



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

MEN'S INDOOR

55-METER DASH

1. Terrence Trammell	1999	6.12
2. Corey Bridges	1998	6.15
3. Adrian Durant	2004	6.23
4. Damiere Byrd	2012	6.24
Johnathan Hancock	2009	
6. Clint Crenshaw	1999	6.26
7. Andre Totton	2002	6.27
8. Shamus Singletary	2001	6.28
9. David Winters	2016	6.29
Marcus Robinson.	1996	

60-METER DASH

1. Terrence Trammell	2000	6.54
2. Corey Bridges	1997	6.61
3. Johnathan Hancock	2009	6.63
4. Kendall Kee	2014	6.65
5. David Winters	2016	6.66
Damiere Byrd	2013	
7. Ncincillii Titi	2018	6.69
8. Duan Barrino	2002	6.71
Pap Howard	2001	
10. Corey Taylor	2003	6.72
Marcus Robinson	1996	

200-METER DASH

1. Rodney Martin	2005	20.38
2. Ncincillii Titi	2018	20.45
3. David Winters	2016	20.61
4. Evan Miller	2022	20.71
5. Antonio Sales	2008	20.83
6. Pap Howard	2001	20.84
7. Anthony Greenhow, Jr.	2022	20.89
8. Andre Totton	2001	20.90
9. Leroy Dixon	2006	21.01
10. Marcus Robinson	1996	21.14

400-METER DASH

1. Quincy Hall	2019	45.25
2. Arinze Chance	2019	46.15
3. Jonathan Fortenberry	2003	46.19
4. Otis Harris	2002	46.28
5. Jimmie Hackley	1999	46.49
6. Obakeng Ngwigwa	2010	46.54
7. Keith Hinnant	2006	46.76
8. William Spencer Jr.	2021	46.78
9. Clayton Gravesande	2013	46.81
10. Bailey Rogers	2021	47.04

800-METER RUN

1. Otukile Lekote	2001	1:46.13
2. Marvin Watts	1997	1:47.73
3. Adrian Bonner	1995	1:48.13
4. Otis Jones	2018	1:48.96
5. William Emase	2005	1:50.06
6. Blake Newcomb	2021	1:50.14
7. Hayden Cobbe	2022	1:50.23
8. Jim Schaper	1974	1:50.58
9. Kevin Keating	2015	1:50.59
10. Rayon Butler	2020	1:50.64

1,000-METER RUN

1. Bob Kaczka	1969	2:25.00
2. Jim Schaper	1974	2:26.85
3. Drew Ricci	2014	2:27.65
4. Kevin Keating	2015	2:28.27
5. Tim Colas	1982	2:28.90
6. LaMonte Pennington	1998	2:29.30
7. Alex Sullivan	2015	2:29.39
8. Adrian Bonner	1993	2:29.60
9. Bob Crombie	1965	2:29.80
10. Hayden Cobbe	2022	2:29.84

MILE RUN

1. Anass Essayi	2022	3:57.37
2. Robert Razick	2013	4:06.47
3. Tim Colas	1982	4:08.03
4. Tom Cronin	1993	4:08.09
5. Rogério Amaral	2022	4:08.68
6. Jim Schaper	1974	4:10.84
7. David Olds	2022	4:12.13
8. William Emase	2004	4:12.38
9. Sean Petersen	2021	4:12.49
10. Bill Latham	1959	4:12.64

3,000-METER RUN

1. Robert Razick	2013	8:16.00
2. Bob Day	1975	8:18.14
3. Andy Foster	1989	8:22.46
4. Rogério Amaral	2022	8:22.76
5. Mike Hedgecock	1990	8:23.75
6. Tom Cronin	1992	8:25.71
7. Paul Laymon	1993	8:27.14
8. Steve Mance	2005	8:28.97
9. Keith Gorski	1992	8:30.00

5,000-METER RUN

1. Keith Gorski	1992	14:25.58
2. Bob Day	1976	14:27.54
3. Steve Mance	2005	14:36.36
4. Drew Trusty	2016	14:43.24
5. Paul Laymon	1992	14:50.15
6. Mark Cruz	1994	14:53.64
7. Eric Roschick	1995	15:04.13
8. Daniel Smoak	2010	15:12.28
9. Jered Haag	1994	15:18.10
10. Carson Strom	2018	15:23.55

55-METER HURDLES

1. Terrence Trammell	1999	6.94
2. Jason Richardson	2008	7.18
Stanislavs Olijars	1999	
4. Thomas Hilliard, IV	2007	7.23
5. Corey Taylor	2003	7.24
6. Terry Winston	1994	7.27
7. Fred Townsend	2004	7.30
Kenneth Ferguson	2003	
Frank Mensah	1995	
10. Johnny Dutch	2010	7.31

60-METER HURDLES

1. Terrence Trammell	1999	7.52
2. Jason Richardson	2008	7.53
3. Booker Nunley	2010	7.58
4. Stanislavs Olijars	1999	7.65
5. Kenneth Ferguson	2003	7.67
Corey Taylor	2003	
7. Dondre Echols	2016	7.69
8. Johnny Dutch	2009	7.71
9. Stephon Torrence	2020	7.73
10. Filip Demsar	2021	7.74
Thomas Hilliard	2007	

HIGH JUMP

1. Tye Williams	2018	2.20m	7-2.50
2. David Wilkins	2011	2.19m	7-2.25
3. Paul Wichern	1989	2.18m	7-2
4. Fred Townsend	2004	2.16m	7-1
5. Jackson Marseille	2021	2.14m	7-0.25
Steve Wilson	1976		
7. Steve Owens	1992	2.11m	6-11
Art Henson	1992		

POLE VAULT

1. Marvin Reitze	2012	5.50m	18-0.50
Chris Steddum	2004		
3. Elliott Haynie	2010	5.38m	17-7.75
4. Patrick Tvarunas	2000	5.36m	17-7
5. Matt Shuler	2011	5.35m	17-6.50
6. Armand Woodley	2019	5.34m	17-6.25
7. Carson Lenser	2022	5.26m	17-3
8. Simon Gyllensten	2016	5.20m	17-0.75
Dan McKenzie	2007		
10. Dale Gerek	1989	5.18m	17-0

LONG JUMP

1. Tony Allmond	2004	8.08m	26-6.25
2. Phillip Williams	1990	8.00m	26-3
3. Jarrod Hutchen	2012	7.97m	26-1.75
4. Yann Randrianasolo	2019	7.94m	26-0.75
5. Greig Cryer	2006	7.92m	26-0
6. Christian Lewis	2022	7.71m	25-3.50
7. Michael Wamer	2016	7.42m	24-4.25
8. Isaiah Moore	2015	7.38m	24-2.50
9. Fred Townsend	2004	7.32m	24-0
10. Titus Briggs	1976	7.25m	23-9.25

