty McCormack	2014

## 3000 METERS

7:58.26	Jean-Pierre Weerts	2009
7:59.97	Elkanah Kibet	2009
8:00.97	Elkanah Kibet	2009
8:01.38	Ben Cheruiyot	2011
8:01.47	Jean-Pierre Weerts	2009
8:01.60	Ty McCormack	2014
8:02.10	Ty McCormack	2015
8:02.48	Niklas Buhner	2013
8:03.83	Elkanah Kibet	2009
8:04.04	Girma Mecheso	2009

## 5000 METERS

13:49.44	Elkanah Kibet	2009
13:53.05	Elkanah Kibet	2009
13:54.84	Ben Cheruiyot	2011
13:54.86	Ben Cheruiyot	2010
13:55.25	Elkanah Kibet	2009
13:55.31	Ty McCormack	2015
13:56.24	Ty McCormack	2014
13:56.60	Ben Cheruiyot	2010
13:56.75	Ty McCormack	2015
13:57.87	Ben Cheruiyot	2011

## 55M HURDLES

7.15	Ty Akins	2008
7.17	Shamar Sands	2007
7.21	Shamar Sands	2004
7.25	Ty Akins	2006
7.27	Shamar Sands	2007
7.28	Ty Akins	2008
7.31	Shamar Sands	2003
7.32	Tavaris Washington	2006
7.33	Ty Akins	2007
7.42	Ty Akins	2006

## 60M HURDLES

7.59	Shamar Sands	2003
7.66	Ty Akins	2008
7.68	Ty Akins	2007
7.71	Ty Akins	2008
7.72	Wellington Zaza	2017
7.73	Shamar Sands	2004
7.74	Shamar Sands	2007
7.75	Shamar Sands	2007
7.76	Wellington Zaza	2017
7.77	Shamar Sands	2007

## 4x400m RELAY

3:05.30	Ceneus, Burks	
	Allen, Bloomfield	2018
3:06.09	Ceneus, Burks	
	Allen, Bloomfield	2018
3:06.51	McCoy, Barry,	
	Akins, Kirk	2005
3:07.03	McCoy, Akins,	
	Barry, Kirk	2005
3:07.07	Turner, Green,	
	Johnson, Moncur	2001
3:07.86	Turner, Sharpe,	
	Green, Griffiths	2002
3:08.07	Turner, Ayre,	
	Griffiths, Sharpe	2002
3:08.11	Sharpe, Griffiths,	
	Smith, Ayre	2003
3:09.22	Ayre, Griffiths,	
	Sharpe, Gifford	2003
3:09.31	Edwards, Moncur,	
	Green, Nartey	1999
3:09.34	Ceneus, Henderson,	
	Bloomfield, Smith	2017

## DISTANCE MEDLEY RELAY

9:33.32	Weerts, DeHaven,	
	Kiboiywo, Kibet	2009
9:39.11	Weerts, Rowland,	
	Novack, Kiboiywo	2009
9:49.34	Novack, Spivey,	
	Kiboiywo, Weerts	2009
9:50.18	Pectol, Ross	
	Curles, Shaw	2016
9:50.64	Gathuka, Green,	
	Richberg, Hansen	2000
9:56.34	Grimster, Ferguson,	
	Cooper, Sanders	2012
9:57.79	Sanders, Adams,	
	Hardin, Hernandez	2013
9:58.19	Gathuka, Ayre,	
	Kidd, Hansen	2001
10:00.90	Novack, Johnson,	
	Nyang, Kiboiywo	2008
10:01.21	Hernandez, Ross,	
	Curles, McCormack	2015

# Men's Top Indoor Performances (since 1998)

## HIGH JUMP

2.23m/7-7.75	Donald Thomas	2007
2.30m/7-6.5	Donald Thomas	2007
2.30m/7-6.5	Donald Thomas	2007
2.24m/7-4.25	Donald Thomas	2007
2.22m/7-3.25	DJ Smith	2015
2.22m/7-3.25	Ryan Fleck	2010
2.22m/7-3.25	Ryan Fleck	2010
2.21m/7-3	Ryan Fleck	2010
2.21m/7-3	DJ Smith	2015
2.21m/7-3	DJ Smith	2015