TRIPLE JUMP

1. Greig Cryer	2006	15.98m	52-5.25
2. Michael Wamer	2017	15.88m	52-1
3. Lincoln Carr	2011	15.67m	51-5
4. Marcus Sutton	1993	15.66m	51-4.50
5. Dorian Johnson	2012	15.21m	49-11
6. Derek Pressley	2008	15.19m	49-10
Ron Adams	1976		
8. Tony Allmond	2003	15.12m	49-7.25
9. Roderic Dubose	1992	14.77m	48-5.50
10. Desmond Gaillard	2022	14.42m	47-3.75

SHOT PUT

1. Josh Awotunde	2018	21.33m	69-11.75
2. Brad Snyder	1998	20.32m	66-8
3. Eric Favors	2020	19.68m	64-5
4. Kevin Mannon	1997	19.39m	63-7.50
5. Jason Cook	2009	18.87m	61-11
6. Jeff Shalayda	1997	18.50m	60-8.50
7. Dylan Targgart	2022	18.39m	60-4

35-POUND WEIGHT

1. Ryan Harrison	1999	22.40m	73-6
2. Ron Willis	1994	21.98m	72-11/4
3. Bert Sorin	1999	21.97m	72-1
4. Brett Murray	1994	21.30m	69-10 3/4
5. Michael Zajac	2011	21.27m	69-9 1/2
6. Kevin Mannon	1997	21.20m	69-6 3/4
7. Malik Paul	2020	20.82m	68-3
8. Brook Antonio	2006	20.79m	68-2 1/2

4X400-METER RELAY

1. Chance, O. Jones, Hall, Robbins	2019	3:05.68
2. Fortenberry, Lekote, Harris, Pressley	2002	3:05.90
3. Moore, Dutch, Ngwigwa, Anderson	2009	3:06.11
4. Howard, Lekote, Harris, Pressley	2001	3:06.43
5. Chance, Richardson, Leacock, Spencer	2020	3:06.53
6. Richardson, Chance, Spencer Jr., Hall	2020	3:06.63
7. Hinnant, Hilliard, Miley, Moore	2007	3:06.84
8. Hinnant, James, Luster, Richardson	2005	3:06.87

DISTANCE MEDLEY RELAY

1. Bonner, Swartz, Towle, Cronin	1995	9:43.26
2. Petersen, Junkins, Mensch, Amaral	2022	9:49.50
3. Newcomb, Leacock, Cobbe, Petersen	2021	9:54.99
4. Hoffmam, Hilliard, Cunningham, Emase	2005	9:56.46
5. Petersen, Sessom, Cobbe, Amaral	2022	9:57.97
6. DePiano, Walker, Gaither, Razick	2012	9:59.81
7. Swartz, Watts, Towle, Cronin	1995	10:00.59
8. Johnson, Coleman, Drosky, Murphy	1984	10:01.60
9. Leyh, James, Fortenberry, Baez	2007	10:02.98
10. Petersen, Sessom, Reers, Olds	2022	10:06.01



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ALL-TIME PROGRAM RECORDS

MEN'S INDOOR

HEPTATHLON (Since 2002)

1.	Fred Townsend	2004	5,581 points
2.	Markus Leemet	2015	5,459 points
3.	Scott Pierce	2009	5,325 points
4.	Greg Royster	2004	5,293 points
5.	Curt McGill	2009	5,292 points
6.	Alexandre Asselin	2016	5,273 points
7.	Elisha Brooks	2022	5,207 points
8.	Simon Gyllensten	2018	5,155 points
9.	Eddie Stoudemire	2009	5,016 points
10.	Jerry Thompson, III	2011	4,968 points



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

WOMEN'S INDOOR

55-METER DASH

1. Amberly Nesbitt	2006	6.72
2. Shalonda Solomon	2006	6.73
3. LaKya Brookins	2009	6.76
4. Miki Barber	2003	6.82
5. Shayla Mahan	2009	6.83
Aleen Bailey	2002	
Erica Whipple	2002	
8. Mechelle Lewis	2000	6.84
9. Tatianna Fisher	2010	6.89
Gabby Glenn	2010	

60-METER DASH

1. LaKya Brookins	2011	7.09
2. Amberly Nesbitt	2006	7.21
Shalonda Solomon	2006	
4. Shayla Mahan	2009	7.23
Aleen Bailey	2003	
6. Lisa Barber	2000	7.28
7. Jayla Jamison	2022	7.30
8. Gabrielle Glenn	2008	7.32
9. Khalilah Carpenter	2005	7.33
Mechelle Lewis	2000	

200-METER DASH

1. Shalonda Solomon	2006	22.57
2. Aleen Bailey	2003	23.03
3. Miki Barber	2000	23.06
4. Lisa Barber	2002	23.08
5. Erica Whipple	2002	23.13
6. Tierra Frasier	2022	23.29
Khalilah Carpenter	2005	
8. Demetria Washington	2001	23.33
9. Natasha Hastings	2007	23.39
10. Stephanie Smith	2004	23.41

400-METER DASH

1. Natasha Hastings	2007	50.80
2. Stephanie Davis	2022	51.29
3. Lashinda Demus	2004	51.59
4. Miki Barber	2000	51.92
5. Demetria Washington	2001	52.06
6. Brandi Cross	2008	52.12
7. Erika Rucker	2013	52.22
8. Aliyah Abrams	2019	52.27
9. Briana Haith	2016	52.34
10. Tiffany Ross	2005	52.43

800-METER RUN

1. Shay Shelton	2006	2:06.05
2. Charmaine Howell	1998	2:06.13
3. Tawana Watkins	2003	2:08.27
4. Kristina Brown	1999	2:08.77
5. Shannon Wyont	1990	2:09.30
6. Andrea Hallmon	2001	2:10.39
7. Anna Todd	2013	2:10.61
8. Boikhutso Ramomene	2004	2:10.71
9. Lisa Zimmer	2013	2:11.00
10. Tracey Capper	1996	2:11.25

1,000-METER RUN

1. Anna Todd	2015	2:50.51
2. Irene Vian	2016	2:51.52
3. Allie Mueller	2018	2:57.67
4. Scolastica Jpngetich	2011	2:57.81
5. Liz Figlar	1993	2:57.84
6. Tracey Capper	1993	2:58.90
7. Sierra Biber	2020	3:00.15
8. Dana Purser	1990	3:00.34
9. Marielle Bertrand	1993	3:00.40
10. Kristina Brown	2000	3:00.60

MILE RUN

1. Tracey Capper	1996	4:43.90
2. Dani Barnes	2009	4:47.19
3. Anna Todd	2015	4:49.46
4. Allie Mueller	2018	4:52.45
5. Anna Kathryn Stoddard	2020	4:53.38
6. Meredith Mill	2012	4:54.73
7. Jenny Lake	2003	4:55.10
8. Sue McGhie	1992	4:56.89
9. Alex Costantino	2022	4:56.93
10. Danielle Adams	1992	4:57.10

3,000-METER RUN

1. Beatrice Biwott	2011	9:39.97
2. Jenny Lake	2005	9:41.35
3. Anna Kathryn Stoddard	2020	9:44.36
4. Dani Barnes	2009	9:44.55
5. Heather Stone	2021	9:51.88
6. Anna Todd	2015	9:53.82
7. Allie Mueller	2019	9:54.13
8. Sue McGhie	1992	9:54.72
9. Chelsea France	2013	9:55.90
10. Tracy Capper	1994	9:56.09

5,000-METER RUN

1. Kayla Lampe	2013	16:19.02
2. Anna Kathryn Stoddard	2020	16:41.02
3. Sue McGhie	1992	16:54.61
4. Heather Stone	2020	17:10.39
5. Jenny Lake	2004	17:03.45
6. Mary Reiser	2014	17:07.81
7. Beatrice Biwott	2010	17:13.30
8. Mary Fouse	2013	17:14.85
9. Brooke Wilson	2021	17:17.44
10. Hannah Twine	2020	17:19.83

55-METER HURDLES

1. Kierre Beckles	2012	7.55
2. Ronnetta Alexander	2006	7.60
Jackie Madison	1998	
4. Tiffany Ross	2003	7.63
5. Lashinda Demus	2004	7.64
6. Ellakisha Williamson	2000	7.66
7. Chiquita Martin	2007	7.76
8. Taranisha Taylor	2016	7.79
9. Kettianya Clarke	2006	7.80
Janica Austin	2010	

60-METER HURDLES

1. Destinee Rocker	2022	8.07
2. Kierre Beckles	2012	8.11
Lashinda Demus	2004	
4. Ellakisha Williamson	2000	8.15
5. Jackie Madison	2001	8.16
6. Ronnetta Alexander	2006	8.17
7. Caitlyn Little	2020	8.21
8. Milan Parks	2019	8.23
9. Taranisha Taylor	2017	8.25
10. Tiffany Ross	2005	8.29

4X400-METER RELAY

1. Ross, M. Barber, Washington, Demus	2003	3:28.25
2. Dunmore, Davis, Johnson, Pyatt	2022	3:29.36
3. Smith, Stoddard, Watkins, Demus	2004	3:29.53
4. Davis, Abrams, Mills, Jonathas	2019	3:29.56
5. Smith, Cantey, Cross, Hastings	2007	3:29.57
6. Ross, Stoddard, Smith, Solomon	2005	3:30.01
7. Ross, Stoddard, Smith, Hastings	2005	3:30.07
8. Bass, M. Barber, Griffin, Washington	2001	3:30.08
9. Stoddard, Washington, Bass, Demus	2002	3:30.36
10. Cantey, Cross, Giles, Hastings	2007	3:30.95

4X800-METER RELAY

1. Singletary, Capper, Figlar, Bertrand	1993	9:13.20
2. Evans, Todd, Sprague, Miller	2015	9:15.76
3. Watkins, Chain, Lake, Shelton	2005	9:23.58
4. Mueller, Vian, Evans, Heneage	2016	9:27.69
5. Bertrand, Fife, Purser, St. Peter	1990	9:28.34
6. Crouse, Evans, Beaubien, Stoddard	2017	9:28.95
7. Bertrand, St. Peter, Adams, McGhie	1991	9:29.22

DISTANCE MEDLEY RELAY

1. Ramomene, Stoddard, Watkins, Lake	2003	11:30.72
2. Mueller, Mills, Kavanaugh, Stoddard	2019	11:38.69
3. Nasir, Biber, Kavanaugh, Mueller	2019	11:40.39
4. Chain, Martin, Watkins, Lake	2005	11:42.73
5. Ramonene, Martin, Shelton, Rackow	2004	11:44.30
6. Mueller, Williams, Kavanaugh, Stoddard	2019	11:46.08
7. Locke, Allen, Henderson, Biwott	2011	11:46.13
8. Shelton, Giles, Watkins, Lake	2005	11:46.23
9. Mueller, Reckling, Kavanaugh, Stoddard	2019	11:48.77
10. Zimmer, Harris, Higgins, Todd	2013	11:49.79

HIGH JUMP

1. Jeannelle Scheper	2013	1.91m	6-3.25
2. Rachel Glenn	2022	1.88m	6-2
3. Jordan Fields	2018	1.85m	6-0.75
Lissa Labiche	2018		
5. Nakita Gray	2016	1.82m	5-11.50
6. Hanifah Abdulqadir	2018	1.80m	5-10.75
7. Sarah Graham	2014	1.79m	5-10.50
Chelsea Hammond	2004		
9. Kayla Blake	2008	1.73m	5-8
Erin Narzinski	1999		

POLE VAULT

1. Hailey Sweetman	2020	4.35m	14-3.25
2. Vica Shobe	2010	4.26m	13-11.75
3. Petra Olsen	2013	4.24m	13-11
4. Cheryl Terrio	2006	4.12m	13-6.25
5. Sallie Gurganus	2009	4.02m	13-2.25
6. Allie Nicosia	2010	4.00m	13-1.50
Liza Todd	2009		
8. Adele Blalock	2020	3.95m	12-11.50
Angie Rummans	2011		
10. Megan Wall	2014	3.85m	12-7.50
Kylene Nixon	1999		

LONG JUMP

1. Antoinette Wilks	2001	6.60m	21-8
2. Chelsea Hammond	2006	6.52m	21-4.75
3. Rougui Sow	2017	6.46m	21-2.50
4. Erin Narzinski	1998	6.35m	20-10
5. Kemesha Whitmire	2003	6.24m	20-5.75
6. Brittney James	2008	6.22m	20-5
7. Alexis Murphy	2015	6.15m	20-2.25
8. Tacita Bass	2002	6.12m	20-0.75
9. Makyla Stanley	2017	6.05m	19-10.25
10. Rodena Barr	2000	6.01m	19-8.75

TRIPLE JUMP

1. Natasha Dicks	2017	13.47m	44-2.50
2. LeAnna Morrison	2015	13.24m	43-5.25
3. Hanifah Abdulqadir	2020	13.21m	43-4.25
4. Rodena Barr	2000	13.09m	42-11.50
5. Kemesha Whitmire	2006	13.03m	42-9
6. Radiance Basden	2012	12.88m	42-3.25
7. Antoinette Wilks	2001	12.68m	41-7.25
8. Shaienne Sipsev	2022	12.58m	41-3.25
9. Rashida Abdul-Malik	2003	12.55m	41-2.25
10. Funlayo Oluwole	2017	12.11m	39-8.75