## POLE VAULT

5.40m/17-8.5	Mark Johnson	2007
5.38m/17-7.75	Mark Johnson	2007
5.32m/17-5.5	Mark Johnson	2007
<b>5.20m/17-0.75</b>	<b>James Courson</b>	<b>1/31/2020</b>
5.20m/17-0.75	Mark Johnson	2007
5.20m/17-0.75	Mark Johnson	2007
5.16m/16-11	Mark Johnson	2007
5.15m/16-10.75	Jason Lueck	2002
5.13m/16-10	Jason Lueck	2002
<b>5.10m/16-8.75</b>	<b>James Courson</b>	<b>1/25/20</b>
<b>5.10m/16-8.75</b>	<b>James Courson</b>	<b>1/17/20</b>

## LONG JUMP

8.10m/26-7	Leevan Sands	2004
7.93m/26-0.25	Leevan Sands	2004
7.83m/25-8	Leevan Sands	2003
7.75m/25-5.25	Kevin Bartlett	2004
7.74m/25-4.75	Osbourne Moxey	2000
25-4.7	Osbourne Moxey	2000
7.55m/24-9.25	Mark Rubalcaba	2016
7.47m/24-6.25	Mark Rubalcaba	2017
7.47m/24-6.25	Osbourne Moxey	2001
7.46m/24-5.75	Theron Nixon	1998

## TRIPLE JUMP

17.02m/55-10.25	Leevan Sands	2004
16.88m/55-4.75	Leevan Sands	2004
16.71m/54-10	Leevan Sands	2003
16.42m/53-10.5	Shawn Johnson	2016
16.39m/53-9.25	Andre Scott	1998
16.17m/53-0.75	Shawn Johnson	2016
15.79m/51-9.75	Shawn Johnson	2016
15.71m/51-6.5	Shawn Johnson	2015
15.55m/51-0.25	Shawn Johnson	2015
15.52m/50-11	Shawn Johnson	2015

## SHOT PUT

20.08m/65-10.5	Stephen Saenz	2012
19.70m/64-7.75	Stephen Saenz	2013
19.69m/64-7.25	Edis Elkasevic	2005
19.64m/64-5.25	Eric Werskey	2011
19.63m/64-5.0	Stephen Saenz	2012
19.51m/64-0.25	Stephen Saenz	2011
19.48m/63-11	Eric Werskey	2011
19.48m/63-11	Eric Werskey	2011
19.41m/63-8.25	Eric Werskey	2011
19.37m/63-6.75	Stephen Saenz	2012

## 35lb WEIGHT THROW

23.29m/76-5	Cory Martin	2007
23.27m/76-4.25	Cory Martin	2007
23.12m/75-10.25	Cory Martin	2007
23.11m/75-10	Cory Martin	2007
22.91m/75-2	Cory Martin	2007
22.89m/75-1.25	Cory Martin	2006
22.73m/74-7	Cory Martin	2007
22.56m/74-0.25	Cory Martin	2007
22.36m/73-4.5	Jacob Dunkleberger	2006
22.24m/72-11.75	Jacob Dunkleberger	2008

## PENTATHLON

4078	Maurice Smith	2003
3744	Jared Hodge	2003
3245	Matt Poag	2002

## HEPTATHLON

6035	Maurice Smith	2005
6004	Maurice Smith	2005
5928	Maurice Smith	2004
5767	Maurice Smith	2004
5547	Chris Stone	2018
5407	Chris Stone	2017
5378	Parker Shearer	2015
5318	Chris Stone	2019
5309	Parker Shearer	2014
5177	Parker Shearer	2015
5107	Parker Shearer	2013