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

WOMEN'S INDOOR

SHOT PUT

1.	Crystal Brownlee	1998	17.07m	56-0
2.	Breanna Radford	2013	16.68m	54-8.75
3.	Nicole Kendrick	2003	16.35m	53-7.75
4.	Dawn Ellerbe	1997	16.31m	53-6
5.	<i>KD Young</i>	2022	16.08m	59-9.25
6.	Lisa Misipeka	1997	16.05m	52-8
7.	Alycia Springs	2021	16.01m	52-6.50
8.	India Odum	2004	15.94m	52-3.75
9.	Lynette Keppler	2001	15.92m	52-2.75
10.	Precious Akins	2007	15.48m	50-9.50

20-POUND WEIGHT

1.	Dawn Ellerbe	1997	21.72m	71-3.75
2.	Lisa Misipeka	1998	21.58m	70-9.75
3.	<i>Kayla Racine</i>	2022	20.08m	65-10.50
4.	Michelle Fournier	1999	19.65m	64-5.75
5.	Mamee Groves	2002	19.62m	64-4.25
6.	Precious Akins	2007	19.15m	62-10
7.	Crystal Brownlee	1997	19.04m	62-5.75
8.	<i>KD Young</i>	2022	19.01m	62-4.50
9.	Amanda Murphy	2020	18.82m	61-9
10.	Loren Thouvenot	1998	18.00m	59-0.75

PENTATHLON (Since 2002)

1.	Chelsea Hammond	2004	4,133 points
2.	Sarah Graham	2014	4,107 points
3.	Antoinette Wilks	2003	4,066 points
4.	Kettiany Clarke	2010	4,064 points
5.	Jordan Fields	2018	3,967 points
6.	Chalese Davis	2016	3,931 points
7.	Tacita Bass	2002	3,723 points
8.	Kara Lyles	2017	3,564 points
9.	Reanna Townsend	2007	3,434 points
10.	Chelsea Kaczmarek	2006	3,229 points



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

MEN'S OUTDOOR

100-METER DASH

1. Terrence Trammell	2000	10.04
2. Andre Totton	2001	10.12w
3. Corey Bridges	1996	10.13
4. Ncincilili Titi	2018	10.16w
5. Chris Royster	2013	10.17w
6. Leroy Dixon	2005	10.19
7. David Winters	2017	10.20
8. Marcus Robinson	1996	10.21
9. Darrell Singleton Jr.	2019	10.23
10. Rodney Martin	2005	10.25

200-METER DASH

1. Ncincilili Titi	2018	20.00
2. Rodney Martin	2005	20.34
3. Evan Miller	2022	20.35
4. Leroy Dixon	2006	20.44
5. Terrence Trammell	1999	20.45
6. Pap Howard	2001	20.47
7. David Winters	2017	20.53
8. Antonio Sales	2010	20.54
9. Obakeng Ngwigwa	2010	20.56
10. Anthony Greenhow, Jr.	2022	20.57

400-METER DASH

1. Quincy Hall	2019	44.53
2. Otis Harris	2003	44.57
3. Jimmie Hackley	2000	45.64
4. Jonathan Fortenberry	2002	45.67
5. Clayton Gravesande	2012	45.93
6. Arinze Chance	2019	46.05
7. Obakeng Ngwigwa	2010	46.09
8. Otukile Lekote	2001	46.12
9. Quentin Moore	2008	46.18
10. Jamil James	2007	46.28

800-METER RUN

1. Otukile Lekote	2001	1:44.47
2. Anass Essayi	2022	1:47.70
3. Marvin Watts	1998	1:47.74
4. Otis Jones	2018	1:47.83
5. Bob Kaczka	1970	1:48.01
6. Adrian Booner	1995	1:48.13
7. William Emase	2005	1:48.23
8. Jim Schaper	1972	1:48.71
9. John Brown	1974	1:49.94
10. Johnny Baez	2006	1:50.03

1,500-METER RUN

1. Anass Essayi	2022	3:39.03
2. Jim Schaper	1974	3:42.48
3. Tim Colas	1982	3:44.79
4. Alan Drosky	1984	3:45.79
5. Halston Taylor	1976	3:47.14
6. Bob Crumble	1965	3:48.24
7. Tom Howe	1987	3:48.90
8. William Emase	2003	3:49.07
9. Tom Cronin	1993	3:49.12
10. Alexander Galbraith	2022	3:49.55

3,000-METER RUN (SINCE 2000)

1. Sean Petersen	2021	8:37.90
2. Carson Strom	2018	8:40.65
3. Drew Trusty	2016	8:50.57
4. Mason Joiner	2021	8:57.61
5. Greg Lowing	2015	9:01.42
6. Benjamin Thoms	2019	9:01.83
7. Daniel Williams	2005	9:02.95
8. Sango Asante	2014	9:06.38
9. Alex Sullivan	2014	9:07.79
10. Daniel Smoak	2009	9:15.41

5,000-METER RUN

1. Tom Howe	1987	14:06.54
2. Ken Castello	1987	14:13.24
3. Bob Day	1975	14:16.14
4. Paul Laymon	1992	14:29.40
5. Jim Carey	1978	14:30.24
6. Tim Colas	1983	14:32.54
7. Mike Hedgecock	1990	14:33.20
8. Keith Gorski	1993	14:35.40
9. Rob Devlin	1986	14:41.74
10. Jim Karcanes	1991	14:41.90

10,000-METER RUN

1. Rob Devlin	1986	30:05.24
2. Leon Cook	1976	30:12.86
3. Keith Gorski	1992	30:23.88
4. Mark Cruz	1994	30:29.89
5. Paul Laymon	1989	30:52.20
6. Andy Bredfield	1990	31:09.05
7. Carson Strom	2019	31:11.28
8. Ted Fort	1990	31:17.70
9. Greg Wimer	1985	31:26.24
10. Mike Hedgecock	1991	31:27.50

110-METER HURDLES

1. Terrence Trammell	2000	13.19
2. Jason Richardson	2008	13.21
3. Isaiah Moore	2019	13.25w
4. Johnny Dutch	2010	13.30w
5. Booker Nunley	2009	13.32
6. Dondre Echols	2016	13.35w
7. Kenneth Ferguson	2003	13.53
8. Jermaine Collier	2016	13.61
9. Filip Demsar	2021	13.69
10. Thomas Hilliard	2007	13.70

400-METER HURDLES

1. Johnny Dutch	2010	47.63
2. Quincy Hall	2019	48.48
3. Kenneth Ferguson	2003	48.79
4. Tony Rambo	1982	48.90
5. Jussi Heikkila	2008	49.39
6. William Spencer, Jr.	2022	49.56
7. Thomas Hilliard	2007	49.63
8. Jussi Kanervo	2015	49.66*
9. Jason Richardson	2006	49.82
10. Anthony Bennon	1987	50.04

3,000-METER STEEPLECHASE

1. Andy Foster	1988	8:57.96
2. Tom Cronin	1995	9:00.58
3. Leon Cook	1977	9:01.44
4. Mike Hedgecock	1989	9:03.79
5. Brad Herbster	1991	9:08.57
6. Paul Laymon	1993	9:10.90
7. Max Minter	1981	9:13.04
8. Mike Costello	1985	9:14.11
9. Jered Haag	1994	9:16.97
10. Steve Mance	2005	9:24.07

4X100-METER RELAY

1. Crenshaw, Trammell, Hackley, Howard	2000	38.45
2. Crenshaw, Trammell, Mays, Price	1999	38.92
3. Kee, Royster, Winfrey, Sanders	2014	38.98
4. Barrino, Law, Totton, Taylor	2002	39.01
5. Carter, Sales, Moore, Ngwigwa	2010	39.07
6. Trammell, Bridges, Dempers, Price	1998	39.08
7. Hancock, Sales, Moore, Ngwigwa	2009	39.09
8. Lewis, Winters, Bermudez, Titi	2017	39.12
9. Totton, Howard, Crenshaw, Taylor	2001	39.19
10. Trammell, Price, Dempers, Williams	1998	39.27

4X200-METER RELAY

1. Ngwigwa, Sales, Moore, Anderson	2009	1:21.60
2. Chance, Singleton, Miller, Hall	2019	1:21.87
3. Bermudez, Collier, Titi, Winters	2016	1:21.93
4. USC A	1999	1:21.94
5. Singleton, Winters, Bermudez, Titi	2017	1:22.01
6. Winters, Lewis, Titi, Bermudez	2016	1:22.38
7. Singleton, Winters, Lewis, Titi	2017	1:22.48
8. Ngwigwa, Sales, Carter, Dutch	2010	1:22.69
9. Carter, Royster, Winfrey, Gravesande	2012	1:22.76
10. Walker, Echols, Lewis, Chiles	2015	1:22.80

4X400-METER RELAY

1. Law, Lekote, Harris, Fortenberry	2002	3:02.16
2. Chance, Robbins, Hall, Jones	2019	3:02.68
3. Ferguson Lekote, Fortenberry, Harris	2003	3:02.86
4. Dutch, Ngwigwa, Anderson, Moore	2009	3:02.88
5. Gravesande, Echols, Winfrey, Bermudez	2015	3:03.13
6. Ngwigwa, Dutch, Anderson, Moore	2010	3:03.58
7. Moore, Hilliard, James, Miley	2007	3:03.86
8. Ngwigwa, Richardson, Dutch, Anderson	2009	3:03.89
9. Law, Howard, Lekote, Harris	2001	3:04.36
10. Ngwigwa, Dutch, Moore, Richardson	2009	3:04.49

4X800-METER RELAY

1. Sheley, J. Brown, D. Brown, J. Schaper	1974	7:24.94
2. Towle, Watts, Cronin, Bonner	1995	7:26.41
3. Towle, Swaetz, Goodwin, Bonner	1994	7:28.50
4. Cronin, Kerns, Swartz, Bonner	1993	7:32.69
5. Howe, Peddie, Kaczka, Eidson	1968	7:34.74

4X1500-METER RELAY

1. Bahura, Haire, Foster, Howe	1987	15:56.35
2. Cronin, Robinson, Karcanes, Herbster	1991	15:57.99
3. Robinson, Hart, Hedgecock, Foster	1989	15:59.61
4. Karcanes, Herbster, Robinson, Hedgecock	1991	16:00.90
5. Hart, Laymon, Hedgecock, Foster	1989	16:01.03

SPRINT MEDLEY RELAY

1. Price, Trammell, Dempers, Watts	1998	3:13.00
2. USC A	2001	3:13.58
3. Barrino, Harris, Pressley, Lekote	2002	3:16.25
4. Durant, Martin, Richardson, Emase	2005	3:19.15
5. USC A	2003	3:19.82
6. Small, Eidson, Harris, Kaczka	1974	3:20.04
7. Robinson, Williams, Price, Watts	1997	3:20.18
8. Griddine, Coleman, Rhodes, Drosky	1984	3:20.89
9. Bennon, Taylor, Patterson, Taylor	1986	3:21.24
10. Singleton, Howard, Robbins, Jones	2018	3:21.84

DISTANCE MEDLEY RELAY

1. D. Brown, Reid, J. Brown, Schaper	1974	9:39.34
2. Cronin, Watts, Bonner, Towle	1995	9:46.01
3. Essavi, Mensch, Cobbe, Petersen	2022	9:49.11
4. Bonner, Kerns, Swartz, Cronin	1993	9:52.91
5. USC	1976	9:59.50
6. Towle, Goodwin, Swartz, Cronin	1994	10:04.20
7. Kerns, Love, Bonner, Cronin	1991	10:12.02

SHUTTLE HURDLE RELAY

1. Taylor, Townsend, Ryan, Ferguson	2003	53.94
2. Dutch, Nunley, Stoudemire, Richardson	2009	55.47
3. Echols, Collier, Kanervo, Moore	2015	55.53
4. Anderson, Johnson, Taylor, Trammell	2000	56.28
5. Mensah, Owens, Phillips, Winston	1993	56.31
6. Mensah, Winston, Phillips, Owens	1994	56.59
7. Echols, Collier, Moore, Asselin	2016	56.63
8. Walker, Hall, Briggs, Moore	2019	57.49

HIGH JUMP

1. Tye Williams	2017	2.25m	7-4.50
2. Paul Wiechern	1988	2.22m	7-3.25
3. Gus Kirkland	1981	2.20m	7-2.75
4. Jackson Marseille	2022	2.18m	7-1.75
Steve Wilson	1977		
6. Fred Townsend	2001	2.16m	7-1
Marve Johnson	1983		
8. David Wilkins	2011	2.15m	7-0.50
9. Lee Hughes	1999	2.14m	7-0.25
10. Art Henson	1992	2.11m	6-11



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

MEN'S OUTDOOR

POLE VAULT

1. Marvin Reitze	2012	5.51m	18-1
2. Elliott Haynie	2009	5.45m	17-10.50
3. Chris Steddum	2002	5.38m	17-7.75
4. Dale Gerke	1988	5.32m	17-5.50
5. Armand Woodley	2018	5.30m	17-4.50
Matt Shuler	2011		
7. Carson Lenser	2022	5.25m	17-2.75
8. Darren Davis	1988	5.23m	17-1.75
9. Dan McKenzie	2006	5.20m	17-0.75
10. Jarad Farabee	2002	5.16m	16-11