# Women's Top Indoor Performances (since 1998)

## 55 METERS

6.71	Kerron Stewart	2006
6.73	Elva Goulbourne	2003
6.74	Fana Ashby	2005
6.82	Vonette Dixon	2000
6.84	Kerron Stewart	2006
6.85	Kerron Stewart	2006
6.85	Kerron Stewart	2006
6.85	Tracy Ann Rowe	2008
6.86	Fana Ashby	2004
6.87	Jennifer Wilson	1998

## 60 METERS

7.12	Natalliah Whyte	2018
7.14	Kerron Stewart	2007
7.15	Jonielle Smith	2018
7.15	Kerron Stewart	2007
7.18	Jonielle Smith	2018
7.18	Jonielle Smith	2018
7.18	Fana Ashby	2005
7.19	Jonielle Smith	2018
7.19	Natalliah Whyte	2018
7.19	Natalliah Whyte	2018
7.20	Fana Ashby	2005
7.20	Kai Selvon	2012
7.20	Kerron Stewart	2007
7.20	Jonielle Smith	2018

## 200 METERS

22.46	Kerron Stewart	2007
22.59	Kerron Stewart	2007
22.76	Kerron Stewart	2007
22.78	Kerron Stewart	2007
22.91	Fana Ashby	2005
22.97	Kerron Stewart	2006
22.98	Kerron Stewart	2006
23.00	Kerron Stewart	2007
23.00	Kerron Stewart	2007
23.02	Kerron Stewart	2006

## 400 METERS

52.24	Joanna Atkins	2011
52.52	Joanna Atkins	2011
52.43	Joanna Atkins	2010
52.47	Joanna Atkins	2010
52.56	Markita James	2006
52.61	Joanna Atkins	2009
52.64	Markita James	2006
52.67	Joanna Atkins	2009
52.76	Markita James	2006
52.77	Markita James	2006

## 800 METERS

2:06.50	Sarah Reese	2003
2:06.69	Caitlin Reese	2004
2:06.97	Caitlin Reese	2004
2:07.27	Caitlin Reese	2004
2:07.36	Caitlin Reese	2003
2:07.68	Kareen Gayle	2005
2:08.15	Lisa Miller	2003
2:08.49	Sarah Reese	2004
2:09.40	Samantha Berggren	2012
2:09.48	Presley Weems	2019

## MILE RUN

<b>4:38.66</b>	<b>Joyce Kimeli</b>	<b>2/1/2020</b>
4:43.45	Emily Stevens	2017
4:44.79	Spring Dawson	2003
4:46.16	Spring Dawson	2004
4:46.83	Emily Stevens	2015
4:47.23	Veronica Eder	2017
4:47.24	Presley Weems	2019
4:47.24	Emily Stevens	2015
4:47.56	Presley Weems	2019
4:49.36	Emily Stevens	2017
4:49.57	Spring Dawson	2002

## 3000 METERS

9:19.91	Veronica Eder	2017
9:20.56	Holly Knight	2011
9:24.31	Veronica Eder	2017
9:25.59	Joyce Kimeli	2019
9:25.52	Alissa Fisher	2012
9:28.98	Holly Knight	2011
9:30.14	Joyce Kimeli	2019
9:33.93	Holly Knight	2010
9:35.04	Angela Homan	2006
9:34.01	Alissa Fisher	2012

## 5000 METERS

<b>15:37.82</b>	<b>Joyce Kimeli</b>	<b>12/17/19</b>
16:04.86	Holly Knight	2011
16:15.58	Angela Homan	2006
16:18.67	Angela Homan	2006
16:22.14	Holly Knight	2011
16:25.68	Veronica Eder	2017
16:27.50	Angela Homan	2006
16:28.67	Joyce Kimeli	2019
16:33.69	Holly Knight	2011
16:38.46	Alissa Fisher	2012

## 55m HURDLES

7.37	Lacena Golding	1998
7.64	Josanne Lucas	2006
7.65	Vonette Dixon	1999
7.67	Josanne Lucas	2006
7.73	Josanne Lucas	2006
7.92	Danielle Gilchrist	2007
7.93	Danielle Gilchrist	2007
7.93	Danielle Gilchrist	2008
7.94	Julie Artuso	2001
7.95	Josanna Lucas	2005