LONG JUMP

1. Tony Allmond	2004	8.35m	27-4.75w
2. Yann Randrianasolo	2019	8.12m	26-7.75
3. Jarrod Hutchen	2012	7.97m	26-1.75w
4. Greig Cryer	2006	7.86m	25-9.25
5. Rolando Adams	1979	7.80m	25-7
6. Phillipe Williams	1991	7.67m	25-2
7. Peter Edeh	1984	7.65m	25-1
Sam Scott	1982		
9. Anthony Wood	1982	7.56m	24-9.75
10. Ronn Adams	1976	7.53m	24-8.50

TRIPLE JUMP

1. Michael Wamer	2015	16.47m	54-0.50
2. Ron Adams	1975	15.90m	52-2
3. Derek Pressley	2007	15.81m	51-10.50
4. Lincoln Carr	2011	15.66m	51-4.50
5. Marcus Sutton	1993	15.65m	51-4.25
6. Greig Cryer	2006	15.64m	51-4
7. Yann Randrianasolo	2019	15.61m	51-2.75
8. Berle Stocks	1976	15.47m	50-9
9. James Wilson	1982	15.44m	50-8
10. Wade Brantley	1988	15.41m	50-6.50

SHOT PUT

1. Josh Awotunde	2018	20.77m	68-1.75
2. Brad Snyder	1999	20.51m	67-3.50
3. Eric Favors	2021	19.85m	65-1.50
4. Jason Cook	2009	19.39m	63-7.50
5. Kevin Mannon	1997	19.07m	62-6.75
6. Dylan Targgart	2022	19.02m	62-5
7. Ben Bonhurst	2017	18.77m	61-7
8. Ron Yarab	1981	18.66m	61-2.50
9. Ron Willis	1994	18.61m	61-0.75
10. Jeff Shalayda	1996	18.48m	60-7.75

DISCUS

1. Ryan Harrison	1999	60.01m	196-10
2. Brett Murray	1994	59.43m	194-11
3. Brad Snyder	1999	58.71m	192-7
4. Art Swarts	1966	58.61m	192-3
5. Josh Awotunde	2017	58.51m	191-11
6. Malik Paul	2021	58.35m	191-5
7. Chad Moreau	1995	57.62m	189-0
8. Kevin Mannon	1997	57.41m	188-4
9. Ron Willis	1994	57.09m	187-3
10. Brook Antonio	2006	55.89m	183-4

HAMMER

1. John Stoikos	1995	67.78m	222-4
2. Clarence Gallop	2017	67.35m	220-11
3. Bert Sorin	1999	67.01m	219-10
4. Kevin Mannon	1997	66.18m	217-1
5. Ron Willis	1994	65.52m	214-11
6. Michael Zajac	2010	64.43m	211-0
7. Brett Murray	1995	63.79m	209-3
8. Ryan Harrison	1999	63.57m	208-6
9. Mattias Ohlsson	1997	63.42m	208-1
10. Malik Paul	2021	62.42m	204-9

JAVELIN (OLD)

1. Lou DeChicchio	1975	73.90m	242-5
2. Tom Chapman	1974	69.05m	226-6
3. Ron Yarab	1981	68.29m	224-0
4. Dick Bartulski	1956	66.36m	217-8
5. John Madden	1981	65.85m	216-0
6. Mike Cauley	1971	64.79m	212-6
7. Don Brown	1965	63.95m	209-9
8. James Jenkins	1967	61.83m	202-10
9. Eric Eversole	1983	56.40m	185-0

JAVELIN (NEW)

1. Joshua Suttmeier	2012	72.71m	238-6
2. Jason LaBarbera	1997	72.35m	237-4
3. Kaleb Zuidema	2016	71.08m	233-2
4. Erik Heymann	2007	68.16m	223-7
5. Derek McMillian	1994	65.83m	215-11
6. Patrick Keegan	1988	64.83m	212-8
7. Joe Schroeder	2007	63.26m	207-6
8. Scott Alsup	2003	62.85m	206-2
9. Garry Martin	2003	60.82m	199-6
10. Phillipe Williams	1990	60.61m	198-10

DECATHLON

1. Markus Leemet	2017	7,720 points
2. Phillipe Williams	1990	7,598 points
3. Wade Brantley	1988	7,406 points
4. Fred Townsend	2003	7,345 points
5. Alexandre Asselin	2016	7,219 points
6. Scott Pierce	2010	7,056 points
7. Steve Owens	1995	7,051 points
8. Eddie Stoudemire	2010	6,858 points
9. C.J. Anderson	2000	6,817 points
10. Greg Rovster	2006	6,776 points



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

WOMEN'S OUTDOOR

100-METER DASH

1. LaKya Brookins	2011	11.02w
2. Shalonda Solomon	2006	11.07
3. Erica Whipple	2003	11.15
4. Aleen Bailey	2003	11.17
5. Amberly Nesbitt	2006	11.18
6. Shayla Mahan	2011	11.20
7. Jayla Jamison	2022	11.26
8. Lisa Barber	2002	11.35
9. Gabrielle Glenn	2011	11.41
10. Makyla Stanley	2019	11.43

200-METER DASH

1. Shalonda Solomon	2006	22.36
2. Aleen Bailey	2002	22.54
3. Natasha Hastings	2007	22.61
4. Miki Barber	2001	22.71
5. Erica Whipple	2003	22.82
6. Demetria Washington	2001	22.87
7. Stephanie Davis	2019	23.01
8. Lisa Barber	2002	23.01
9. Jayla Jamison	2022	23.02
10. Wadeline Jonathas	2019	23.20

400-METER DASH

1. Wadeline Jonathas	2019	49.60
2. Natasha Hastings	2007	49.84
3. Miki Barber	2001	50.63
4. Lisa Barber	2002	50.87
5. Stephanie Smith	2005	50.93
6. Aliyah Abrams	2019	51.13
7. Demetria Washington	2001	51.23
8. Lashinda Demus	2002	51.24
9. Stephanie Davis	2021	51.36
10. Makenzie Dunmore	2022	51.62

800-METER RUN

1. Charmaine Howell	1998	2:02.91
2. Shay Shelton	2005	2:06.30
3. Erika Rucker	2013	2:07.27
4. Andrea Hallmon	1999	2:07.29
5. Kristina Brown	1999	2:07.47
6. Tracey Capper	1996	2:07.90
7. Lashinda Demus	2004	2:09.16
8. Deanna Smith	1997	2:09.35
9. Shannon Wyont	1990	2:09.39
10. Tawana Watkins	2004	2:09.68