## 60m HURDLES

7.94	Vonette Dixon	2000
8.12	Samantha Scarlett	2016
8.13	Lacena Golding	1998
8.14	Samantha Scarlett	2016
8.20	Josanne Lucas	2006
8.20	Samantha Scarlett	2015
8.20	Samantha Scarlett	2015
8.20	Samantha Scarlett	2015
8.20	Samantha Scarlett	2014
8.21	Samantha Scarlett	2014

## 4x400m RELAY

3:29.50	Lucas, Stewart, Thomas, James	2006
3:31.66	Lucas, James, Stewart, Thomas	2006
3:33.87	Lucas, James, Baptiste, Gayle	2005
3:33.58	Lucas, James, Stewart, Thomas	2006
3:34.51	Lucas, James, Stewart, Thomas	2006
3:34.89	Lucas, Thomas, Baptiste, Gayle	2005
3:35.50	C. Williams, Armbrister, Gilchrist, Atkins	2009
3:35.67	C. Williams, Atkins, Armbrister, Selvon	2011
3:36.06	Armbrister, C. Williams, Gilchrist, Atkins	2010
3:36.19	Lucas, James, Gayle, Thomas	2005

## DISTANCE MEDLEY RELAY

11:19.45	Gayle, Dawson, C.Reese, S.Reese	2004
11:20.83	S.Reese, Miller, C. Reese, Dawon	2003
11:29.61	S.Reese, Lucas, C.Reese, Dawson	2003
11:30.50	Dawson, Clarke, Hamblet, Wanyoike	2002
11:38.55	Blackwell, Brown, Stevens, Givens	2014
11:40.66	Reese, Ashby, Reese, Dawson	2004
11:40.72	Kolakowski, Robinson, Berggren, Fisher	2012
11:45.47	Weems, Ambrose, Patrick, Kigen	2018
11:41.00	Dawson, Clarke, Reese, Reese	2002
11:49.42	Blackwell, Brown, Stevens, Givens	2015
11:56.11	Karl, Thomas, Miller, Swanson	2005

# Women's Top Indoor Performances (since 1998)

## HIGH JUMP

1.89m/6-2.25 . . . . .Raevan Harris . . . . . 2009  
1.87m/6-1.5 . . . . .Raevan Harris . . . . . 2009  
1.87m/6-1.5 . . . . .Maya Pressley . . . . . 2013  
1.85m/6-0.75 . . . . .Nakeitra Jones . . . . . 1998  
1.85m/6-0.75 . . . . .Raevan Harris . . . . . 2009  
1.84m/6-0.5 . . . . .Maya Pressley . . . . . 2013  
1.84m/6-0.5 . . . . .Raevan Harris . . . . . 2007  
1.83m/6-0 . . . . .Maya Pressley . . . . . 2013  
1.82m/5-11.5 . . . . .Monica Carney . . . . . 2012  
1.82m/5-11.5 . . . . .Maya Pressley . . . . . 2011

## POLE VAULT

4.32m/14-2 . . . . .Jessie Johnson . . . . . 2016  
4.30m/14-1.25 . . . . .Jessie Johnson . . . . . 2015  
4.28m/14-0.5 . . . . .Jessie Johnson . . . . . 2015  
4.20m/13-9.25 . . . . .Jessie Johnson . . . . . 2016  
4.07m/13-4.25 . . . . .Jessie Johnson . . . . . 2015  
4.03m/13-2.50 . . . . .Jessie Johnson . . . . . 2016  
4.02m/13-2.25 . . . . .Jessie Johnson . . . . . 2016  
4.00m/13-1.5 . . . . .Jessie Johnson . . . . . 2015  
4.00m/13-1.5 . . . . .Jessie Johnson . . . . . 2014  
4.00m/13-1.5 . . . . .Jessie Johnson . . . . . 2014

## LONG JUMP

6.91m/22-8 . . . . .Elva Goulbourne . . . . . 2001  
6.91m/22-8 . . . . .Elva Goulbourne . . . . . 2002  
6.81m/22-4.25 . . . . .Elva Goulbourne . . . . . 2003  
6.68m/21-11 . . . . .Elva Goulbourne . . . . . 2002  
6.61m/21-8.25 . . . . .Lacena Golding . . . . . 1998  
6.44m/21-1.50 . . . . .Elva Goulbourne . . . . . 2002  
6.37m/20-10.75 . . . . .Jovane Jarrett . . . . . 2006  
6.32m/20-9 . . . . .Dominique Bullock . . . . . 2016  
6.31m/20-8.5 . . . . .Jovane Jarrett . . . . . 2007  
6.21m/20-4.50 . . . . .Dominique Bullock . . . . . 2018

## TRIPLE JUMP

13.84m/45-5 . . . . .Shelly-Ann Gallimore 2002  
13.78m/45-2.5 . . . . .Elva Goulbourne . . . . . 2003  
13.64m/44-9 . . . . .Shelly-Ann Gallimore 2002  
13.51m/44-4 . . . . .Shelly-Ann Gallimore 2004  
13.46m/44-2 . . . . .Marshay Ryan . . . . . 2017  
13.43m/44-0.75 . . . . .Marshay Ryan . . . . . 2017  
13.42m/44-0.5 . . . . .Marshay Ryan . . . . . 2014  
13.39m/43-11.25 . . . . .Shelly-Ann Gallimore 2000  
43-9 . . . . .Michelle Vaughn . . . . . 2006  
13.32m/43-8.5 . . . . .Michelle Vaughn . . . . . 2007

## SHOT PUT

17.89m/58-8.5 . . . . .Valentina Muzaric . . . . . 2014  
17.10m/56-1.25 . . . . .Valentina Muzaric . . . . . 2014  
17.00m/55-9.25 . . . . .Valentina Muzaric . . . . . 2014  
16.95m/55-7.50 . . . . .Valentina Muzaric . . . . . 2014  
16.72m/54-10.25 . . . . .Valentina Muzaric . . . . . 2013  
16.64m/54-7.25 . . . . .Valentina Muzaric . . . . . 2016  
16.63m/54-6.75 . . . . .Valentina Muzaric . . . . . 2014  
16.55m/54-03.75 . . . . .Valentina Muzaric . . . . . 2013  
16.50m/54-1.75 . . . . .Valentina Muzaric . . . . . 2014  
16.39m/53-9.25 . . . . .Rachel Dincoff . . . . . 2016

## 20lb WEIGHT THROW

22.11m/72-6.5 . . . . .Madi Malone . . . . . 2019  
21.92m/71-11 . . . . .Madi Malone . . . . . 2020  
21.89m/71-10 . . . . .Madi Malone . . . . . 2020  
21.69m/71-2 . . . . .Madi Malone . . . . . 2020  
21.69m/71-2 . . . . .Madi Malone . . . . . 2019  
21.56m/70-9 . . . . .Jasmine Manigault . . . . . 2017  
21.50m/70-6.5 . . . . .Madi Malone . . . . . 2020  
21.49m/70-6.25 . . . . .Madi Malone . . . . . 2019  
21.46/70-5 . . . . .Madi Malone . . . . . 2020  
21.36m/70-1 . . . . .Madi Malone . . . . . 2020  
21.36m/70-1 . . . . .Madi Malone . . . . . 2019

## PENTATHLON

4153 . . . . .Michelle Atherley . . . . . 2016  
4148 . . . . .Michelle Atherley . . . . . 2016  
3865 . . . . .Natosha Jordan . . . . . 1/31/20  
3833 . . . . .Michelle Atherley . . . . . 2016  
3810 . . . . .Natosha Jordan . . . . . 2019  
3755 . . . . .Amelia Anderson . . . . . 2010  
3599 . . . . .Amelia Anderson . . . . . 2010  
3558 . . . . .Natosha Jordan . . . . . 2019  
3464 . . . . .Keira McCarrell . . . . . 1/31/20  
3404 . . . . .Chelsey Thomas . . . . . 2009