1,500-METER RUN

1. Anna Kathryn Stoddard	2021	4:25.74
2. Tracey Capper	1996	4:26.36
3. Anna Todd	2014	4:26.51
4. Shannon Wyont	1990	4:28.46
5. Charmaine Howell	1998	4:29.35
6. Allie Mueller	2019	4:29.74
7. Jenny Lake	2005	4:29.91
8. Ivana Skladana	1997	4:31.03
9. Tanya Povey	1998	4:31.45
10. Maryah Nasir	2019	4:32.46

3,000-METER RUN

1. Anna Kathryn Stoddard	2021	9:29.76
2. Tracey Capper	1994	9:43.62
3. Ivana Skaldana	1997	9:45.42
4. Liz Figlar	1996	9:46.95
5. Dani Barnes	2009	9:49.64
6. Heather Stone	2019	9:49.83
7. Tanya Povey	1998	9:53.10
8. Sue McGhie	1993	9:54.10
9. Jenny Lake	2002	9:55.49
10. Christine Kent	2016	9:55.92

5,000-METER RUN

1. Anna Kathryn Stoddard	2021	16:12.77
2. Sue McGhie	1994	16:42.83
3. Heather Stone	2021	16:45.41
4. Mary Reiser	2016	16:47.24
5. Jenny Lake	2004	16:49.43
6. Kayla Lampe	2014	16:55.06
7. Tanya Povey	1998	16:58.87
8. Christine Kent	2016	16:59.40
9. Alexis Fife	1991	17:11.50
10. Hope Dominique	2022	17:13.19

10,000-METER RUN

1. Kayla Lampe	2013	33:43.95
2. Heather Stone	2019	34:20.22
3. Tanya Povey	1998	34:31.41
4. Anna Kathryn Stoddard	2021	34:32.65
5. Mary Reiser	2014	35:41.08
6. Lisa Monti	1995	36:07.90
7. Sue McGhie	1994	36:11.80
8. Christine Kent	2016	36:38.20
9. Kira Jenkins	2022	36:44.26
10. Penny Boswell	2012	36:53.83

100-METER HURDLES

1. Ellakisha Williamson	2000	12.81
2. Jackie Madison	2000	12.92
3. Destinee Rocker	2022	12.95
4. Tiffany Ross	2005	12.99
Lashinda Demus	2004	
6. Kierre Beckles	2011	13.01
7. Ronnetta Alexander	2006	13.08
8. Caitlyn Little	2018	13.10
9. Kettiany Clarke	2010	13.20
10. Milan Parks	2018	13.24

400-METER HURDLES

1. Lashinda Demus	2004	53.43
2. Shevon Stoddard	2005	54.47
3. Tiffany Ross	2005	54.56
4. Tyler Brockington	2017	55.97
5. Krystal Cantey	2007	56.21
6. Rachel Glenn	2022	56.43
7. Tacita Bass	2001	57.31
8. Ellakisha Williamson	1999	57.32
9. Tawana Watkins	2005	57.33
10. Ashton Lindley	2021	57.35

3,000-METER STEEPLECHASE

1. Beatrice Biwott	2012	10:13.81
2. Chelsea France	2013	10:42.93
3. Kelsey Larkin	2019	11:14.38
4. Sarah Falta	2014	11:17.78
5. Allie Whitley	2015	11:35.13
6. Lisa McKinney	2008	11:46.99
7. Meredith Mill	2012	11:50.79
8. Kinsey Eschenburg	2002	12:03.35
9. Jessica Smith	2006	12:04.71
10. Sarah Taylor	2015	12:19.59

4X100-METER RELAY

1. Ross, Whipple, Joyce, Bailey	2003	42.83
2. Ross, Whipple, Joyce, Solomon	2005	43.00
3. Hastings, Nesbitt, Giles, Solomon	2006	43.09
4. Whipple, Washington, L. Barber, Bailey	2002	43.12
5. Jamison, Dunmore, Frank, Frasier	2022	43.21
6. USC-A	2007	43.25
7. Nesbitt, Whipple, Joyce, Solomon	2005	43.40
8. Brookins, Mahan, Glenn, Jacobs	2009	43.41
9. Brookins, Bandy, Glenn, Mahan	2011	43.72
10. Davis, Stanley, Pennamon, Jonathas	2019	43.86

4X200-METER RELAY

1. Bailey, M. Barber, Joyce, Whipple	2003	1:30.73
2. M. Barber, L. Barber, Lewis, Washington	2000	1:30.99
3. Smith, Whipple, Carpenter, Solomon	2005	1:31.56
4. Martin, Hastings, Giles, Solomon	2005	1:31.57
5. Martin, Giles, Cross, Hastings	2007	1:32.00

4X400-METER RELAY

1. Davis, Dunmore, Frank, Registre	2022	3:25.45
2. Washington, Ross, Bass, Demus	2002	3:26.46
3. Johnson, Davis, Lindley, Abrams	2021	3:26.74
4. Davis, Abrams, Mills, Jonathas	2019	3:26.90
5. Demus, Stoddard, Watkins, Smith	2004	3:27.19
6. Stoddard, Hastings, Ross, Smith	2005	3:27.22
7. Abrams, Davis, Jonathas, Mills	2019	3:27.53
8. Dunmore, Davis, Jamison, Johnson	2022	3:27.86
9. Washington, Ross, Stoddard, Demus	2002	3:28.06
10. Davis, Abrams, Johnson, Lindley	2021	3:28.73

4X800-METER RELAY

1. Demus, Shelton Watkins, Ramonene	2004	8:45.44
2. Nagbe, Gayle, Costantino, Zamrowski	2022	8:49.38
3. Hallmon, Williams, Howell, Brown	1998	8:56.46
4. Locke, Jpngetich, O'Reilly, Henderson	2011	8:56.61
5. Evans, Harding, M. McCoy, Miller	2015	8:57.85
6. Brown, Hallmon, Peebles, Davis	1999	8:59.16
7. USC	2004	9:02.21
8. Mueller, Nasir, Kavanaugh, Biber	2019	9:02.50
9. Mueller, Vian, Evans, Miller	2016	9:03.91
10. Gayle, Kavanaugh, Costantino, Zamrowski	2022	9:04.22

DISTANCE MEDLEY RELAY

1. Mueller, Williams, Biber, Nasir	2019	11:39.22
2. Capper, Figlar, Grey, Smith	1996	11:40.52
3. Zimmer, Allen, Todd, Mill	2013	11:47.93
4. Eschenburg, Carpenter, Lewis, Lake	2002	11:53.28
5. Ramonene, King, Shelton, Rackow	2004	11:53.77
6. Figlar, Ferguson, Capper, McGhie	1993	11:54.11
7. Bristol, Young, Brown, Chain	2007	11:58.00

SPRINT MEDLEY RELAY

1. Joyce, Carpenter, Martin, Shelton	2005	3:46.44
2. Howze, Brown, Smith, Shelton	2006	3:49.86
3. Frasier, Sumpter, Nagbe, Gayle	2022	3:56.69
4. Holmes, Dendy, Evans, Mueller	2016	3:58.39
5. Little, Oluwole, Haith, Mueller	2018	4:04.08
6. Parks, Coquillaud-Salomon, Williams, Biber	2019	4:05.08
7. Davis, Hubbard, Evans, Miller	2015	4:07.24

4X1500-METER RELAY

1. Purser, Wyont, Fife, Adams	1990	19:00.20
2. Skladana, Brown, Peebles, Davis	1998	19:17.55
3. Adams, McGhie, Monti, Capper	1994	19:22.56

HIGH JUMP

1. Jeannelle Scheper	2015	1.96m	6-5
2. Rachel Glenn	2021	1.93m	6-4
3. Lissa Labiche	2018	1.82m	5-11.50
Nakita Gray	2017		
Chelsea Hammond	2005		
6. Jordan Fields	2021	1.78m	5-10
Sarah Graham	2016		
8. Hanifah Abdulqadir	2018	1.75m	5-8.75
9. Julie Symonds	1994	1.73m	5-8
10. Monica Bozenski	2006	1.71m	5-7.25

POLE VAULT

1. Petra Olsen	2014	4.26m	13-11.75
2. Hailey Sweatman	2021	4.20m	13-9.25
3. Vica Shobe	2010	4.13m	13-6.50
4. Cheryl Terrio	2006	4.11m	13-5.75
5. Liza Todd	2009	4.01m	13-1.75
6. Angie Rummans	2011	4.00m	13-1.50
Sallie Gurganus	2009		
8. Adele Blalock	2018	3.95m	12-11.50
9. Kylene Nixon	1998	3.87m	12-8.25
10. Megan Wall	2014	3.85m	12-7.50
Allie Nicosia	2009		



CAROLINA TRACK & FIELD

ALL-TIME PROGRAM RECORDS

WOMEN'S OUTDOOR

LONG JUMP

1. Rougui Sow	2017	6.72m	22-0.75
2. Chelsea Hammond	2004	6.57m	21-6.75
3. Antoinette Wilks	2003	6.52m	21-4.75
4. Brittney James	2008	6.33m	20-9.25
Kemesha Whitmire	2004		
6. Alexis Murphy	2014	6.22m	20-5
7. Erin Narzinski	1998	6.13m	20-1.50
8. Rashida Abdul-Malik	2002	6.11m	20-0.50
9. Natasha Dicks	2016	6.10m	20-0.25
10. Makyla Stanley	2018	6.09m	19-11.75

TRIPLE JUMP

1. Natasha Dicks	2016	13.60m	44-7.50
2. Rodena Barr	2000	13.46m	44-2
3. Hanifah Abdulqadir	2018	13.30m	43-7.75
4. Kemesha Whitmire	2005	13.28m	43-7
5. Rhashida Abdul-Malik	2004	12.95m	42-6
6. Radiance Basden	2012	12.93m	42-5.25
7. Antoinette Wilks	2002	12.91m	42-4.25
8. Shaienne Sipsey	2021	12.47m	40-11
9. Dee Dee Fortman	1996	12.35m	40-6.25
10. Ceci Kryst	2013	12.25m	40-2.25

SHOT PUT

1. Crystal Brownlee	1997	17.28m	56-8.50
2. Dawn Ellerbe	1997	16.70m	54-9.50
3. Breanna Radford	2013	16.56m	54-4
4. Carisma Holland	2019	16.33m	53-6.75
5. KD Young	2022	16.23m	53-3
6. Alycia Springs	2021	16.16m	53-0.25
7. Precious Akins	2006	16.15m	53-0
8. Lisa Misipeka	1997	16.01m	52-6.50
9. India Odum	2004	15.85m	52-0
10. Stacey Roberts	2011	15.31m	50-2.75

DISCUS

1. Precious Akins	2006	56.63m	185-9
2. Dawn Ellerbe	1997	55.99m	183-8
3. Lisa Misipeka	1996	52.16m	171-1
4. Keri Groover	2002	51.39m	168-7
5. Alana Robinson	2000	51.37m	168-6
6. Michelle Fournier	1999	50.97m	167-2
7. Aimee Kodat	2011	50.13m	164-5
8. Leslie Coons	1994	49.03m	160-10
9. Kaysee Sullivan	2014	48.09m	157-9
10. Carisma Holland	2019	48.01m	157-6

HAMMER

1. Lisa Misipeka	1998	65.01m	213-3
2. Dawn Ellerbe	1997	64.07m	210-2
3. Michelle Fournier	1999	62.88m	206-3
4. KD Young	2022	62.23m	204-2
5. Kayla Racine	2022	59.77m	196-1
6. Amanda Murphy	2019	56.95m	186-10
7. Loren Thouvenot	1997	54.14m	177-7
8. Candy Mitchell	1997	54.04m	177-3
9. Precious Akins	2006	53.97m	177-0
10. Kierstin Williams	2017	53.13m	174-3

JAVELIN (OLD)

1. Candy Mitchell	1997	54.37m	178-4
2. Leslie Coons	1994	51.24m	168-1
3. Marcia Chmura	1996	51.03m	167-5
4. Erin Narzinski	1997	46.89m	152-10
5. Loren Thouvenot	1997	38.99m	127-11

JAVELIN (NEW)

1. Candy Mitchell	2000	53.25m	174-8
2. Shelby Freedman	2016	51.22m	168-0
3. Olivia Hassler	2015	46.09m	151-2
4. Amy Suttmeier	2016	45.23m	148-4
5. Emily Laurence	2012	43.81m	143-8
6. Erin Narzinski	1999	40.85m	134-0
7. Katie Desin	2004	39.33m	129-0
8. Heather Nisbit	2002	38.09m	124-11
9. Chelsea Kaczmarek	2005	35.67m	117-0
10. Jemekia Wilson	2013	34.13m	111-11

HEPTATHLON

1. Erin Narzinski	1998	5,664 points
2. Tacita Bass	2001	5,634 points
3. Sarah Graham	2016	5,423 points
4. Chelsea Hammond	2004	5,405 points
5. Antoinette Wilks	2003	5,337 points
6. Kettiany Clarke	2010	5,258 points
7. Mathilde Coquillaud-Salomon	2019	5,066 points
8. Jordan Fields	2018	4,769 points
9. Reanna Townsend	2006	4,618 points
10. Chelsea Kaczmarek	2006	4,466 points

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